

LES MILLS
GRIT

STRENGTH



RELEASE

16

FEATURES:

BODYPUMP & BONE HEALTH

MIXING RELEASES

COMPONENTS

1. STATE OF MIND

When it comes time to teach you have 2 goals:

- Lead an INTENSE workout
- Coach your TEAM

These are your foundations. Remember them.

Top suggestions for a LES MILLS GRIT frame of mind:

1. PRACTISE. You need to know your stuff
 - this gives you confidence
2. Praise for effort is essential
 - 'high fives' and 'pats on the back' are key
3. Be AUTHENTIC and GENUINE
4. Engage with every person in the room
5. Do it with the team
6. Circulate and coach each individual

2. SHOW

LES MILLS GRIT is hardcore. There's no question about that! So, like the greatest coaches, the people who choose to teach LES MILLS GRIT have got to be very hardcore too.

If you want to truly inspire people to push their boundaries physically, you want to be pushing your own boundaries. Get out of your comfort zone when you're teaching; be the best inspirational athletic and physical role model you can be.

What does this mean in terms of preparation? It means a lot of work. If you practise with heavy weights, big jumps and a huge heart, you WILL become the kind of coach your team needs to enable them to achieve their personal goals.

3. SAY

What do you NEED to say?

- Technique and safety cues
- Cues for quick setups and to organize equipment and positions
- What to expect in the next block
- Highly motivational and encouraging cues
- Cues for recovery, ie when it's coming up

Basically you are setting people up with enough to get them safely and quickly into a move without a long transition, and then you are motivating them.

IT'S VERY SIMPLE WHEN YOU PUT IT LIKE THAT.

Suggestions:

- Work hard at creating a super succinct script; short sharp cues
- Practise saying your script while you practise physically
- Be clear, precise and highly motivational
- Move around the room and use great role models in class for demonstrations so you can coach others

LES MILLS GRIT STRENGTH 16

Creative Director | Les Mills Jnr

Presenting Team | Bas Hollander | Marcus Benson | Petter Ehrnvall | Ben Main | Erin Maw

Creative Team | Petter Ehrnvall | Les Mills Jnr | Corey Baird

Technical Consultant | Bryce Hastings

Research & Technical Advisor | Dr Jinger Gottschall

Program Coach | Nat van Peer

Program Planner | Michelle Farrier

Thanks to | Genevieve Corich-Van Der Bas, Dr Jinger Gottschall, Boris, Claire and the team at Fitology

The Fine Print

Les Mills' instructor resources (CDs, DVDs and choreography notes) are unique, valuable resources provided to you as a Les Mills' certified instructor to enable you to learn each new release and teach it in Les Mills' licensed clubs only. Do not share these resources. Copying, burning, uploading files onto the internet or selling Les Mills' instructor resources to other people is illegal, and rips off Les Mills, its distributors and other instructors. If you are engaging in any of these illegal activities, there may be serious consequences for you personally including legal action, the suspension or permanent withdrawal of your Les Mills certification. Your cooperation is much appreciated.

TEAM COACHING

WORKOUT INTRODUCTION

Set your team up with enough information and mental toughness to get them through.

1. Let them know what's coming up, when they are going to rest and when they will need to power through.
2. Demonstrate any initial moves.
3. Let them know that they should work as hard as they can in each set because the key to LES MILLS GRIT is the breaks and recoveries. There are a lot of them. Go hard – it's why you're here.
4. Say that this is THEIR individual challenge; they are competing with themselves. If they need to stop or slow down, do it. Next week you'll do 1 more rep, the week after that 1 more still. Work as a team to pull each other through to the finish line!
5. Remind them that it is for only 30 minutes! And you can do anything for 30 minutes, right?

SO, NOW WHAT?

THE LES MILLS GRIT COACHING MODEL IS IN 4 PARTS:

1. SETUP

Go through all the essentials – body part and direction, safety cues, technique tips, range etc – for each move. This is the truly ESSENTIAL stuff. Show it, say it, move on. This is in your workout notes.



2. CONNECT

Now the true coaching comes into play. Get on the floor with your team, start working on their individual technique, motivate them, challenge those who are flagging. Give your team options and acknowledge the effort they're putting in, even if they don't take the hard road.

3. DRIVE

Hammer, smash, kick, motivate, grunt and inspire. When the going gets tough, LES MILLS GRIT Coaches get inspirational. The harder you work here and the more effort you put in, the more your team will achieve. It's grass-roots coaching. Take your team to the end with you, even if you're dragging them kicking and screaming!

4. RESET

Just because that was one of the hardest things you have ever put your body through doesn't mean you get to rest. Let your team know where they are in the workout, what's coming up, and how amazingly they have done so far. The more encouragement you give them here, the more they're likely to want to complete the next set.

AND FINALLY...

The end of the workout is one of the most important times for you as a coach to connect with your team. Think of it like you've won the championship – you're not just going to take off, right? Acknowledge how well every person did; celebrate, because they just got through a grueling workout. You can display pride and joy in your team's success here. Make contact with every person – high fives; a quick word; they came, they saw, they conquered. Finally, tell them when they can come back for more.

TRAINING PROFILE

LES MILLS GRIT STRENGTH 16 OVERVIEW

What's up team? This round of LES MILLS GRIT Series the crew HIIT up Stockholm and unleashed some next-level awesome workouts. GRIT 16 is going to test mental and physical stamina harder than ever before. The feedback for GRIT 16 has been incredible so far and we know everyone will love this challenge! Don't forget – although there is a time to drive the workout, the most important element in GRIT is to have fun. Keep nudging the Layer 2 focuses from last time. Once members are moving safely let's get them moving better. Remember, GRIT Strength should always have depth and range-related objectives and focuses. Keep floor coaching relevant to what's been used as Layer 2 objectives so members can understand the link between what the instructor says and how they achieve this. Corey has choreographed an epic and diverse workout with a few new moves; check them out and practise them first in the mirror before the class. GRIT Series instructors need to be physical role models, especially with the new exercises. Go forth and smash it team! Love from the GRIT 16 crew.

TRACK	TRACK NAME	TRAINING BENEFITS	PROGRAM SPECIFIC or MIX AND MATCH
1	Accelerated Warmup	Neuromuscular Pre-conditioning	Program Specific
2	Pyramid 1/ Pyramid 2	Athletic Muscle Toning	Mix and Match
3	Coach Calls	Power Agility	Mix and Match
4	Double Super Sets	Total Body Muscular Conditioning	Program Specific
5	90-Second Challenge: 10, 8, 6, 4	Metabolic After-Burn	Program Specific
6	Core	Athletic Core Conditioning	Program Specific



WORKOUT STRUCTURE

LES MILLS GRIT uses pre-set work and recovery intervals but the speed and number of reps completed in each block are determined by each member of the team.

This allows us to focus on power training – maximizing our muscle output to hit top-end training zones. That way, we will deliver the 3 key benefits that are exclusive to High-Intensity Interval Training (HIIT):

- Accelerated fitness gains
- Massive changes in body composition
- A prolonged EPOC effect.

We need to establish control to ensure we are safe and effective in each training block.

Each of the 3 LES MILLS GRIT formats – Strength, Cardio and Plyo – uses simple, compound movements designed to train explosive power. Power training provides the path to intensity.

So, what is power?

Power is the measure of work done in relation to time, ie how much you do and how quickly you do it. Power defines athletes. Athletic ability is not determined by either strength or speed individually but by how you combine those 2 variables. Power training is strength training performed explosively within the shortest possible time between the eccentric and the concentric phases of each contraction.

Power training requires less load (often just body weight) and uses very quick, explosive contractions to activate as many muscle fibers (particularly type 2 fibers) as possible. We can monitor power output by how far, and how quickly, we shift the load.

Speed and distance or range of motion will be a coaching focus for all of the moves you see in this LES MILLS GRIT release. However, power means nothing without CONTROL. For power training to be effective, the load must be kept in the muscles.

If these high-speed movements are absorbed by joint tissues, not only do we lose the training effect but we also run the risk of injury. Joint stability and control must be achieved before we train for power.

Setup Cues must, therefore, focus on joint alignment: putting the joints in the best position to receive load; stabilizing muscle contractions; ensuring that the joints are supported by the correct muscles. These elements must be established BEFORE we can utilize the effects of power.

Once we've set that sound foundation THEN we can start to train speed and distance.

As LES MILLS GRIT Coaches, you MUST achieve this when coaching your teams. You need clear, concise Setup Cues to set the foundation and driving Follow-up Cues to increase speed and range of motion with constant monitoring so that you can determine who needs to push harder and who needs to pull back and revisit their setup or have a break for a few reps.

To do this effectively you need to be an expert in each of the 3 LES MILLS GRIT workouts. Organize your delivery so that it's clear, with no 'fluffy' language, then get amongst your team. You are their personal trainer for that 30 minutes – you must stay focused.

Be driving and motivational while, at the same time, looking after each and every one of them as if you were training your best friend.

NEW RELEASES

SIMPLE COACHING. MAXIMUM FUN.

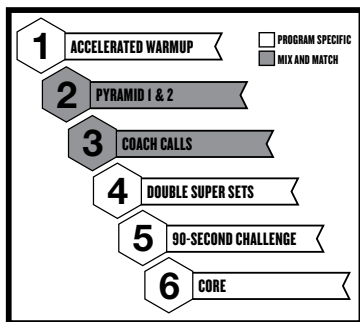
NUMBERING

A reminder that from Release 12 we aligned the numbering for Cardio with Strength and Plyo. This means there isn't a Cardio 9, 10 or 11.

MIX AND MATCH

You can mix and match certain tracks within this release if your club is licensed with more than one LES MILLS GRIT program. Each Quarterly Release is structured differently so you can only ever mix within a release (eg LES MILLS GRIT Strength 16, LES MILLS GRIT Plyo 16, and LES MILLS GRIT Cardio 16), and only the allocated tracks stated in the notes.

In this release the mix and match tracks are Tracks 2 and 3 (see below).



Whatever track you begin the workout with dictates the type of class it is. For example, if you teach Tracks 1, 4, 5 and 6 from Strength and Track 2 and 3 from Cardio, this would be a Strength workout.

This gives you and your members a huge amount of variety, which is key to avoiding training plateaus. Have fun messing things up!

EQUIPMENT

If the mix you are doing involves setting up different equipment for later tracks, it's important that you make this clear at the beginning of the workout. You can stop the music for a max of 30 seconds to set up, but no longer as intensity levels will fall.

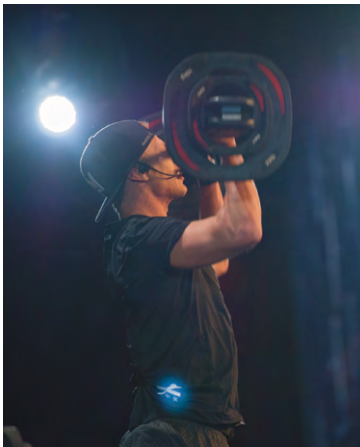
COMPETITION

You might have noticed we've taken the competition off paper and put it in the hands of members with the LES MILLS GRIT app.

In this release you won't find a competition sheet – instead, members can input their score directly into the app during or after class and their results will be live. This allows them to track their progress and connects them with fellow GRITTERS within their club and around the world at the touch of a button.

Read on to find out all the details.

LES JNR



MIXING RELEASES

How you mix up tracks has a major effect on how many calories your participants will burn.

We ask that you teach each new release for at least two weeks after launching. This is to give people time to master any new exercises and become familiar with the new choreography. It also creates a bond between instructors and participants around the globe, as we all experience the magic of a new release at the same time.

But how long is too long to be teaching the same release? Should we EVER mix releases?

To answer these questions, we looked at calorie expenditure from three different new releases and measured the output in over 1,000 workouts. Each person completed three classes a week from our cardio formats, plus two BODYPUMP classes.

The first time a person completes a new class, their caloric expenditure is slightly less than in their regular classes.

Participants tell us they do not feel as confident about the exercises when they are new. However, the second time a person completes that release their caloric expenditure is back to the levels we would expect to see during a typical class.

Unfortunately, if we continue to repeat exactly the same tracks for the next three to five classes, **caloric expenditure decreases and then actually stays below normal.** Based on after-class survey data, this drop in expenditure is because the participants find the class slightly less challenging and interesting. Members know what to expect and they learn how to minimize their expenditure. Quite simply, they cheat!

Consider the people who come to YOUR class. New people will need more time to become familiar with each workout. To deliver a quality class to your members, you also need to have enough time to feel confident about the choreography. But, based upon calorie expenditure we can provide the following guidance for you and your club.

What is the ideal number of tracks to switch up every week?

- **Change RPM™ and BODYPUMP the most.** If you are teaching a regular group of members, try to **change 6 to 8 tracks per week** in order to maximize energy expenditure.
- For BODYATTACK™, BODYCOMBAT™ and SH'BAM™ try to switch out **3 to 5 tracks each week.**
- For BODYSTEP™, BODYVIVE™, CXWORX™ and BODYBALANCE™/ BODYFLOW® try to vary your playlist by **2 to 4 tracks each week.** LES MILLS GRIT Series has specific considerations for each release. Check your choreography notes for these guidelines.

When you mix releases it is important that you select your playlists carefully. Programs such as BODYCOMBAT, BODYJAM, or BODYBALANCE/ BODYFLOW often have a sequence of movements that are introduced, mastered and repeated throughout the release. Therefore, it may not be possible to follow these guidelines for every release.

And, of course, be aware of how many tracks you can switch each week while still being able to master and deliver the choreography in a clear, motivating way.

The bottom line is that we want to provide the best fitness experience in every class... so how about it? Give it a try – mix it up!

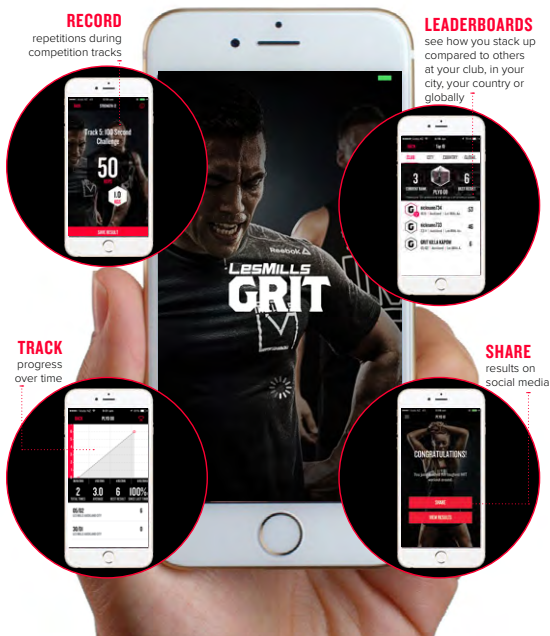
LES MILLS GRIT APP

IT'S HERE...

SO WHY DID WE CREATE IT?

- To enhance LES MILLS GRIT workouts and take members' engagement to the next level
- Our target market is tech savvy, so we need to communicate with them through their preferred method – their mobile phones
- To bring the competitive element of LES MILLS GRIT to life – you know that your members probably secretly wonder if they can smash out more reps than the person standing next to them (plus we know you'll be dying to see how you stack up compared to the other LES MILLS GRIT coaches out there)!

KEY FEATURES



LES MILLS GRIT APP

HOW DOES IT WORK?

Each release has a dedicated competition track for which participants will be able to enter their rep count into during or straight after class. They'll then be able to benchmark their score for next time they do that release, setting new goals to smash as well as seeing how they stack up against other GRIT lovers within their club and around the world.

Important: Remember, if you are mixing and matching the competition track in a release, you will need to let your participants know before they enter their scores. For example, if you are teaching a Strength release but using the competition track from Cardio, your participants will need to look for the Cardio competition track on the app, not a Strength version.

In this release the competition track is Track 5: 90-Second Challenge: 10, 8, 6, 4.

Here's your 'cheat sheet' to competition tracks in other releases:

Release	Competition Track
01 – 06	No competition tracks
07 (Cardio 04)	Track 3: Metabolic Circuit Training
08 (Cardio 05)	Track 5: Burpee/Plyometric/Propulsion Challenge
09 (Cardio 06)	Track 5: Ladder Challenge
10 (Cardio 07)	Track 2: 10/10 Max Out
11 (Cardio 08)	Track 5: 1-Minute Challenge
12	Track 5: 100-Second Challenge
13	Track 5: 1-Minute Challenge
14	Track 3: 30x30 Challenge – Exercise 2
15	Track 5: Anaerobic Challenge
16	Track 5: 90-Second Challenge: 10, 8, 6, 4

Remember that competing is just an option, and that participants can enjoy the workouts without having to record reps.

Here's an example of what you might say to your class:

"Team! If you're using the LES MILLS GRIT App to record results, the competition track we're doing is [insert Strength, Plyo or Cardio] [insert LES MILLS GRIT release number] today. The competition track is Track [insert track number]. I'll explain how to count your reps when we get to this track. Any questions, come talk to me at the end of the workout. Recording your results is optional and we're all in for an incredible workout regardless!"

LES MILLS GRIT APP

SO, WHAT DO YOU NEED TO DO?

1. Download the app from the App Store and get familiar with it.
2. Set up your profile and select that you're a LES MILLS GRIT coach so we can communicate with you directly through the app.
3. Use the app to double-check what the competition track is before teaching.
4. Encourage participants in your classes to take charge of their fitness and start tracking their progress and setting goals for themselves.

FAQs

What are the key features of the LES MILLS GRIT mobile app?

The app will allow users to record repetitions during competition tracks and track their progress, and it will also connect them with GRITTERS within their club and around the world at the touch of a button. Users will also be able to share on social media the fact that they've just smashed the toughest HIIT workout around.

What platforms will be able to access the mobile app?

The LES MILLS GRIT mobile app is available through the App Store for iOS users. We're working on getting an Android version up and running, however timing for this has not yet been confirmed.

What languages is the app available in?

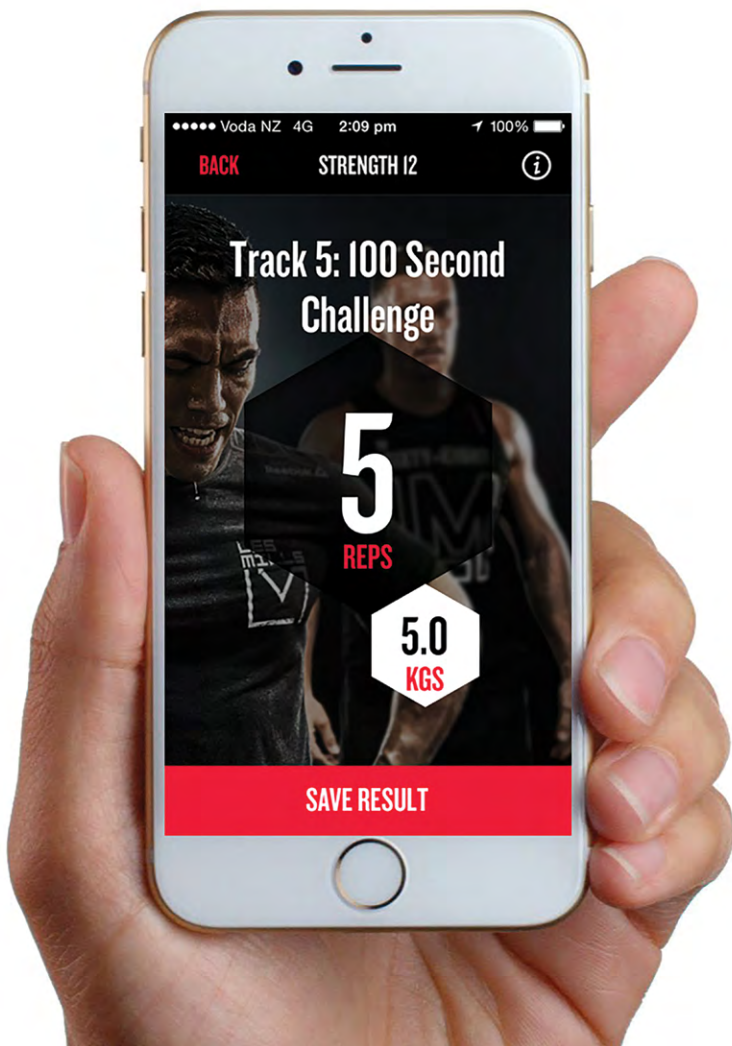
At this stage the app is only available in English.

Is there any cost to download the app from the App Store?

No, you can download the app from the App Store free of charge.

Where can I give feedback about the app?

We'd love to hear your feedback! Please send your comments to GRIT@lesmills.com



BODYPUMP

AND BONE HEALTH

It has been predicted that, by the year 2020, osteoporosis will afflict 14 million people in the over-50 population, globally.

An additional 47 million are likely to suffer from low bone mass.

Why should we be worried?

Having low bone mineral density can be devastating as we age. Fractures of the hip are a common occurrence for older people with osteoporosis. Statistics tell us that **one in five people over 50 years of age will die within 12 months following a hip fracture**, and less than one third will regain their normal level of functioning.

Loss of bone density can start at as young as 35 years old, and after the age of 40, the rate of decline accelerates. **It's vital that we build a peak bone mass before this rapid decline**, and that we maintain this bone mass later on in life.

Resistance training is prescribed to maintain and increase bone mass. The traditional prescription has been to lift heavy loads for low repetitions. Although this type of training is accepted widely, it is not always practical for certain populations. Lifting very heavy weights in the gym can present barriers for older and untrained adults and women, for whom this type of high intensity can be outside the realm of their physical capabilities.

Les Mills BODYPUMP is highly attended, both by older participants and women. This program is seen as being more achievable and less intimidating than the traditional strength training model of heavy weights for low reps. However, until now, there has been no specific

evidence as to how BODYPUMP affects bone density.

Previous studies have presented conflicting evidence as to whether a low-load, high-repetition program can increase bone mineral density. This lack of clear consensus led us to conduct a study to discover what effect BODYPUMP can have on this issue.

A total of 20 adults completed a 27-week study at the FITOLOGY group fitness studio.

They were randomly put into two groups – either total-body resistance strength training or core strength training. The participants were 28 to 63 years of age and included people who suffered from osteopenia, and also those who were postmenopausal. These are two populations who would greatly benefit from increasing bone mineral density.

The strength training group completed classes in BODYPUMP, the core training group took classes in BODYBALANCE/BODYFLOW, and both groups also participated in RPM.

The results were rather amazing.

The group that took part in BODYPUMP saw their arm bone mineral density increase by 4%, leg by 8%, pelvis by 7% and spine by 3%.

The **BODYPUMP group gains in squat strength were 25.3% greater** than that of the core strength group. This increase in squat strength was directly related to increases in their bone density. In other words, increasing your ability to squat will improve your bone mineral density.

The other strong improvement was an increase in pelvis bone mineral density. Improving bone

density in both the pelvis and legs is extremely significant when it comes to **avoiding potentially fatal fractures of the hip.**

One of the really great things about BODYPUMP is that it is a very accessible program for older and untrained adults and women. As the load is low and you select your own weights, it is an easier program to practise long term trying to lift heavy loads in the weights room. Participants with osteopenia increased their bone density around the hip and pelvis area by 29% while our postmenopausal women saw 22% increases in the same region.

The results of this study clearly show that a low-load, high-resistance program is an effective way to increase bone mineral density. **BODYPUMP, therefore is the perfect way to stay fit and strong and remain healthy as we age.**

For more on this study, go to www.minervamedica.it/en/journals/sports-med-physical-fitness/article.php?cod=R40Y9999N00A150155



LES MILLS GRIT STRENGTH

1

Accelerated Warmup

SETUP

- A heavy plate

MUSIC

EXERCISE

0.05 **Backward-Stepping Lunge (L+R)**

0.28 **Backward-Stepping Lunge with Press (L+R)**

0.48 **Jump Lunge (L+R)**

1.08 **Squat Burpee**

1.28 **Pushup**

1.49 **Switch Climber (L+R)**

2.09 **Alternating Side Squat with Plate (L+R)**

2.29 **Alternating Side Squat with Plate Arc (L+R)**

2.49 **Squat Jump Forward and Back with Plate Press**

3.05 **Recovery**

CLASS SETUP

LES MILLS GRIT Strength 16 brings an EPIC 30-minute workout so get the team ready to own it! The main focus of LES MILLS GRIT Strength is to hit intense bursts of energy with a power and range training focus. As Ben says in the intro: "This is where we focus on full-range power training." It doesn't have to be a scientific explanation; keep it short and simple so participants know exactly what to expect from the workout ahead. Make sure the crew is set up with the correct weights, and pay special attention to any first-timers.

In the intro, let the team know the fitness benefits they will get from HIIT training and highlight the importance of options, reminding the class that it's OK to stop at anytime during the workout. Remember that the Setup will set the tone of the workout and members will give a lot more effort and energy if they receive it from the start; so have fun and get the energy cranking!

COACHING TIP

This round of LES MILLS GRIT Series Warmups really emphasizes the 'do everything in your own time' format. Across the board, no Warmup moves to the beat. This is done to highlight that there is no pressure for members to keep up or in time with anyone around them. This really is the individual's workout.

A lot of the moves you teach in the Warmup are repeated throughout the class, so demonstrate them well and give all correct technical and safety cues and names!

CONNECTION

The class introduction is going to set the tone for the next 30 minutes. Ben comes in with great energy when he says "Let's get strong; let's have fun; let's do this." The workout ahead will be tough so get members in a good frame of mind and looking forward to the best 30 minutes of their day!

Be inviting, build rapport and, most importantly, be yourself.

BACKWARD-STEPPING LUNGE

- Big step back
- Chest up – abs braced
- Hips square
- Front thigh parallel to the floor

BACKWARD-STEPPING LUNGE WITH PRESS

- Abs braced as plate drives up
- Elbows slightly forward

JUMP LUNGE

- Soft knees
- Hips square
- Chest up

⇓ OPTION: BACKWARD-STEPPING LUNGE

SQUAT BURPEE

- Feet wide
- Butt down and back, just above knees
- Chest up – abs braced
- Arms forward, directly out from shoulders
- Abs braced as feet jump back
- Hands under shoulders
- Back long, strong and straight

⇓ OPTION: STEP FEET BACK INTO PLANK

PUSHUP

- Hands slightly wider than shoulders
- Chin tucked in
- Chest to elbow-height
- Abs braced
- Back long, strong and straight

⇓ OPTION: ON KNEES

1

Accelerated Warmup Continued



NEW MOVE SWITCH CLIMBER

- Start in a Plank position, jump alternating feet to the outside of the hand, try to get whole foot to touch down
- Abs braced
- Back straight
- Knees to 90 degrees
- Hips down



⇓ **OPTION: SIDE TAP IN PLANK**

NEW MOVE ALTERNATING SIDE SQUAT WITH PLATE

- Plate on collarbones
- Butt back
- Chest up
- Lock elbows in
- Knees out

NEW MOVE ALTERNATING SIDE SQUAT WITH PLATE ARC

- Alternating Side Squats with arms moving in a circular motion to the outside hip holding plate
- Abs braced – chest up
- Arms straight
- Plate stops at hip-height



⇓ **OPTION:
PLATE STAYS AT
COLLARBONES**

SQUAT JUMP FORWARD AND BACK WITH FORWARD PLATE PRESS

- Both feet take off, jump into Wide Squat; at the same time, drive plate out from chest
- Chest up
- Abs braced
- Feet land wide
- Use Squat to absorb landing

⇓ **OPTION: EITHER STEP INTO
SQUAT WITH PLATE/OR JUMP
WITH NO PLATE**

2

Pyramid 1

SETUP

- A heavy bar

MUSIC EXERCISE

0.00 Set up track and first exercise: Clean & Press

SET 1

0.30 **Clean & Press**

1.01 Recovery. Set up first move of the next combination: Backward-Stepping Lunge with Bar (L+R)

SET 2

1.13 **Backward-Stepping Lunge with Bar (L+R)**

1.43 **Clean & Press**

2.15 Recovery. Set up first move of the final combination: High Pull (x1), Wide Row (x2)

SET 3

2.33 **High Pull (x1), Wide Row (x2)**

2.56 **Backward-Stepping Lunge with Bar (L+R)**

3.15 **Clean & Press**

3.34 Recovery. Set up descending Pyramid set: High Pull (x1), Wide Row (x2), Backward-Stepping Lunge (L+R)

SET 4

3.54 **High Pull (x1), Wide Row (x2)**

4.26 **Backward-Stepping Lunge with Bar (L+R)**

4.55 Recovery. Set up final descending Pyramid set: High Pull (x1), Wide Row (x2)

SET 5

5.14 **High Pull (x1), Wide Row (x2)**

5.46 Recovery

TRACK SETUP

This track is called the Pyramid Challenge: 2 Pyramids, 5 rounds of work. In the first 3 rounds, exercises are layered into the workout. In the last 2 rounds, the number of exercises is cut down so that the intensity remains high for the entire working block. During the 2 Pyramids, participants will use a mix of barbell, free weight and body weight.

COACHING TIP

Always demonstrate the first exercises so the team is ready to go as soon as the countdown hits! During the Recovery, demonstrate all the moves that are coming in the next block of work. This is more efficient because members don't have to stop and break workout momentum halfway through sets.

First round of floor coaching should always be Layer 1 focused, all compulsory and technical cues. When on the floor, keep it relevant to the movement focus that has just been set up; Bas does a great job of this when he teaches the first Pyramid Challenge (Clean & Press) "Chest is lifted, abs are braced, keeping the bar close to the body, elbows up then under".

Layer 1 Coaching Cues tell the class how to do the move safely. Layer 2 coaching is all about how to do the move with more intensity and power. For the Clean & Press, Bas challenges the team to "be quick under the bar", then he tells them to "lift and bend hips back and down fast, like you're exploding under the bar". This is a great example of Layer 2 coaching. To ensure the team puts into practice what he has said, Bas links his floor coaching to his Layer 2 focus. Floor coaching should be an extension of what has just been demonstrated or outlined as the track objective. Watch Petter in the second Pyramid Challenge with the Alternating Side Squat with Plate Arc. His Layer 2 is about going for "leg drive"; he then floor-coaches, saying: "Really push from the outside of the foot to get across." The members now understand what they need to do when Petter says "leg drive."

CONNECTION

Keep it fun! Bas uses the last set of Clean & Presses as a game, getting participants to race someone on the stage. This tool is more engaging and a great example of connecting members to the workout in front of them.

DRIVE

Once you hit the peak of the Pyramid there is a light at the end of the tunnel! The load becomes easier and this is when extra motivation will keep intensity high through to the last set. All Layer 2 focuses have been explained, so now it's about selling the benefits of HIIT training and motivating that final push. It's important the team knows what they are getting out of the workout. Bas also emphasizes that members should push to max levels until they need a break: "If you need to stop and shake out, that's OK; it's not a sign of weakness – it's a sign of high-intensity interval training". Use this as a tool to drive participants to fast fatigue in every set. In the last 30 seconds, lead the pack and smash it with the team! Nothing is more motivating than a coach showing what 100% looks like.

HIIT SCIENCE

This training block uses a power circuit. Each explosive exercise drives intensity with the different combos delivering enough variety to keep the muscles guessing. The shorter sets as we descend allow us to keep hitting a max training zone, even under fatigue.

CLEAN & PRESS

- Bar close to body
- Chest up
- Butt back
- Knees bent
- Abs braced as bar drives over head
- Elbows slightly forward

LAYER 2 COACHING TIP

- Be quick under the bar; lift and bend hips back and down fast, like you're exploding under the bar

2

Pyramid 2

SETUP

- Heavy plate

MUSIC EXERCISE

5:47 Set up track and first exercise of second Pyramid set: Squat with Plate Press

SET 1

6:14 **Squat Plate Press**

6:45 Recovery. Set up first move of the next combination: Alternating Side Squat with Plate Arc (L+R)

SET 2

6:58 **Alternating Side Squat with Plate Arc (L+R)**

7:27 **Squat Plate Press**

8:00 Recovery. Set up first move of the final combination: Wide Squat Jump with Low Plate

SET 3

8:18 **Wide Squat Jump with Low Plate**

8:42 **Alternating Side Squat with Plate Arc (L+R)**

9:00 **Squat Plate Press**

9:20 Recovery. Set up descending Pyramid set:
Wide Squat Jump with Low Plate, Alternating Side Squat with Plate Arc (L+R)

SET 4

9:38 **Wide Squat Jump with Low Plate**

10:10 **Alternating Side Squat with Plate Arc (L+R)**

10:41 Recovery. Set up final descending Pyramid set: Wide Squat Jump with Low Plate

SET 5

10:58 **Wide Squat Jump with Low Plate**

11:30 Recovery

BACKWARD-STEPPING LUNGE WITH BAR

- Big step back
- Back knee towards floor
- Chest up
- Hips square
- Core braced
- Front thigh parallel

LAYER 2 COACHING TIP

- Take back knee lower to the floor

HIGH PULL, WIDE ROW

- Chest up – tip from the hip
- Pull bar from knees to belly
- Pull bar up body to lower chest
- Elbows above the bar
- Slight pause and reset after High Pull
- Drive hips under shoulders on High Pull

LAYER 2 COACHING TIP

- Push hips forward underneath shoulders, engage the glutes as much possible

SQUAT PLATE PRESS

- Feet outside hip-width
- Toes turned out slightly
- Chest up
- Abs braced
- Butt drops down and back to just above knee-height
- Knees out and tracking forward over toes
- Weight in heels
- Plate at collarbones
- Elbows slightly forward

NEW MOVE

ALTERNATING SIDE SQUAT WITH PLATE ARC

- Alternating Side Squats with arms moving in a circular motion to the outside hip, holding plate
- Abs braced
- Arms straight
- Plate stops at hip-height
- Hips square

⇓ OPTION: PLATE STAYS AT COLLARBONES



NEW MOVE

WIDE SQUAT JUMP WITH LOW PLATE

- Wide Squat Jump on the spot – arms long, holding plate
- Feet outside hip-width
- Toes turned out slightly
- Chest up
- Abs braced
- Butt drops down and back to just above knee-height
- Knees out and tracking forward over toes
- Weight in heels
- Keep knees bent throughout
- Use Squat to absorb landing

⇓ OPTION: SQUAT PULSE WITH WEIGHT

LAYER 2 COACHING TIP

- Go for range and depth. Then do the same range but even faster. This gives you 2 ways to get the intensity up and get results quickly!



3

Coach Calls

SETUP

- A heavy plate

MUSIC EXERCISE

0.00 Demo Block 1 moves: Squat Jump Forward and Back with Forward Plate Press, Bear Crawl 4/4 (F+B)

BLOCK 1

0.24 Coach will call out moves at random:
Squat Jump Forward and Back with Forward Plate Press
Bear Crawl 4/4 (F+B)

1.24 Recovery. Demo Block 2 moves: Squat Lunge Jump with Plate Snatch (L+R), Frog Jump Pushup

BLOCK 2

1.50 Coach will call out moves at random:
Squat Lunge Jump with Plate Snatch (L+R)
Frog Jump Pushup

2.50 Recovery

TRACK SETUP

Coach Calls – this workout focuses on reactive training: two 1-minute rounds of work with 2 moves each set. The coach calls the shots and calls out either move at random. The challenge for the class is to react to each move change as quickly as possible!

COACHING TIP

Clearly explain that the aim of this exercise is to see how quickly the class can change between the 2 moves. Do the first few reps with them, demonstrating the speed at which to shift between moves so there is no confusion about the track objective. Don't forget – all Layer 1 and 2 cues still need to come in first. Petter teaches this block really well. In the introduction of each move, he sets up safety and technique cues. For example, in the Squat Jump Forward with Forward Plate Press he says "jump wide, knees out, land in the Squat." The second time through he sets a Layer 2 focus of depth in the Jump: "The lower you sit the more you challenge legs and core". Then the rest of the time is spent on the track objective: fast change between moves. This is a really good example of how to sequence coaching for this track.

CONNECTION

Coach Calls is like the 'Simon says' of GRIT; this is the fun track. Start easy with the team and mix up the moves slowly. Once the team has a feel for it, layer in the fun quick changes. Try to catch them out or make it a game. An example may be: right side versus left side in a competition. **Coach Calls** are a great way to show some diversity in your coaching style and mix up the feel of teaching. You can see that even though he's making the team work hard, Petter is still smiling and encouraging in a conversational tone. The best connection and enjoyment can come from tracks like **Coach Calls**, even when the workout is really tough.

DRIVE

The sets are short so participants can give their maximum effort in these 2 rounds. Once the team has been smashed by the first set, use the fact that there is only 1 minute to go as your tool to keep their minds on the game. After the first round, let them know you're going to challenge them by making the calls quicker to set the speed objective and then unleash! Don't be afraid to see how fast your team can react!

HIIT SCIENCE

This sequence trains reaction speed and agility as we transition from a standing exercise to a floor exercise. These combinations integrate many muscle groups, driving the energy demand sky-high.

SQUAT JUMP FORWARD AND BACK WITH FORWARD PLATE PRESS

Both feet take off, jump into Wide Squat; at the same time, drive plate out from chest

- Chest up
- Core braced
- Use Squat to absorb landing
- Feet wide on landing

⇓ **OPTION: EITHER STEP INTO SQUAT WITH PLATE/OR JUMP WITH NO PLATE**



BEAR CRAWL

- Alternating sides, 4x with arm reach
- Abs braced
- Hips down

LAYER 2 COACHING TIP

- Brace the core to move longer



NEW MOVE

SQUAT LUNGE JUMP WITH PLATE SNATCH

Alternate between a Lunge and Squat. Jump Lunge (right leg), Squat, Jump Lunge (left leg), Squat. Lower plate in Squat, drive, push, snatch plate over head, into air as you lunge

- Abs braced
- Chest up
- Knees bent on landing
- Plate stays close to body
- Elbows slightly forward at the top

⇓ **OPTION: STEP THE LUNGE AND SQUAT RATHER THAN JUMPING, PLATE STAYS AT COLLARBONES**



FROG JUMP PUSHUP

- Start in Plank position, jump knees in to 90 degrees and back to Plank
- Add Pushup as feet land
- Abs braced – hips down
- Chest to elbow height

⇓ **OPTION: WALK FEET IN AND OUT, PRESS ON KNEES**

LAYER 2 COACHING TIP

- Push palms into floor and shoot feet out to Plank, drive out of the palms in the Pushup



4

Double Super Sets

SETUP

- A heavy bar

MUSIC EXERCISE

0.00 Set up first combination of exercises: Wide Back Squat, Switch Climber (L+R), Pushup (x1)

0.30 **SET 1**

Wide Back Squat

1.00 **Switch Climber (L+R), Pushup (x1)**

1.30 Recovery. Set up second combination of exercises: Wide Row (x1), High Pull (x1), Surfer Burpee

SET 2

1.50 **Wide Row (x1), High Pull (x1)**

2.20 **Surfer Burpee**

2.50 Recovery

3.10 **REPEAT SET 1**

4.09 Recovery

4.30 **REPEAT SET 2**

5.30 Recovery

TRACK SETUP

Double Super Sets – 4 rounds, 1-minute each, 2 moves back-to-back for 30 seconds. Clearly set up both moves in Block 1 rather than halfway through the track. This will avoid a break in workout momentum during sets.

COACHING TIP

New moves such as the Switch Climber and Pushup need to be coached correctly. Marcus starts with the basics of how to do the move first, then layers in intensity as the track progresses. It's important to get participants moving properly first before you layer in the intensity. Use the first 30 seconds to make sure people are moving effectively and the second set to smash the workout.

CONNECTION

Layer 2 is a great way to get participants more connected to the workout. It's really important to link your focuses and your floor coaching together. Watch how Marcus sets up Squats: in round 2 he gives a Layer 2 cue – "back to the Squats, it's time to focus on depth". Objective: "Get your butt just above the knee; that's going to give you heat in the lower body". Layer 2 and Benefit: Marcus then proceeds to floor-coach with range as his only focus on the floor: "He's getting the full range and that's how we get lean legs." Connection between Layer 2 and floor coaching. Connecting participants to what is being coached achieves results and encourages them to tap into Layer 2 and take their workout to the next level.

DRIVE

Integration between upper and lower-body exercises (from Squats to Switch Climbers) means intensity should be high for the whole minute. Don't let the team pull back in the second set of 30 seconds because the arms recover while the legs recover, and vice versa. The benefit of this training is entire-body conditioning. Members will increase their aerobic capacity, burn fat and increase muscle tone, all at the same time. Winning! Remember to share this information with the team! They want to know why they are pushing themselves and what they are getting out of the workout!

HIIT SCIENCE

These sets combine lower-body power moves with core/upper-body moves. Flipping the muscle focus allows us to condition the whole body while maintaining maximum intensity for the whole minute.

WIDE BACK SQUAT

- Bar on meaty part of back
- Feet outside hip-width
- Toes turned out slightly
- Chest up – abs braced
- Butt drops down and back to just above knee-height
- Knees out and tracking forward over toes
- Weight in heels

LAYER 2 COACHING TIP

- Get your butt just above the knee; that's going to give you heat in the lower body

NEW MOVE

SWITCH CLIMBER, PUSHUP

- Start in Plank position, jump alternating feet to the outside of the hand
- Whole foot to touch down
- After one rep each side add a Pushup
- Abs braced
- Back straight
- Knees to 90 degrees
- Hips down
- Chest in line with elbows

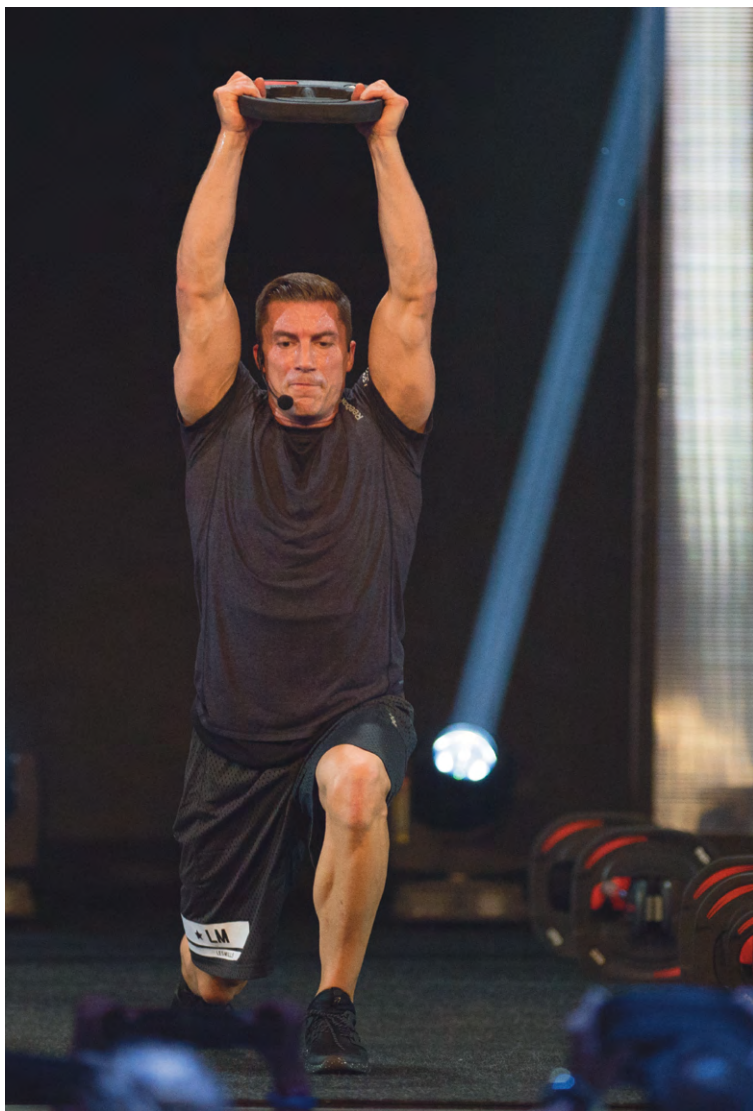
⇓ OPTION: SIDE TAP IN PLANK, PUSHUP ON KNEES

LAYER 2 COACHING TIP

- Brace your core to jump further in the Climber and transition into Pushup quickly

4

Double Super Sets Continued



WIDE ROW, HIGH PULL

- Chest up – tip from the hip
- Bar goes from knees to belly
- Pull bar up body to lower chest
- Elbows above the bar
- Slight pause and reset after High Pull
- Drive hips under shoulders on High Pull

LAYER 2 COACHING TIP

- Push hips forward underneath shoulders.
Engage the glutes as much as possible

SURFER BURPEE

- Squat, Plank, jump forward wide, Quarter Turn, jump back to center
- Feet wide
- Use Squat to transition
- Chest up
- Abs braced as feet jump back
- Jump feet in wide

⇓ **OPTION: WALK FEET BACK
AND SQUAT INSTEAD OF
QUARTER TURN**

LAYER 2 COACHING TIP

- Keep feet wide and stay low to move fast
between the Quarter Turn



5

90-Second Challenge: 10, 8, 6, 4

SETUP

- A heavy bar

MUSIC

EXERCISE

0.00 Set up track and demo exercises:
Push Press (x10), Backward-Stepping Lunge (x10)

90-SECOND CHALLENGE

0.20 **Push Press (x10), Backward-Stepping Lunge (x10)**

1.50 After 10 reps of each exercise, repeat with 8 reps, 6 and 4 then start again at 10 reps

TRACK SETUP

Time to drive it home! 90 seconds to smash the workout and nail as many reps as possible. This is the perfect duration to push into maximum training zones and get results! 2 moves, 10 reps of each, then 8, 6, 4 and back to the top.

COACHING TIP

The aim is to complete as many rounds as possible in 90 seconds. You do not have a lot of setup time, so watch how Erin does it in the masterclass: short sharp and to the point. The urgency and short duration of the track means you need to deliver Layers 1 and 2 with no fluff. For example, rather than saying "OK, now I need you to keep your chest up", Erin simply says: "Butt back, chest up". Apply this practice to all tracks – it's more direct and hits home faster.

CONNECTION

The team is smashed so this intro needs to blow the roof. No holding back! Come in hot and lift energy levels for the last big challenge. Energy is infectious – the more you give, the more you get back. Remember that the team is physically and mentally fatigued at this point. It's important to be present, be encouraging and praise the team for all the hard work everyone has put into the last 25 minutes. Let the group know you're smashed too and show them that this is a team effort right to the last second.

DRIVE

Continue to drive range and focus, and concentrate on the conditioning and fat-loss benefits to really give a motivational kicker at the end. As Erin says: "I need you to stay in it; this is where the best change happens; this is where we reshape; this is where we get fitter." Use these benefits to keep the team in the workout, even when they want to quit – give them a reason to keep going. Finally, lead by example when it's crunch time. Erin jumps back into the workout and gives 100% all the way to the end. This is the perfect way to lead the pack and encourage maximum success!

HIIT SCIENCE

Power training combines speed with muscular force production. This requires the engagement of lots of muscle fibers, helping us maximize the training effect.

PUSH PRESS

- Butt back and down
- Feet wide
- Elbows forward at top
- Brace abs to drive bar high

LAYER 2 COACHING TIP

- Bend knees more and drive out of the legs

BACKWARD-STEPPING LUNGE

- Big step back
- Back knee towards floor
- Chest up
- Hips square
- Abs braced
- Front thigh parallel

LAYER 2 COACHING TIP

- Don't check out of the Lunge; keep the back knee low and load legs

6

Core

MUSIC	EXERCISE
0.00	Set up track and demo the first exercise: Side Hover 2/16 (L+R)
0.34	Side Hover 2/16 (L+R)
0.51	Side Hover Bottom Leg Extension 6/16 (L+R)
1.42	Walking Hover to Plank 8/8 (L+R)
2.16	Side Hover Bottom Leg Extension 4/16 (L+R)
2.50	Hover
2.59	Recovery

TRACK SETUP

Take a minute 'to chill', reflect on how awesome the team have been and encourage them to stay in it for one more track. The Core track is really important but doesn't need to be taught at the same intensity as HIIT training.

COACHING TIP

This Core track is a challenge. Ease the team into the Side Hover Bottom Leg Extension and encourage them to hold it for as long as possible.

CONNECTION

Don't come in too strongly; your coaching in this track should be less intense than in previous tracks. The team is still recovering from the 90-Second Challenge! Even change up the language to be more relaxed. This track is a great time to start praising everyone for all the hard work they have put into their workout. This will provide encouragement for them to see the last track though to the end.

DRIVE

Core work sets the foundation for any move we do because physical strength starts in the core. Your abs stabilize the rest of your body as they allow your body to move as an integrated unit. Core training is a fundamental part of fitness training. Like Erin says, a strong core will improve your overall athletic performance, which is why it's so important we educate and encourage our members to stay for the last track.

HIIT SCIENCE

Athletes look to optimize efficiency by keeping their mid-section stable as they lift weights. Having a strong core is the key to this control.

NEW MOVE

SIDE HOVER BOTTOM LEG EXTENSION

- Start in Hover position, rotate whole body, extend top arm to vertical as bottom leg comes through, straight, and hovers off floor
- **Whole body turns**
- Elbows in line with shoulders
- **Brace abs**
- Hips and shoulders square to the front
- **Hips stay lifted**



⇓ OPTION: BOTTOM LEG TO TOUCH FLOOR

WALKING HOVER TO PLANK

- Alternate walking arms
- Push through palms
- **Hips stay square to floor**
- Abs braced
- Back long and straight
- Eye gaze slightly in front of hands

⇓ OPTION: ON KNEES

HOVER

- Elbows under shoulders
- **Back long and straight**
- Abs braced

⇓ OPTION: ON KNEES

	TRACK	ARTIST	
1	Aftergold © 2015 Foreign Family Collective. Written by: Stell	Bigwild	3:00
2	Nothing's Forever © 2015 etcetc Music Pty Ltd. www.etcetc.tv Licensed courtesy of etcetc. Written by: Perry, Lowther	Paces feat. Kucka	2:15
	Again © 2015 Monstercat. Written by: Unknown	Kasbo	1:20
	Carmalude © 2015 Les Mills Music Licensing Ltd. Written by: Carmody, Armata	Light Revolver	2:10
	Nothing's Forever © 2015 etcetc Music Pty Ltd. www.etcetc.tv Licensed courtesy of etcetc. Written by: Perry, Lowther	Paces feat. Kucka	2:15
	Again © 2015 Monstercat. Written by: Unknown	Kasbo	1:20
	Carmalude © 2015 Les Mills Music Licensing Ltd. Written by: Carmody, Armata	Light Revolver	2:30
3	Save Me © 2015 Dim Mak Records, Inc. Written by: Warren, Brien, Tune, Dawson, Francois	Keys N Krates feat. Katy B	3:10
4	Holdin On © Future Classic 2012. Licensed courtesy of Future Classic. Written by: Stretten, Redding	Flume	1:50
	High © 2014 Vicious Recordings Pty Ltd. pekingduk.com facebook.com/NicoleMillarMusic bitch@vicious.com.au viciousbitchmusic.com Licensed courtesy of Vicious Recordings. Written by: Littlemore, Michel, Hydes, Styles	Peking Duk feat. Nicole Millar	1:20
	Holdin On © Future Classic 2012. Licensed courtesy of Future Classic. Written by: Stretten, Redding	Flume	1:20
	High © 2014 Vicious Recordings Pty Ltd. pekingduk.com facebook.com/NicoleMillarMusic bitch@vicious.com.au viciousbitchmusic.com Licensed courtesy of Vicious Recordings. Written by: Littlemore, Michel, Hydes, Styles	Peking Duk feat. Nicole Millar	1:20
5	Closer © 2015 Les Mills Music Licensing Ltd. Written by: Abrahamson, Hirsh, Jansen	Heated Heart	1:50
6	Call It What You Want © 2011 Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Foster, Epworth	Foster The People	3:00
OUTRO	ATLiens © 1996 Arista Records, LLC. Under license from Sony Music Commercial Music Entertainment. Written by: Benjamin, Patton	OutKast	0:30

OUR DECLARATION OF INTENT

The Les Mills global family is made up of 16,000 fitness clubs, 100,000 instructors and millions of participants from 112 countries around the globe.

SEPARATED BY GEOGRAPHY, RELIGION, RACE, COLOR AND CREED, WE ARE UNITED IN OUR LOVE OF MOVEMENT, MUSIC AND THE PURSUIT OF HEALTHY LIVING, BOTH FOR OURSELVES AND OUR PLANET.

AT LES MILLS WE BELIEVE IN THE DIGNITY OF EACH INDIVIDUAL WITHIN OUR COMMUNITY AND STRIVE TO RESPECT THE RIGHTS AND FREEDOMS OF ALL.

In our choice of role models, music and movements we understand that different people and societies have different standards for dress, popular culture and dance.

WE ALSO KNOW THAT WHAT IS CONSIDERED APPROPRIATE IN SOME CONTEXTS CAN BE SEEN AS INAPPROPRIATE IN OTHERS.

As a company that leads group fitness experiences for millions of people every day, we walk a fine line between delivering cutting-edge, innovative products and ensuring that accepted norms are upheld and respected.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen the music we use and try to avoid language and references that may cause offense. If we can, sometimes there will be an alternative track (at the bottom of the track list) for you to use instead.

WE EMBRACE OPEN COMMUNICATION WITH OUR GLOBAL FAMILY SO DIFFERENCES OF OPINION CAN BE EXPRESSED, AND COMPROMISES REACHED.

ABOVE ALL, WE ARE PASSIONATE ABOUT DELIVERING LIFE-CHANGING FITNESS EXPERIENCES, EVERY TIME, EVERYWHERE.

BLAH BE LOUD AND HEARD

Tell us what you think of this release.
Visit lesmills.com/BLAH

NOTES

NOTES

LES Mills



facebook.com/lesmills



@lesmills



@lesmillstribes

Reebok 
ONE

**TO RECEIVE 25% OFF CLOTHING &
FOOTWEAR* SIGN UP TO REEBOKONE**

VISIT REEBOKONE.COM

*AVAILABLE TO INSTRUCTORS WHERE REEBOKONE IS OFFERED