

LES MILLS GRIT CARDIO

1

Warmup

MUSIC	EXERCISE
0.00	Jog OTS
0.21	Run OTS, Heel To Butt
0.37	High Knee Run
1.09	Squat Burpee
1.41	Pushup
1.57	Switch Climber (L+R)
2.13	Shuffle (x2), Tap (L+R)
2.45	Jump Lunge (L+R)
3.00	Recovery

Learning For Your Love > 3.00 mins

CLASS SETUP

Get the team in a good head space so they are ready to smash the workout from the word go! The main focus of LES MILLS GRIT Cardio is speed training and agility. The workout hits short bursts of high intensity to challenge fitness and help shape lean, toned muscles. Set up the class with relaxed, fun energy.

COACHING TIP

Don't overcomplicated your coaching with scientific explanations. GRIT is taught best when it's kept simple and this starts in the Warmup. Tau uses simple explanations in the Warmup, which are easy to understand and straight to the point.

CONNECTION

Tau is cool and calm with his coaching. He motivates his team and makes them feel confident, leading into the more challenging tracks to come.

JOG OTS

- Knees soft
- Chest up

RUN OTS, HEEL TO BUTT

- Chest up
- Abs braced

⇓ **OPTION: JOG OTS**

HIGH KNEE RUN

- Chest up
- Abs braced

⇓ **OPTION: JOG OTS**

SQUAT BURPEE

- Squat, jump back into Plank position, jump forward into Wide Squat
- Feet wide
- Butt down and back, just above knees
- Use Squat to transition
- Chest up
- Abs braced as feet jump back
- Hands under shoulders
- Back long, strong and straight

⇓ **OPTION: WALK FEET OUT AND IN, NO JUMP**

PUSHUP

- Hands slightly wider than shoulders
 - Chin tucked
 - Chest to elbow-height
 - Abs braced
 - Back long, strong and straight
- ⇓ **OPTION: ON KNEES**

SWITCH CLIMBER

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

⇓ **OPTION: SIDE TAP IN PLANK**

SHUFFLE TAP

- Lateral wide-legged Shuffle (L+R) with tap toward floor using inside hand
 - Feet outside hip-width
 - Chest up on touch down
 - Knees soft
- ⇓ **OPTION: SIDE SHUFFLE WITH SQUAT, NO TAP**



JUMP LUNGE

- Jump into a long Lunge – back heel off floor
 - Feet hip-width apart
 - Front knee out – back knee toward floor
 - Front thigh drops parallel to floor
 - Chest up – abs braced
- ⇓ **OPTION: BACKWARD-STEPPING LUNGE**

2 Add-On Super Sets

MUSIC	EXERCISE
0.00	Set up track and demo first exercise: Jump Lunge (L+R)
	SET 1
0.40	Jump Lunge (L+R)
1.05	Add-On: 3-Step Run (x1) (L+R) Full Combination: Jump Lunge (x4) (L+R), 3-Step Run (x1) (L+R)
1.30	Recovery. Set up second set: Sprint Tap (F+B)
	SET 2
1.51	Sprint Tap (F+B)
2.16	Add-On: Air Jack (x4) Full Combination: Sprint Tap (x1) (F+B), Air Jack (x4)
2.39	Recovery. Set up third set: Lateral Bear Crawl 4/4 (L+R)
	SET 3
3.00	Lateral Bear Crawl 4/4 (L+R)
3.26	Add-On: Burpee (x1) Full Combination: Burpee (x1), Lateral Bear Crawl 4/4 (x1) (L+R)
3.51	Recovery
4.08	REPEAT SET 1
4.59	Recovery
5.20	REPEAT SET 2
6.08	Recovery
6.29	REPEAT SET 3
7.20	Recovery

Redemption/The Buzz > 7.20 mins

TRACK SETUP

Add-On Super Sets: 6 rounds. Start with a base move for 25 seconds, then add another move for a further 25 seconds. Pre-fatigue in the first 25 seconds then find another gear when the second move hits. This is dynamic training under load.

COACHING TIP

Script these blocks carefully to avoid over-coaching or repetition. The setup of the track should always be clear and simple. The first round in any GRIT track – whether Strength, Cardio or Plyo – should be focused on technique and safety. Make sure participants know how to do the moves, give them options if needed and floor-coach correct technique. In the second set, participants know the moves, so the challenge is to increase intensity and performance. An objective of 'speed' gives Erin a great coaching focus and the team knows what to expect.

CONNECTION

Spend quality time floor-coaching the team, focusing first on technique and then on intensity. Floor coaching should always be an extension of the focus that has just been set. This is the first real block of work, so make sure the team is set up properly for the next 4 tracks. When floor-coaching one-on-one, drop the voice to make it more personal.

DRIVE

Shorter and harder bursts of intensity in this track mean that you will have to lift the energy and keep the team in the zone, driving them to each recovery. It's only Track 2, so give participants somewhere to go. The last set is a great opportunity to motivate the class to push hard. Letting them know the benefits of the workout will help the team to work harder for longer.

HIIT SCIENCE

GRIT 17 uses short sets to spike the heart rate and deliver a dynamic workout. This kicks off in Track 2 with compound movements that recruit all the big muscles, driving the heart rate into a maximum training zone.

JUMP LUNGE

- Jump into a long Lunge – back heel off floor
- Feet hip-width apart
- Front knee out – back knee toward floor
- Front thigh drops parallel to floor
- Chest up – abs braced

⇓ **OPTION: BACKWARD-STEPPING LUNGE**

LAYER 2 COACHING TIP

- Bend your knees and stay low to switch faster

3-STEP RUN

- Knees soft
- Hips square to front
- Chest up

LAYER 2 COACHING TIP

- Stay light on your feet to fly across the floor

SPRINT TAP

- Chest up on tap
- Tap toward floor
- Abs braced
- Soft knees

⇓ **OPTION: JOG WITH NO TAP**

LAYER 2 COACHING TIP

- Race yourself, stay light on your feet and drive out of the legs for maximum output

**AIR JACK**

- Start with feet hip-width apart in a narrow Squat
 - Jump and raise arms up and kick legs out to the side
 - Chest up – abs braced
 - Land with arms by sides
 - Bent knee landing – feet narrow
- ⇓ OPTION: JUMPING JACK**

LAYER 2 COACHING TIP

- How fast can you fly?

LATERAL BEAR CRAWL

- Hands under shoulders
- Knees under hips and just off floor
- Back long, strong and straight
- Shoulders and hips level
- Abs braced
- 4 steps sideways (hands and feet)
- Repeat in other direction

LAYER 2 COACHING TIP

- Sprint on your hands and feet

BURPEE

- Feet wide
 - Butt down and back – just above knees
 - Chest up – abs braced
 - Arms forward, at shoulder-height
 - Abs braced as feet jump back
 - Hands under shoulders
 - Back long, strong and straight
- ⇓ OPTION: STEP FEET BACK INTO BURPEE**

LAYER 2 COACHING TIP

- You've got 25 seconds to do as many repetitions as you can!

3 Coach Calls

MUSIC	EXERCISE
0.00	Demo Block 1 moves: Skater (L+R), Switch Climber (x1) (L+R)
	BLOCK 1
0.38	Holding Pattern: Skater (L+R) Coach Call: Switch Climber (x1) (L+R) Stay with holding pattern until coach calls "Drop"; complete (x1) repetition of Coach Call then continue with holding pattern
1.38	Recovery. Demo Block 2 moves: Speed Ladder, Hands Over Head; Long Jump Forward, Fast Shuffle Back (x1)
	BLOCK 2
2.05	Holding Pattern: Speed Ladder, Hands Over Head Coach Call: Long Jump Forward, Fast Shuffle Back (x1) Stay with holding pattern until coach calls "Jump"; complete (x1) repetition of Coach Call then continue with holding pattern
3.05	Recovery
3.28	REPEAT BLOCK 1
4.28	Recovery
4.53	REPEAT BLOCK 2
5.53	Recovery

Get Up Offa That Thing > 6.00 mins

TRACK SETUP

Coach Calls: 4x 1-minute rounds. Start with a holding pattern then perform 1x repetition of Coach Call when the coach calls it, then continue with holding pattern. The focus of this track is on reactive training, speed and agility.

COACHING TIP

This style of Coach Call hasn't been seen in GRIT before, so set this up well. Make sure the team knows the difference between the holding pattern and single repetition of the Coach Call. As in Track 2, focus on technique and safety first, then move the objective to speed and reactive training.

CONNECTION

Coach Calls should be fun and feel like a game, so smile and interact with participants to get them competing with each other and enjoying the workout. The light and fun music has a totally different feel to the other tracks, so use it to bring up the mood.

DRIVE

Use the last set to test the team. Erin increases the pace of Coach Calls over the four blocks, getting the team moving faster and faster. Be unpredictable to get the team thinking sharply the whole time. As participants fatigue, mental toughness will push them through to the end.

HIIT SCIENCE

Reactive speed training provides explosive agility. This type of training accesses our Type 2 muscle fibres, which is the fastest way to develop athletic muscle tone.

SKATER

- Push off one foot
- Shift weight to other foot
- Knees bent on take-off and landing
- Chest up – abs braced
- Hips back and down
- Repeat on other side

LAYER 2 COACHING TIP

- Drive off the floor

SWITCH CLIMBER

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

⇓ OPTION: SIDE TAP IN PLANK

LAYER 2 COACHING TIP

- Brace core to move quickly between the 2 moves

SPEED LADDER, HANDS OVER HEAD

- Hands together over head, fast feet go out, in, in
- Knees soft
- Chest up
- Core braced

⇓ OPTION: FAST FEET WITH HANDS AT HIP-HEIGHT

LAYER 2 COACHING TIP

- Move your feet out and in as fast as you can



LONG JUMP FORWARD, FAST SHUFFLE BACK

- Feet wide
 - Drive hips through
 - Use Squat to absorb landing
 - Sit low in the legs in the Shuffle back
- #### ⇓ OPTION: LONG STEP FORWARD IN PLACE OF JUMP

LAYER 2 COACHING TIP

- Long drive off the floor in the Jump; stay light and agile in the Shuffle back

4 Drop Sets

MUSIC	EXERCISE
0.00	Set up first exercise: Tuck Jump (x2), High Knee Run (x8), Squat (x2)
	SET 1
0.39	Tuck Jump (x2), High Knee Run (x8)
1.06	Squat (x2), High Knee Run (x8)
1.30	Recovery. Set up second set: Lateral Shuffle (x2) (L+R), Butt Kick (x2)
	SET 2
1.48	Lateral Shuffle (x2) (L+R), Butt Kick (x2)
2.16	Lateral Shuffle (L+R)
2.40	Recovery. Set up third set: Mountain Climber (x4) (L+R), Pushup (x4)
	SET 3
3.00	Mountain Climber (x4) (L+R), Pushup (x4)
3.25	Mountain Climber (L+R)
3.50	Recovery
4.09	REPEAT BLOCK 1
5.00	Recovery
5.18	REPEAT BLOCK 2
6.09	Recovery
6.30	REPEAT BLOCK 3
7.19	Recovery

Be Together/The Hills/Sweet Lovin' > 7.20 mins

TRACK SETUP

Drop Sets: 6 rounds, 2 moves each round. Each set starts with an exercise at it' highest intensity for 25 seconds, then eases off for 25 seconds to keep the intensity high for the whole set.

COACHING TIP

Like all GRIT tracks, setup needs to be clear. There are only 25 seconds in each block so use this time to deliver the most important cues. Give clear pre-cues and keep coaching points short and sharp so that the tips land with participants.

CONNECTION

Drop Sets are a great way to sustain intensity for the whole working block. Once Layer 1 cues are out, get creative and challenge participants to smash it all the way to the end. Spend quality time floor-coaching, driving and motivating each individual to give their best. Lower your voice to make coaching more personal and engage with what is happening right in front of you.

DRIVE

This is the big set of the workout; the music is intense and the coaching energy is set to maximum. These sets are difficult but not impossible; use the last 25 seconds in each round to push participants to their best effort. If the team wants results, then they have to work for them.

HIIT SCIENCE

Using load to drive intensity builds metabolic stress, resulting in chemical changes in the working muscles. These reactions are responsible for the toning and shaping of muscles, as well as the reduction in body fat we see with HIIT training.

TUCK JUMP

- Chest up
 - Arms driving forward
 - Knees wide in Tuck Jump
 - Use Squat to absorb landing
- ⇓ **OPTIONS: STRAIGHT-LEGGED JUMP OR 2X SQUAT**

LAYER 2 COACHING TIP

- Drive your knees up like a sprinter and use your abs to lift knees to chest

HIGH KNEE RUN

- Chest up
 - Abs braced
- ⇓ **OPTION: JOG OTS**

SQUAT

- 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

- Drive up out of the Squats

LATERAL SHUFFLE

- Hands over head
- Feet outside hip-width
- Chest up – abs braced
- Knees bent

**BUTT KICK**

- Chest up
- Abs braced
- Bend knees to absorb landing

⇓ **OPTION: 2X SQUAT**

LAYER 2 COACHING TIP

- Drive up with height off the floor and try to kick your butt

MOUNTAIN CLIMBER

- Start in Plank position; drive alternate knees into chest
- Hips down
- Abs braced – back long and straight
- Knees toward floor
- Butt down

⇓ **OPTION: WALK KNEES IN AND OUT**

LAYER 2 COACHING TIP

- Don't just throw your knees forward – really use your abs to pull your knees in

PUSHUP

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

⇓ **OPTION: ON KNEES**

MUSIC	EXERCISE
0.00	Set up exercise: Burpee Combo Squat Burpee (x1), Lateral Leap (x1) (R) (One Repetition) Squat Burpee (x1), Lateral Leap (x1) (L)
0.36	Level 1: Burpee Combo (x4)
0.56	Level 2: Burpee Combo (x5)
1.16	Level 3: Burpee Combo (x6)
1.36	Level 4: Burpee Combo (x7)
1.56	Level 5: Burpee Combo (x8)
2.16	Level 6: Burpee Combo (x9)
2.36	Recovery

TRACK SETUP

Beep Test: 2 minutes of work. One exercise is performed to the beat, which gets faster every 20 seconds. This track challenges speed endurance.

COACHING TIP

The newest GRIT challenge called the 'Beep Test' is hands-down awesome. We've taken an old-school training drill and put a GRIT twist on it. The three most important things participants need to know are: what the move is, it's done on the beep, and the beep will get faster over a 2-minute period.

CONNECTION

More than ever, this challenge is 'mind over muscle'. Firstly, set the move up correctly so that participants can focus completely on making each beep. Secondly, encourage a lift in intensity when the beep gets faster.

DRIVE

Each beep delivers a short spike of intensity which creates a higher level of fitness. Give as many time cues as possible and let the team know when they are on their final 8, so they have a goal to aim for. Lead by example for the final fast beeps and show what a GRIT coach's 100% looks like.

HIIT SCIENCE

2 minutes of work is an ideal interval to push into an anaerobic training zone and ensure the last energy reserves are expelled from our muscles. This is how we get fitter and take our training to the next level.

**BURPEE COMBO
SQUAT BURPEE/LATERAL LEAP**

- Squat Burpee (x1), Lateral Step (x1) (R)

One Repetition

- Squat Burpee (x1), Lateral Step (x1) (L)
- Feet wide, knees soft
- Butt down and back, just above knees
- Chest up – abs braced
- Abs braced as feet jump back
- Hands under shoulders
- Back long, strong and straight

**⇓ OPTION: WALK FEET BACK IN
BURPEE****LAYER 2 COACHING TIP**

- You versus the beep

MUSIC	EXERCISE
0.00	Set up track and demo the first exercise: Walking Hover (L+R)
0.17	Walking Hover (L+R)
0.53	Walking Hover (Faster) (L+R)
1.24	Roll onto back, set up Pike Hold/Scissor Legs (L+R)
1.40	Pike Hold/Scissor Legs (L+R)
1.53	Pike Hold/Scissor Legs (Faster) (L+R)
2.24	Roll back to Walking Hover
2.31	Walking Hover (L+R)
2.47	Walking Hover (Faster) (L+R)
2.52	Recovery

TRACK SETUP

After smashing the Beep Test, give the team a moment to chill, then encourage them to the floor for one more big hit. Set them up in a Hover and prepare them for 3 minutes of awesome ab training to finish off the workout.

COACHING TIP

After a full-on 25 minutes the impact of fatigue will be powerful. Encourage your team to commit to the final few minutes and get the benefits that come from having a stronger core.

CONNECTION

This is an unwind from the last 5 intense tracks, so decrease the intensity of your coaching. Speak smoothly and calmly at a lower volume to relax the pace of the track. The core workouts are more challenging than in previous releases, so good floor coaching for technique is essential.

DRIVE

A lot of exercises in previous tracks have worked on athletic abs and this track will take core training to the next level. Convince your team to really challenge themselves to maintain perfect form, right to the end of the workout.

HIIT SCIENCE

Integrated core exercises such as the hover recruit many muscles at once, providing three-dimensional muscular support around the spine. This is vital for spinal production during HIIT training.

WALKING HOVER

- Start in Hover position and walk feet out and in
- **Hips square to the floor**
- **Abs braced**
- **Back straight**
- **Butt down**

↓↓ **OPTIONS: ON KNEES OR FEET
WALK OUT AND IN SLOWER**



PIKE HOLD/SCISSOR LEGS

- Lying on back, extend legs to 45° angle and Scissor Legs
- **Lower back toward floor**
- **Abs braced**
- Legs straight in Scissor

↓↓ **OPTIONS: SCISSOR LEGS
HIGHER OR BEND KNEES AND
TOUCH FOOT TO FLOOR**



	TRACK	ARTIST	
1	Learning For Your Love © 2015 Detail Co. Written by: Murphy, Annesley	Marcus Marr & Chet Faker	3.00
	Redemption Courtesy of the Universal Music Group. Written by: Edwards, Banks, Lenzie, Chen	Sigma & Diztortion feat. Jacob Banks	1.50
	The Buzz © 2015 Les Mills Music Licensing Ltd. Written by: Stuart, Dubber, Levinson	Silent Locker	1.10
	Redemption Courtesy of the Universal Music Group. Written by: Edwards, Banks, Lenzie, Chen	Sigma & Diztortion feat. Jacob Banks	0.50
	Redemption Courtesy of the Universal Music Group. Written by: Edwards, Banks, Lenzie, Chen	Sigma & Diztortion feat. Jacob Banks	1.30
	The Buzz © 2015 Les Mills Music Licensing Ltd. Written by: Stuart, Dubber, Levinson	Silent Locker	1.10
	Redemption Courtesy of the Universal Music Group. Written by: Edwards, Banks, Lenzie, Chen	Sigma & Diztortion feat. Jacob Banks	0.50
	Get Up Offa That Thing © 2015 Les Mills Music Licensing Ltd. Written by: D. Brown, Y. Brown, Jenkins	Unseen Nectarine	6.00
	Be Together © 2015 Mad Decent under exclusive license to Because Music. Written by: Pentz, N. Bergman, E. Bergman, Swanson	Major Lazer feat. Wild Belle	1.05
	Be Together © 2015 Mad Decent under exclusive license to Because Music. Written by: Pentz, N. Bergman, E. Bergman, Swanson	Major Lazer feat. Wild Belle	0.45
4	The Hills (RL Grime Remix) Courtesy of the Universal Music Group. Written by: Balshe, Nickerson, Montagnese, Tesfaye	The Weeknd	0.25
	The Hills (RL Grime Remix) Courtesy of the Universal Music Group. Written by: Balshe, Nickerson, Montagnese, Tesfaye	The Weeknd	0.45
	Sweet Lovin' © 2015 Ministry of Sound Recordings Ltd, under exclusive license to Astrx Music, a division of Ministry of Sound Australia Pty Ltd. www.ministryofsound.com.au Written by: Fielder, Christopher	Sigala	1.10
	Be Together © 2015 Mad Decent under exclusive license to Because Music. Written by: Pentz, N. Bergman, E. Bergman, Swanson	Major Lazer feat. Wild Belle	0.25
	Be Together © 2015 Mad Decent under exclusive license to Because Music. Written by: Pentz, N. Bergman, E. Bergman, Swanson	Major Lazer feat. Wild Belle	0.45
	The Hills (RL Grime Remix) Courtesy of the Universal Music Group. Written by: Balshe, Nickerson, Montagnese, Tesfaye	The Weeknd	0.25
	The Hills (RL Grime Remix) Courtesy of the Universal Music Group. Written by: Balshe, Nickerson, Montagnese, Tesfaye	The Weeknd	0.45
	Sweet Lovin' © 2015 Ministry of Sound Recordings Ltd, under exclusive license to Astrx Music, a division of Ministry of Sound Australia Pty Ltd. www.ministryofsound.com.au Written by: Fielder, Christopher	Sigala	0.50
	Beep Test © 2015 Les Mills Music Licensing Ltd. Written by: Langeveld, van de Geer	Noise	2.40
	Fool Courtesy of the Universal Music Group. Written by: Malik, Borns, English, Joseph, Schleiter	BØRNS	2.55
OUTRO	They Reminisce Over You (T.R.O.Y) © 1992 Elektra Entertainment for the United States and WEA International Inc. for the world outside of the United States. Produced Under License From Elektra Entertainment Group Inc. Written by: Dixon, Phillips	Pete Rock & C.L Smooth	0.30