

LES MILLS GRIT PLYO

1

Warmup

SETUP

- Bench set up horizontally

MUSIC	EXERCISE
0.00	Start standing on bench
0.08	Slow Backward-Stepping Lunge on Bench 4/4 (L+R)
0.28	Backward-Stepping Lunge on Bench 2/2 (L+R)
0.49	Jump Lunge To Bench (L+R)
0.59	Scissor Lunge (L+R)
1.19	Squat Burpee With Jump On/Off Bench
1.39	Pushup
2.00	Frog Jump
2.20	Plyo Sumo Bench Jump
2.41	Lateral Bench Jump (L+R)
3.00	Recovery

Ante Up > 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 Plyo is jump training. The workout hits short bursts of high intensity to challenge fitness and build explosive power. Set the energy of the room as relaxed and fun. Get the team ready to train like athletes!

COACHING TIP

Don't overcomplicate 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.

BACKWARD-STEPPING LUNGE ON BENCH

- Start standing on bench
- Feet hip-width apart – long step back
- One foot on bench, the other on floor
- Front thigh parallel to floor in bottom of Lunge
- Knee in line with toes
- Chest up
- Abs braced

JUMP LUNGE TO BENCH

- Lunge, then jump onto the bench with both feet
- Brace abs to jump feet back, change sides

OPTION: BACKWARD-STEPPING LUNGE



SCISSOR LUNGE

- Bend knees to land
- Push out of front heel

OPTION: BACKWARD-STEPPING LUNGE

SQUAT BURPEE WITH JUMP ON/OFF BENCH

- Squat, Plank, Squat, jump on and off bench
- Feet outside hip-width – butt down and back in Squat
- Knees bent
- Abs braced in jump to Plank position
- Whole feet land on the bench

OPTION: WALK INTO BURPEE STEP ON/OFF BENCH

PUSHUP

- Hands on bench, just outside shoulder-width
- Chin tucked in
- Chest to elbow-height
- Abs braced
- Back long, strong and straight

OPTION: ON KNEES

FROG JUMP

- Start in Plank position, feet hip-width
- Hands just outside shoulder-width
- Knees in line with hips – jump knees toward 90°, then back into Plank
- Abs braced
- Back straight
- Knees hover just above floor

OPTION: FEET WALK IN AND OUT





Ante Up > 3.00 mins

PLYO SUMO BENCH JUMP

- Start in Squat position, feet either side of bench
- Jump onto bench and propel high into the air, land back in Squat
- Bend knees and use Squat to absorb landing
- Chest up
- Abs braced

⇓ OPTION: JUMP WITH NO BENCH**LATERAL BENCH JUMP**

- Lateral Jumps over bench
- Feet outside hip-width – chest up
- Drive laterally off both feet
- Jump over bench
- Use arms to gain height
- Bent knee landing
- Abs braced

⇓ OPTION: JUMP WITH NO BENCH

2 Add-On Super Sets

SETUP

- Bench set up horizontally

MUSIC EXERCISE

0.00	Set up track and demo first exercise: Squat Jump On/Off Bench (L+R)
	SET 1
0.34	Squat Jump On/Off Bench (L+R)
0.58	Add On: Quarter Turn Full Combination: Squat Jump On/Off Bench With Quarter Turn (L+R)
1.25	Recovery. Set up second set: Low Squat Burpee Pushup
	SET 2
1.45	Low Squat Burpee Pushup
2.10	Add On: Quarter Turn Full Combination: Low Squat Burpee Pushup With Quarter Turn
2.36	Recovery. Set up third set: Power Lunge (L+R)
	SET 3
2.54	Power Lunge (L+R)
3.18	Add On: Plyo Sumo Bench Jump (x1) Full Combination: Power Lunge (x4) (L+R), Plyo Sumo Bench Jump (x1)
3.45	Recovery
4.04	REPEAT SET 1
4.55	Recovery
5.14	REPEAT SET 2
6.06	Recovery
6.24	REPEAT SET 3
7.15	Recovery

World Away/As I Am > 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 jump training.

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 'jumping as high as you can' gives Erin a great coaching focus and the team know 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 your 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 integrated jump exercises that recruit all the big muscles, driving the heart rate into a maximum training zone.

SQUAT JUMP ON/OFF BENCH

- Feet outside hip-width – knees out
- Squat Jump on and off the bench in a V-shape
- Hips stay square to front
- Knees bent on landing
- Chest up – abs braced

⇓ **OPTION: JUMP WITH NO BENCH**

LAYER 2 COACHING TIP

- Touch and go, like you're playing fast hopscotch



QUARTER TURN

- Add Quarter Turn Jump off and on bench in middle of 'V'
- Feet outside hip-width – knees out
- Knees bent on landing
- Chest up – abs braced

⇓ **OPTION: JUMP WITH NO BENCH**

LAYER 2 COACHING TIP

- Feet wide and knees bent to switch fast



**LOW SQUAT BURPEE PUSHUP**

- Hands start on bench for Pushup
- Chest to elbow-height in Pushup
- Snatch legs under into a low Squat – lift chest up
- Abs braced as you move to plank
- Knees stay bent

⇓ OPTIONS: WALK FEET IN TO SQUAT OR NO PUSHUP

LAYER 2 COACHING TIP

- Use your shoulders to drive off the bench

**QUARTER TURN**

- Add Quarter Turn Jump in Squat
- Feet outside hip-width
- Knees stay bent
- Abs braced

LAYER 2 COACHING TIP

- Feet wide and knees bent to switch fast

**POWER LUNGE**

- Face bench vertically – front foot on bench
- Bend knees to land
- Push out of front heel
- Front thigh parallel to floor

⇓ OPTIONS: BACKWARD-STEPPING LUNGE OR JUMP WITH NO BENCH

LAYER 2 COACHING TIP

- Use your whole body to drive off the bench

PLYO SUMO BENCH JUMP

- Start in Squat position, feet either side of bench
- Jump onto bench and propel high into the air, land back in Squat
- Bend knees and use Squat to absorb landing
- Chest up
- Abs braced

⇓ OPTION: JUMP WITH NO BENCH

LAYER 2 COACHING TIP

- Hit the bench with air

3 Coach Calls

Tell Me > 6.00 mins

SETUP

- Bench set up horizontally

MUSIC EXERCISE

0.00	Demo Block 1 and moves: 180° Turning Squat Jump (L+R), Lateral Bench Jump (L+R)
	BLOCK 1
0.39	Holding Pattern: 180° Turning Squat Jump (L+R) Coach Call: Lateral Bench Jump (x1) (L+R) Stay with holding pattern until Coach calls "Jump"; complete (x1) repetition of Coach Call then continue with holding pattern
1.40	Recovery. Demo Block 2 and moves: Jack Pushup and Donkey Kick
	BLOCK 2
2.08	Holding Pattern: Jack Pushup Coach Call: Donkey Kick (x1) Stay with holding pattern until Coach calls "Jump"; complete (x1) repetition of Coach Call then continue with holding pattern
3.04	Recovery
3.29	REPEAT BLOCK 1
4.29	Recovery
4.56	REPEAT BLOCK 2
5.53	Recovery

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.

NEW MOVE

180° TURNING SQUAT JUMP

- Rotate 180° in turning Squat Jump – alternating feet land on the bench
- Feet outside hip-width
- Knees soft
- Use Squat to absorb landing
- Chest up – abs braced

↓ ↓ **OPTION: JUMP WITH NO BENCH**



LATERAL BENCH JUMP

- Feet outside hip-width – chest up
- Drive laterally off both feet
- Jump over bench
- Use arms to get height
- Bent knee landing
- Abs braced

↓ ↓ **OPTION: JUMP WITH NO BENCH**

LAYER 2 COACHING TIP

- Use the bench to drive height

**JACK PUSHUP**

- Hands on bench
- Jack feet at the bottom of the Pushup
- Abs braced
- Chest to elbow-height
- Back straight

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

LAYER 2 COACHING TIP

- Jack feet as fast as possible, drive out of shoulders

**DONKEY KICK**

- Start in Plank position – hands on bench
- Jump knees into chest then shoot feet out back to Plank
- Core braced
- Hips square

⇓ **OPTION: FROG JUMP – BOTH FEET JUMP IN AND OUT, TOUCHING THE FLOOR**

LAYER 2 COACHING TIP

- Corkscrew palms into step and brace abs to explode back into Plank



4 Drop Sets

SETUP

- Bench set up horizontally and a heavy plate

MUSIC EXERCISE

0.00 Set up first set: Lateral Bench Jump/Plate Over Head (L+R)

SET 1

0.39 Lateral Bench Jump/Plate Over Head (L+R)

1.04 Lateral Bench Jump (L+R)

1.30 Recovery. Set up second set: Walking Pushup With Leg Lift (L+R)

SET 2

1.49 Walking Pushup With Leg Lift (L+R)

2.17 Walking Pushup (L+R)

2.41 Recovery. Set up third set: Bench Jump With 180° Turn Plate To Collarbones

SET 3

3.00 Bench Jump With 180° Turn Plate To Collarbones

3.26 Bench Jump With 180° Turn

3.53 Recovery

4.09 REPEAT BLOCK 1

5.00 Recovery

5.20 REPEAT BLOCK 2

6.11 Recovery

6.30 REPEAT BLOCK 3

7.23 Recovery

Electrify/Left Hand Free/Catch Me > 7.25 mins

TRACK SETUP

Drop Sets: 6 rounds, 2 moves each round. Each set starts with an exercise at its 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 explosive jump training 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.

LATERAL BENCH JUMP/PLATE OVER HEAD

- One foot on bench, one on floor
- Plate over head and slightly forward of face
- Arms straight
- Jump laterally over bench
- Drive off foot on bench
- Bent knee landing
- Chest up, abs braced

↓↓ OPTION: PLATE TO COLLARBONES

LAYER 2 COACHING TIP

- Jump as high as you can with resistance

DROP PLATE AND CONTINUE WITH LATERAL BENCH JUMP

NEW MOVE

WALKING PUSHUP WITH LEG LIFT

- One hand on bench, one on floor
- Pushup, jumping feet in the air when coming up
- Walk hands and feet laterally to other end of bench and repeat
- Chest to elbow-height in Pushup
- Abs braced
- Back straight
- Hips and shoulders square to floor in lateral walk

↓↓ OPTIONS: PUSHUP WITH NO JUMP OR ON KNEES

LAYER 2 COACHING TIP

- Brace core super hard to drive whole body away from the floor

DROP DOUBLE LEG JUMP AND CONTINUE WITH WALKING PUSHUP



**NEW MOVE****BENCH JUMP WITH 180° TURN,
PLATE TO COLLARBONES**

- Both feet take off from floor
- Both feet land fully on the bench
- Feet wide – knees out
- Chest up
- Use Squat to absorb landing
- Brace abs as whole body turns
- Lock elbows to keep plate high on chest

⇓ OPTION: NO PLATE**LAYER 2 COACHING TIP**

- Go for as much air as possible

**DROP PLATE AND CONTINUE WITH
BENCH JUMP WITH 180° TURN**

5

2-Minute Challenge: Beep Test

SETUP

- Bench set up horizontally

MUSIC EXERCISE

0.00	Set up exercise: Squat Burpee With High Jump (x1)
0.36	Level 1: Squat Burpee With High Jump (x4)
0.56	Level 2: Squat Burpee With High Jump (x5)
1.16	Level 3: Squat Burpee With High Jump (x6)
1.36	Level 4: Squat Burpee With High Jump (x7)
1.56	Level 5: Squat Burpee With High Jump (x8)
2.16	Level 6: Squat Burpee With High Jump (x9)
2.36	Recovery

Beep Test > 2.40 mins

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.

SQUAT BURPEE WITH HIGH JUMP

- Squat, Plank, Squat, Jump up
- Feet outside hip-width
- Chest up
- Bent knee landing
- Brace abs to jump into Plank

⇓ **OPTION: WALK INTO BURPEE**

LAYER 2 COACHING TIP

- You versus the beep

MUSIC	EXERCISE
0.00	Set up track and demo first exercise: Plank Jump With Feet On/Off Bench (L+R)
0.20	Plank Jump With Feet On/Off Bench (L+R)
0.41	Plank Walk With Feet On/Off Bench
1.02	Plank Jump With Feet On/Off Bench (L+R)
1.22	Roll onto back, set up Hip Pulse On Bench
1.38	Hip Pulse On Bench
2.04	Hip Pulse (x3), Leg Extension (x1)
3.00	Recovery

TRACK SETUP

Take a minute to chill and reflect on how awesome the team has been. This Core track has a different setup to other Plyo releases; like Release 16, it now incorporates the bench. Turn your bench horizontal to the front, come to the end of the bench and set up Plank with hands on the floor, feet on the bench. Option is to remove boosters or smash it on the floor.

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 a having 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 Plank exercises recruit many muscles at once, providing three-dimensional muscular support around the spine. This is vital for spinal production during HIIT training.

NEW MOVE

PLANK JUMP WITH FEET ON/OFF BENCH

- Set up Plank position at the end of bench
- **Hands in line with shoulders**
- Jump both feet on and off the bench (L+R)
- **Hips square to floor**
- **Abs braced**
- **Butt down**
- **Back straight**

⇓ **OPTION: WALK FEET ON AND OFF BENCH**



PLANK WALK WITH FEET ON/OFF BENCH

- Feet straddle bench, hands in line with shoulders
- Feet walk on and off bench
- **Hips square to floor**
- **Abs braced**
- **Butt down**
- **Back straight**

⇓ **OPTION: WALK IN AND OUT ON FLOOR**

NEW MOVE

HIP PULSE ON BENCH WITH LEG EXTENSION

- Lie back on bench, hands grab over head
- Knees come in to 90° angle
- **Tail bone lifts up and lowers**
- Add on Leg Extension to 45° angle
- **Brace abs as you extend the legs**
- **Keep lower back close to bench**

⇓ **OPTION: NO LEG EXTENSION**



	TRACK	ARTIST	
1	Ante Up (Robbin Hoodz Theory) © 2000 Loud Records, LLC. Under license from Sony Music Commercial Written by: Pittman, Grinnage, Murry	M.O.P	3.00
2	World Away © 2015 Foreign Family Collective. Written by: Garsbo	Kasbo	1.50
	As I Am (Oldugum Gibi) © 2015 Les Mills Music Licensing Ltd. Written by: Craze, Chegwin	MicroTypical	1.10
	World Away © 2015 Foreign Family Collective. Written by: Garsbo	Kasbo	2.20
	As I Am (Oldugum Gibi) © 2015 Les Mills Music Licensing Ltd. Written by: Craze, Chegwin	MicroTypical	1.10
	World Away © 2015 Foreign Family Collective. Written by: Garsbo	Kasbo	0.50
3	Tell Me © 2015 Les Mills Music Licensing Ltd. Written by: Tadjiky, John, Yoon	Mango Revolution	6.00
4	Electrify Licensed courtesy of Of Leisure. www.ofleisure.com.au Written by: Markos, Cornwell	GRMM feat. Father Dude	1.50
	Left Hand Free © 2015 Les Mills Music Licensing Ltd. Written by: Newman, Green, Unger-Hamilton	Ersatz Knot	1.10
	Catch Me © 2015 Mad Decent. Written by: Yellow Claw, Flux Pavilion	Yellow Claw & Flux Pavilion feat. Naaz	0.25
	Catch Me © 2015 Mad Decent. Written by: Yellow Claw, Flux Pavilion	Yellow Claw & Flux Pavilion feat. Naaz	0.45
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	Catch Me © 2015 Mad Decent. Written by: Yellow Claw, Flux Pavilion	Yellow Claw & Flux Pavilion feat. Naaz	0.30
5	Beep Test © 2015 Les Mills Music Licensing Ltd. Written by: Langeveld, van de Geer	Noise	2.40
6	On Top © 2012 Transgressive Records Ltd. Written by: Tryfonos, Stretan	Flume feat. T.Shirt	3.00
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