

LESMILLS
GRIT

PLYO



RELEASE

17

FEATURES:

NEW RESEARCH: RPM BENEFITS
INTERNAL & EXTERNAL COACHING

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 PLYO 17

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The Fine Print

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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 PLYO 17 OVERVIEW

Hey team, hope you are ready for LES MILLS GRIT Series release 17 because it is coming in hot! This round we are using shorter blocks to hit maximum intensity in each set! Most blocks are 1 minute long so make sure before recovery time hits participants are pushing their limits in each set. The workouts are dynamic with a variety in movement, patterns and speed to ensure that maximum output is maintained. Keep an eye out for a couple of new challenges introduced for the first time this round. Remember LES MILLS GRIT PLYO will always have height focuses to drive the heart rate and smash the reps. Keep language cool and fresh but most importantly have fun with the team! From the GRIT 17 crew.

TRACK	TRACK NAME	TRAINING TECHNIQUE	PROGRAM SPECIFIC or MIX AND MATCH
1	Warmup	Neuromuscular Pre-conditioning	Program Specific
2	Add On Super Sets	Total Body Conditioning	Program Specific
3	Coach Calls	Reactive Jump Training	Mix and Match
4	Drop Sets	Jump Training Intervals	Program Specific
5	2-Minute Challenge	Metabolic Conditioning	Mix and Match
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.

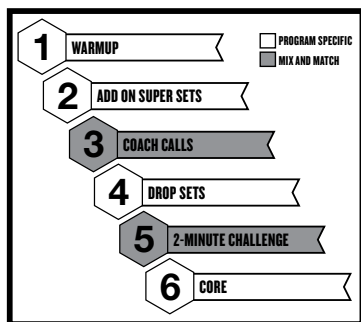
NUMBERING

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 17, LES MILLS GRIT Plyo 17, and LES MILLS GRIT Cardio 17), and only the allocated tracks stated in the notes.

In this release the mix and match tracks are Tracks 3 and 5 (see below).



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

Don't be a stranger, chat with us on Instagram and Facebook @lesmillsgrit

– LES JNR



NEW RESEARCH:

RPM BENEFITS

New research has shown that RPM delivers the combined benefits of cardiovascular training coupled with short bursts of intensity known as cardio peak training.

A study conducted at Loughborough University in the UK measured the effects of doing RPM for 8 weeks on individuals who were not regularly active.

Participating in classes 3 times per week with no changes in diet generated the following benefits:

- 11% increase in VO2
- 7% reduction in systolic blood pressure
- 13.6% reduction in body fat
- Total cholesterol decreased by 13% including a 23.3% reduction in LDL's – (considered the 'bad' cholesterol)
- Participants also lost – on average – 1 inch (3cm) in their waist circumference.

The subjects in this trial also had a compliance rate of 95% during the study, which was very high for this type of group.

Many of the participants achieved a heart rate of 95% of their maximum during the workouts. This indicates the effectiveness of the program to hit short peaks of intensity off a cardiovascular training base.

We can therefore say that RPM delivers the combined benefits of cardiovascular conditioning with multiple peaks of intensity AND the advantage of great instruction and awesome music – which serve to increase the attendance beyond what we normally see with this type of training.

For more on this study go to <http://fitnessresearch.edu.au/journal-view/group-studio-cycling-an-effective-intervention-to-116>

INTERNAL & EXTERNAL COACHING

Great coaches have the ability to drive people to succeed in ways they never would have dreamed of. **Don't you want to be that coach?**

Internal and External cueing can make a huge difference to athletic performance in our participants. They'll help you to improve execution and manipulate intensity – two key objectives of Layer 2 coaching.

- **Internal** cues encourage people to focus on their **body parts and the mechanics of the movement**.
- **External** cues inspire people to focus on the **outcome of the movement**; their energy is directed **outside the body**.

For example, in the Tricep Kickback Row in BODYPUMP, we could say, "squeeze the triceps". This is an Internal cue that focuses the attention inward. OR we could say, "drive the plate up and back". This is an External cue – you're asking participants to focus on the outcome of the movement.

To get someone to run faster, you could say "extend your hip" – this would be Internal – or "push the floor behind you" – which would be External.

When we train the core, we often say, "squeeze your abs" – this is Internal. An External, outcome-focused cue would be to say, "imagine you're about to get punched in the stomach".

So why should we care?

Different cues can produce different outcomes, and many coaches believe that External cues deliver better results. This is because External cues work with the body's natural movement;

they are in sync with it.

Internal cues, on the other hand, can interrupt automatic movement. When you concentrate on how things move, you can interrupt the body's natural response. Think about how you teach a child to walk. Most parents don't say, "lift your foot off the floor by flexing at the knee and engaging your hip flexor"! Instead we say: "come to me, over here..." By focusing on the movement outcome (External focus) we achieve the goal in the most natural way.

Many athletes improve performance when they have an external focus. People doing a forward jump went further when encouraged to get as close to the target as possible, compared to a group who were asked to extend their knees as quickly as possible when they jumped.¹

Are Internal cues still relevant then?

Yes! People don't always know how to perform an exercise instinctively. For example, getting the glutes to engage optimally doesn't come naturally to many people. Some participants – particularly beginners – need to be coached with an internal focus to establish good technique.

Example: The Squats track in BODYPUMP.

- In Set 1 you'll use Layer 1 cues to set up the move correctly.
- In Set 2 the majority of your coaching will focus on Layer 2, eg in a Wide Squat you could cue, "driving your knees out" to engage the side glutes. This is an Internal Layer 2 cue.
- In Set 3 you could follow up with an External, outcome-focused cue to enhance that element of the Squat, eg "let's focus on driving those knees out even more; try and rip the floor beneath you apart". Focusing on

trying to rip the floor apart is External and builds on your coaching from Set 2.

Example: The Deadlift in BODYPUMP.

- You could cue: “Lift your chest as you tip forward from the hips”. This is an Internal cue to improve execution.
- This can be followed up with “show me what’s written on your tee-shirt”. This is a great External cue that enhances the move by providing an outward focus.

Using a mix of Internal and External cues in Layer 2 is the best way to coach people to achieve more than they could do on their own. It will help give clarity and flow to your Layer 2 coaching, and prevent you from cluttering this phase with too many ideas.

Action Plan: Watch the Masterclass and identify as many Internal and External cues as you can. Listen carefully. Are the cues encouraging participants to focus on their body parts and mechanics? Or are the cues directing the energy outside the body, inspiring people to focus on the outcome of the movement? Become a master at identifying the difference between Internal and External cues.

¹Effect of Attentional Focus Strategies on Peak Force and Performance in the Standing Long Jump. Wu et al. May 2012.



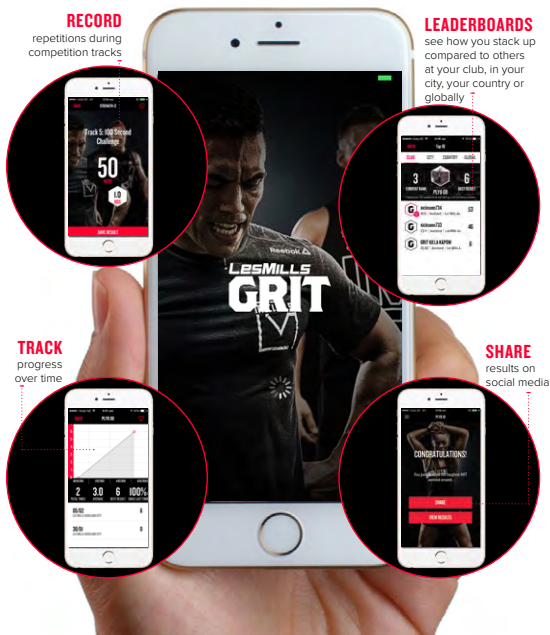
LES MILLS GRIT APP

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: 2-Minute Challenge: Beep Test

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
17	Track 5: 2-Minute Challenge: Beep Test

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?

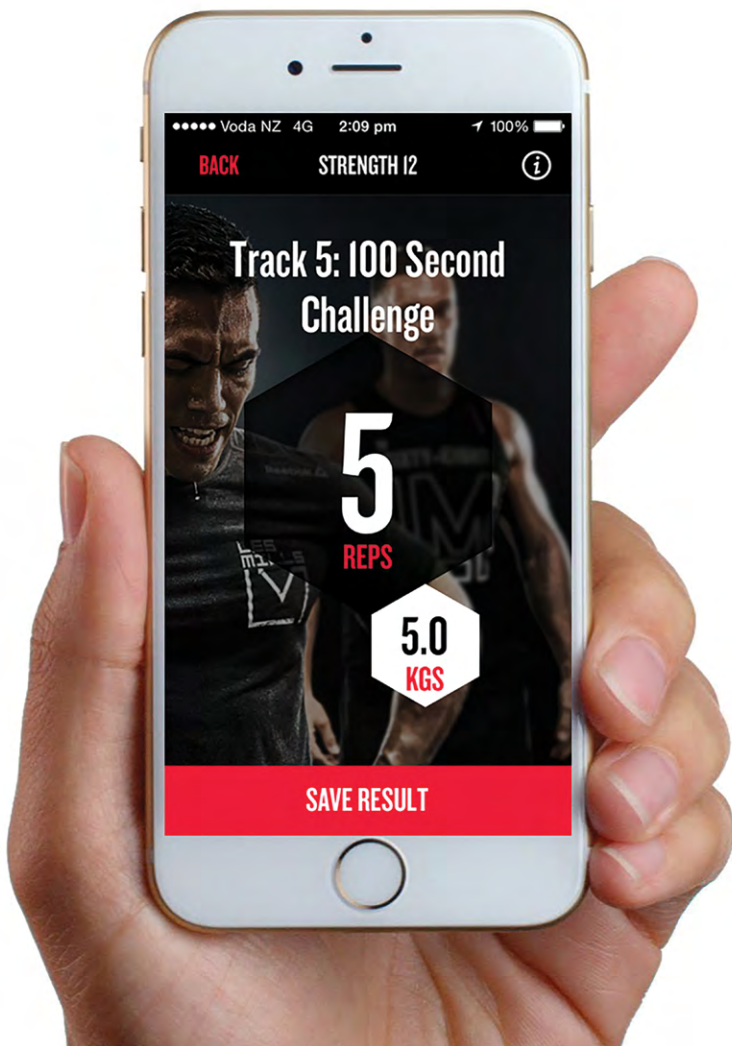
At this stage the app is only available in English.

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



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

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**



1

Warmup Continued



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

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

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

REPEAT BLOCK 1

4.29 Recovery

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

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

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

6

Core

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

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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.

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