

LES MILLS GRIT STRENGTH

1 Warmup

SETUP

- A heavy plate

MUSIC	EXERCISE
0.00	Slow Backward-Stepping Lunge With Plate To Collarbones (L+R)
0.38	Backward-Stepping Lunge With Plate To Collarbones (L+R)
0.54	Backward-Stepping Lunge With Plate Press (L+R)
1.09	Squat Burpee
1.41	Pushup
2.17	Squat Plate To Collarbones
2.33	Squat With Overhead Press
2.48	Jumping Lunge (L+R)
3.04	Recovery

The Trouble With Us > 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 Strength is to load the muscles with depth and range, hitting short bursts of high intensity that will challenge fitness and shape muscles. Set the energy of the room as relaxed and fun.

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 WITH PLATE TO COLLARBONES

- Plate at collarbones
- Big step back
- Chest up – abs braced
- Hips square to front
- Front thigh parallel to floor

BACKWARD-STEPPING LUNGE WITH PLATE PRESS

- Abs braced as plate drives up
- Elbows slightly forward

SQUAT BURPEE

- Feet wide
- Butt down and back, just above knees
- Chest up – abs braced
- Arms forward, in line with shoulders in Squat
- Abs braced as feet jump back
- Hands under shoulders in Plank position
- 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**

SQUAT WITH PLATE TO COLLARBONES

- 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

SQUAT WITH OVERHEAD 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
- Straighten legs and press plate above head, keeping elbows slightly forward

JUMPING LUNGE

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

⇓ **OPTION: BACKWARD-STEPPING LUNGE**

2 Add-On Super Sets

SETUP

- A heavy bar, a heavy plate, 2 light plates

MUSIC EXERCISE

0.00 Set up track and first set: Clean With Front Squat

SET 1

0.33 **Clean With Front Squat**

0.57 Add-On: **Bent Over Row** (x1)
Full Combination: **Clean With Front Squat** (x1), **Bent Over Row** (x1)

1.22 Recovery. Set up second set: Single Arm Plate Snatch (L+R)

SET 2

1.43 **Single Arm Plate Snatch** (L+R)

2.11 Add-On: **Reverse Fly** (x1)
Full Combination: **Single Arm Plate Snatch** (x1), **Reverse Fly** (x1)

2.32 Recovery. Set up third set:
Backward-Stepping Lunge With Plate Press (L+R)

SET 3

2.53 **Backward-Stepping Lunge With Plate Press** (L+R)

3.18 Add-On: **Jumping Lunge With Plate To Collarbones** (x2) (L+R)
Full Combination: **Backward-Stepping Lunge With Plate Press** (x2),
Jumping Lunge With Plate To Collarbones (x2) (L+R)

3.42 Recovery

REPEAT SET 1

4.51 Recovery. Repeat Set 2, adding option of Double Arm Plate Snatch

REPEAT SET 2

6.01 Recovery

REPEAT SET 3

7.15 Recovery

Magnets/Minimile > 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 'depth and range' gives Erin a great focus to coach on 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 compound movements that recruit all the big muscles, driving the heart rate into a maximum training zone.

CLEAN WITH FRONT SQUAT

- Clean bar to lower chest
- Jump under the bar and catch on the collarbones
- Chest up – abs braced
- In Squat, butt drops down and back to just above knee-height
- Clean bar back down

LAYER 2 COACHING TIP

- Drive under the bar and catch quickly



BENT OVER ROW

- Chest up – tip forward from the hips
- Lift bar from knees to belly
- Elbows in close to ribcage

LAYER 2 COACHING TIP

- Trap the muscle pressure by squeezing your shoulder blades together

**SINGLE ARM PLATE SNATCH**

- Feet wide in forward jump
- Alternate arms lift plate over head
- Brace abs in Snatch
- Use Squat to absorb landing
- Return to narrow foot-width
- Elbows slightly forward

⇓ **OPTION: STEP FORWARD, STEP BACK WITH PLATE RISE**

LAYER 2 COACHING TIP

- Drop into the Squat and explode under the weight



⇑ **OPTION:** ⇓ **OPTION:**

**NEW MOVE
REVERSE FLY**

- Light weight in each hand
- Tip forward from the hips
- Chest up
- Elbows raise to shoulder-height

LAYER 2 COACHING TIP

- Slowly lower the weight to work the shoulders harder and create tension between the shoulder blades

**BACKWARD-STEPPING LUNGE WITH PLATE PRESS**

- Big step back
- Chest up – abs braced
- Hips square to the front
- Front thigh parallel to floor
- Abs brace as plate drives up
- Elbows slightly forward

⇓ **OPTION: PLATE TO COLLARBONES**

LAYER 2 COACHING TIP

- Drop deeper into the Lunge to activate more leg muscles

JUMPING LUNGE WITH PLATE TO COLLARBONES

- Jump into a long Lunge – back heel off floor
- Feet hip-width apart
- Lock in elbows to keep plate up
- Front knee out, back knee toward floor
- Front thigh parallel to floor
- Chest up – abs braced
- Use Lunge to absorb landing

⇓ **OPTION: BACKWARD-STEPPING LUNGE WITH PLATE TO COLLARBONES**

LAYER 2 COACHING TIP

- Drive out of the bottom of your Lunge

3 Coach Calls

I Can't Lose > 6.00 mins

SETUP

- A heavy plate

MUSIC EXERCISE

0.00	Demo Block 1 moves: Squat With Plate Over Head, Squat Jump Forward With Plate Press
	BLOCK 1
0.40	Holding Pattern: Squat With Plate Over Head Coach Call: Squat Jump Forward With Plate Press 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 moves: Squat Jump; Frog Jump Pushup
	BLOCK 2
2.06	Holding Pattern: Squat Jump Coach Call: Frog Jump Pushup Stay with holding pattern until Coach calls "Drop"; complete (x1) repetition of Coach Call then continue with holding pattern
3.04	Recovery
3.29	REPEAT BLOCK 1
4.29	Recovery
4.55	REPEAT BLOCK 2
5.55	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

Keeping the feet wide in a Squat helps to keep the chest up and spine neutral, which is the safest position to absorb load and impact.

SQUAT WITH PLATE OVER HEAD

- Feet outside hip-width
 - Butt back and down to just above knee level
 - Chest up – abs braced
 - Arms straight
 - Elbows slightly forward
- ⇓ **OPTION: SQUAT WITH PLATE AT COLLARBONES**

SQUAT JUMP FORWARD WITH PLATE PRESS

- Both feet take off, jump into wide Squat, at the same time drive plate out from chest
 - Feet wide
 - Chest up – abs braced
 - Use Squat to absorb landing
- ⇓ **OPTIONS: STEP INTO SQUAT WITH PLATE OR JUMP WITH NO PLATE**

LAYER 2 COACHING TIP

- Rip the plate down and punch it out as fast as you can



SQUAT JUMP

- Feet wide
 - Hands reach up and over head
 - Jump out of the bottom of the Squat
 - Bent knee landing
- ⇓ **OPTION: SQUAT**

FROG JUMP PUSHUP

- Start in Plank position, **jump knees in to 90 degrees** and back to Plank
 - Add a Pushup as feet land
 - Abs braced – hips down
 - Chest to elbow height
- ⇓ **OPTION: WALK FEET IN AND OUT, PUSHUP ON KNEES**

LAYER 2 COACHING TIP

- Brace core harder and snap the feet back into Pushup



4 Drop Sets

SETUP

- A heavy plate and bar

MUSIC EXERCISE

0.00 Set up first set: Squat Pulse (x8)

SET 1

0.38 **Squat Pulse (x8)**

1.06 **Explosive Squat**

1.31 Recovery. Set up second set: Superman Pushup (x1) With Walking Plank (R) (x2), Repeat left side

SET 2

1.47 **Superman Pushup (x1) With Walking Plank (x2) (L+R)**

2.14 **Pushup With Walking Plank (x2) (L+R)**

2.41 Recovery. Set up third set: Jumping Lunge With Plate Snatch (L+R)

SET 3

2.59 **Jumping Lunge With Plate Snatch (L+R)**

3.23 **Jumping Lunge With Plate At Collarbones (L+R)**

3.50 Recovery

4.08 **REPEAT BLOCK 1**

4.58 Recovery

5.17 **REPEAT BLOCK 2**

6.10 Recovery

6.29 **REPEAT BLOCK 3**

7.20 Recovery

Middle/Time/Thunder & Lightning > 7.20 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 want 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.

SQUAT PULSE

- 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
- Bottom Half Pulses with hips just above knee-height

⇓ **OPTION: NO WEIGHT**

LAYER 2 COACHING TIP

- Hit that range, butt just above knee line

EXPLOSIVE SQUAT

- Feet outside hip-width
- Toes turned out slightly
- Chest up – abs braced
- Butt drops down and back to just above knee-height
- Drive out of the Squat and add Heel Raise

⇓ **OPTION: NO WEIGHT**

LAYER 2 COACHING TIP

- Push the floor away as you drive up



**NEW MOVE****SUPERMAN PUSHUP WITH WALKING PLANK**

- Opposite arm and leg lift in Pushup
- Walk hands and feet sideways in Plank
- Repeat to other side
- Chest to elbow height in Pushup
- Hips square to floor
- Abs braced

⇓ **OPTION: PUSHUP ON KNEES**

LAYER 2 COACHING TIP

- Try walking hands faster in the Plank

**NEW MOVE****PUSHUP WITH WALKING PLANK**

- Walk hands and feet sideways in Plank
- Repeat to other side
- Chest to elbow height in Pushup
- Hips square to floor
- Abs braced

⇓ **OPTION: PUSHUP ON KNEES**

LAYER 2 COACHING TIP

- How fast can you Pushup?

NEW MOVE**JUMPING LUNGE WITH PLATE SNATCH**

- Jump into a long Lunge
- Back knee bent – back heel off floor
- Chest up – abs braced
- Arms swing out straight from the body
- Elbows forward at the top
- Alternate legs

⇓ **OPTION: JUMPING LUNGE WITH NO WEIGHT**

LAYER 2 COACHING TIP

- Drop under the plate

**NEW MOVE****JUMPING LUNGE WITH PLATE TO COLLARBONES**

- Jump into a long Lunge – back heel off floor
- Feet hip-width apart
- Lock elbows in to keep plate high on chest
- Front knee out, back knee toward floor
- Front thigh drops parallel to floor
- Chest up – abs braced

⇓ **OPTION: BACKWARD-STEPPING LUNGE WITH PLATE TO COLLARBONES**

LAYER 2 COACHING TIP

- It's all about that load – keep knees bent

MUSIC	EXERCISE
0.00	Set up exercise: Squat Burpee Pushup
0.36	Level 1: Squat Burpee Pushup (x4)
0.56	Level 2: Squat Burpee Pushup (x5)
1.16	Level 3: Squat Burpee Pushup (x6)
1.36	Level 4: Squat Burpee Pushup (x7)
1.56	Level 5: Squat Burpee Pushup (x8)
2.16	Level 6: Squat Burpee Pushup (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 PUSHUP

- Feet outside hip-width
- Butt down and back, just above knees
- Chest up – abs braced
- Arms forward, in line with shoulders in Squat
- Abs braced as feet jump back
- Hands under shoulders in Pushup
- Back long, strong and straight
- Chest to elbow height

↓↓ OPTION: STEP FEET BACK INTO PLANK AND REMOVE PUSHUP

6 Core

Working For It > 3.00 mins

SETUP

- A heavy plate

MUSIC EXERCISE

0.00	Set up track and demo first exercise: Rotating Side Hover With Plate (x8) (R)
0.19	Rotating Side Hover With Plate (x8) (R)
0.52	Rotating Side Hover With Plate (x8) (L)
1.31	Roll onto back with plate and set up second exercise: Plate Pulse With Arm & Leg Extension
1.43	Plate Pulse (x3), Arm and Leg Extension (x1)
2.12	Plate Pulse Legs Vertical (x3), Arm & Leg Extension (x1)
3.00	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 up the team in a Hover with a light plate for Rotating Side Hovers with the plate.

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 rotating side hover recruit many muscles at once, providing three-dimensional muscular support around the spine. This is vital for spinal production during HIIT training.

NEW MOVE ROTATING SIDE HOVER WITH PLATE

- Start in Plank position, rotate whole body, extend top arm vertically, holding plate
- Rotate back to Plank, sweep plate across the front of the body, keeping the arm in the air
- **Whole body turns as one**
- **Abs braced**
- Chest open to side
- **Hips in line with shoulders**
- ⇓ **OPTION: BOTTOM KNEE TO FLOOR AND NO PLATE**



PLATE PULSE WITH ARM & LEG EXTENSION

- Lie on back, legs lifted, arms holding plate vertically in the air
- **Lower back stays flat on the floor as legs extend**
- **Core braced**
- **Slide ribs to hips in crunch**
- ⇓ **OPTIONS: NO PLATE OR KEEP FEET ON FLOOR**



	TRACK	ARTIST	
1	The Trouble With Us © 2015 Detail Co. Written by: Murphy, Annesley	Marcus Marr & Chet Faker	3.00
2	Magnets (V.I.P Remix) Courtesy of the Universal Music Group. Written by: G. Lawrence, H. Lawrence, Napier, Yelich-O'Connor	Disclosure feat. Lorde	1.50
	Minimile (Jay Ranier Remix) © 2015 Les Mills Music Licensing Ltd. Written by: Henderson, Langeveld, van de Geer	Shutters	1.10
	Magnets (V.I.P Remix) Courtesy of the Universal Music Group. Written by: G. Lawrence, H. Lawrence, Napier, Yelich-O'Connor	Disclosure feat. Lorde	1.10
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	Minimile (Jay Ranier Remix) © 2015 Les Mills Music Licensing Ltd. Written by: Henderson, Langeveld, van de Geer	Shutters	1.10
	Magnets (V.I.P Remix) Courtesy of the Universal Music Group. Written by: G. Lawrence, H. Lawrence, Napier, Yelich-O'Connor	Disclosure feat. Lorde	0.50
3	I Can't Lose © T 2015 Mark Ronson under exclusive license to Sony Music Entertainment UK Limited. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Ronson, Bhasker, Chabon, Hale, Brown, Griffin III, Young, Broadus, Longo	Mark Ronson feat. Keyone Starr	3.05
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4	Middle Courtesy of the Universal Music Group. Written by: Grigahcine, Marchant, Kleinstub	DJ Snake feat. Bipolar Sunshine	1.05
	Middle Courtesy of the Universal Music Group. Written by: Grigahcine, Marchant, Kleinstub	DJ Snake feat. Bipolar Sunshine	0.45
	Time © 2015 Monstercat. Written by: Unknown	Snavs	1.10
	Thunder & Lightning © 2015 Mad Decent under exclusive license to Because Music. Written by: Pentz, Bennett, Dodd, Gibbs, Meckseper, Phung	Major Lazer feat. Gent & Jawns	1.10
	Middle Courtesy of the Universal Music Group. Written by: Grigahcine, Marchant, Kleinstub	DJ Snake feat. Bipolar Sunshine	0.25
	Middle Courtesy of the Universal Music Group. Written by: Grigahcine, Marchant, Kleinstub	DJ Snake feat. Bipolar Sunshine	0.45
	Time © 2015 Monstercat. Written by: Unknown	Snavs	1.10
	Thunder & Lightning © 2015 Mad Decent under exclusive license to Because Music. Written by: Pentz, Bennett, Dodd, Gibbs, Meckseper, Phung	Major Lazer feat. Gent & Jawns	0.50
5	Beep Test © 2015 Les Mills Music Licensing Ltd. Written by: Langeveld, van de Geer	Noise	2.40
6	Working For It © 2015 Columbia Records, a division of Sony Music Entertainment. Written by: Zhu, Moore, Jones, Love	ZHU x Skrillex x THEY	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