

LES MILLS GRIT CARDIO

1

Warmup

MUSIC	EXERCISE
0.05	Jog OTS
0.19	Run OTS, Heel to Butt
0.38	Shuffle (x3) Tap (L+R)
1.19	Squat Burpee
1.51	Jog OTS
2.03	High Knee Run
2.31	Run Forward, Squat Jump, Run Back, Squat Jump
3.06	Recovery

Vibess > 3.07 mins

CLASS SETUP

Class intros are important. They don't have to be technical, but it's important the team knows what to expect from the workout – especially if there are new members.

COACHING TIP

Keep your coaching simple and easy to understand. Don't try too hard to come across as scientific, using technical words and phrases. GRIT is taught best when it's kept simple and this starts in the Warmup.

CONNECTION

Your vibe attracts your tribe. There will be a range of fitness levels attending GRIT classes. The job of the coach is to lead, encourage and support everyone in class. If you start the class with chilled, fun vibes, members will feel more at ease and confident leading into the workout.

HIIT SCIENCE

The accelerated Warmup introduces the key movement patterns we will experience in the class. These movements will elevate the heart rate and precondition the neuromuscular system for what lies ahead.

JOG OTS

- Knees soft
- Chest up

RUN OTS, HEEL TO BUTT

- Chest up
- Abs braced

⇓ **OPTION: JOG OTS**

SHUFFLE TAP

- Lateral wide-legged Shuffle (L+R) with Tap toward floor using inside hand
- Feet outside hip-width
- Chest up on touch down
- Abs braced
- Knees soft

⇓ **OPTION: SIDE SHUFFLE WITH SQUAT, NO TAP**

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**

HIGH KNEE RUN

- Chest up
- Abs braced

⇓ **OPTION: JOG OTS**

RUN FORWARD, SQUAT JUMP, RUN BACK, SQUAT JUMP

- Knees soft, chest up in Run
- Land softly in Squat Jump with feet wide
- Abs braced – chest up

2 Tri Sets

In2/B.O.B > 7.58 mins

MUSIC	EXERCISE
0.00	Set up track and demo first exercise: Surfer Burpee
	SET 1
0.29	Surfer Burpee
1.00	Switch Climber (L+R)
1.31	Step Forward (x1), Tuck Jump, Step Back (x1), Tuck Jump
2.02	Recovery. Set up second set: 90° Snowboarder (L+R), Hands Over Head
	SET 2
2.25	90° Snowboarder (L+R)
2.56	Side Climber (L+R)
3.24	Lateral Squat Jump (L+R)
3.55	Recovery
4.20	REPEAT SET 1
5.52	Recovery
6.15	REPEAT SET 2
7.45	Recovery

TRACK SETUP

Integrated Tri Sets: 4x rounds, 3x moves each round, 30 seconds each. Switch between upper and lower body to keep intensity high.

COACHING TIP

Every track setup should be clear and easy to understand. In this workout environment, the team only needs to know what, when and why. Simple setups save energy and allow recovery time to be maximized.

CONNECTION

This is the first track that allows quality time to floor-coach. It's important that members feel supported and guided, especially with new moves. Avoid the 'drive by' approach and take time to figure out who needs help. Lower your voice when coaching one-on-one, to make it more personal. Remember, safety before intensity! So always coach technique first.

DRIVE

Start chilled and lift the energy in the second sets to keep the team motivated. Remember, this is still the start of the class, so give the team somewhere to go as you build up the intensity.

HIIT SCIENCE

The Tri Sets allow us to maintain maximum intensity for the full 90 seconds. Each exercise switches the muscle focus, which helps us maintain speed in each block. Our muscles are hungry for speed training. Want the body of a sprinter? Train with speed!

SURFER BURPEE

- Squat, Plank, jump forward wide, quarter turn, jump back to center
- **Feet wide**
- **Use Squat to transition**
- **Chest up**
- **Abs braced as feet jump back**
- **Jump feet in wide**
- **Alternate L, R turn to side**

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

LAYER 2 COACHING FOCUS

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

SWITCH CLIMBER

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

⇓ OPTION: SIDE TAP IN PLANK

LAYER 2 COACHING FOCUS

- Screw hands into floor and keep upper body solid so legs can move faster in Switch Climber



In2/B.O.B > 7.58 mins

STEP FORWARD, TUCK JUMP, STEP BACK, TUCK JUMP

- Long step forward with chest up
- Brace abs to drive knees up
- Knees wide in Tuck Jump
- Use Squat to absorb landing

⇓ OPTION: STRAIGHT-LEGGED JUMP

LAYER 2 COACHING FOCUS

- Push off the floor like an athlete

90° SNOWBOARDER

- Hands over head
- Feet wide
- Chest up
- Abs braced as body turns
- Bent knee landing

⇓ OPTION: HANDS DOWN/ RELAXED

LAYER 2 COACHING FOCUS

- Stay low to switch fast

SIDE CLIMBER

- Plank position – hands just outside shoulder-width
- Back long, strong and straight
- Abs braced
- Jump both feet out to side – aim for outside the elbow
- Knees jump forward to 90 degrees
- Hips down with slight hip-twist
- Jump feet back to Plank
- Repeat on other side

⇓ OPTION: ALTERNATING TAP IN PLANK

LAYER 2 COACHING FOCUS

- Use abs to jump in and out faster

LATERAL SQUAT JUMP

- Both feet take off and both feet land – alternating between left and right
- Feet outside hip-width
- Drop butt back and down to knee height
- Chest up – abs braced
- Use Squat to absorb landing

LAYER 2 COACHING FOCUS

- Minimize the floor time to go faster

3 Add On Supersets

MUSIC	EXERCISE
0.00	Set up track and demo first exercise: Sprint Tap (F+B)
	SET 1
0.30	Sprint Tap (F+B)
1.01	Add On: Burpee Combo: Sprint Tap F, Burpee, Sprint Tap B, Burpee
1.29	Recovery. Set up second set: Speed Ladder
	SET 2
1.49	Speed Ladder
2.20	Add On: Tuck Jump (x1) Combo: Speed Ladder (x2), Tuck Jump (x1)
2.51	Recovery

Feel My Way/Hold The Line > 3.02 mins

TRACK SETUP

Add On Supersets: 2x blocks of work, one move for 30 seconds then add on another move for 30 seconds, keeping intensity high.

COACHING TIP

Strategic language around the setup of moves can get the team hitting more range and power in the first set. For example, T says, "Come in fast, Tap the floor, hustle back" when coaching the Sprint Tap. The words 'fast' and 'hustle' convey urgency and speed. Participants respond to this language – working harder and faster.

CONNECTION

Have fun coaching these tracks. They are only 1 minute each, so bring some high energy and enthusiasm to get the team pumped and ready to smash those extra reps.

DRIVE

Remember, using engaging language will help the team connect to the workout and push harder – so be creative! It's the intensity that burns the calories so don't let your team slow down; 1 minute at full speed is challenging, but not impossible!

HIIT SCIENCE

Agility training at speed requires 3D muscle recruitment. The more muscles we recruit, the more energy we burn during and after the class.

SPRINT TAP

- Chest up on Tap
- Tap toward floor
- Abs braced
- Knees soft

⇓ **OPTION: JOG WITH NO TAP**

LAYER 2 COACHING FOCUS

- Race the time, stay light on your 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 FOCUS

- Snap legs in and out

SPEED LADDER

- Fast feet move out, out, in, in
- Knees soft
- Chest up
- Abs braced

LAYER 2 COACHING FOCUS

- Move like your legs are on fire!

TUCK JUMP

- Chest up
- Arms drive forward
- Use abs to drive off floor and tuck knees to chest
- Knees wide in Tuck Jump
- Use Squat to absorb landing

⇓ **OPTION: STRAIGHT-LEGGED JUMP**

LAYER 2 COACHING FOCUS

- Move continuously, stay light on your feet

4 Tabata

Melt/Unseen > 9.19 mins

MUSIC	EXERCISE
	TABATA 1
0.00	Set up first set: 2x Quick Step, Tap, Jump (L+R)
	SET 1
0.30	2x Quick Step, Tap, Jump (L+R)
0.50	Recovery. Set up second set: Burpee Thruster
	SET 2
1.00	Burpee Thruster
1.20	Recovery. Set up third set: High Knee Run
	SET 3
1.30	High Knee Run
1.50	Recovery. Set up fourth set: Plank Jump Pushup
	SET 4
2.00	Plank Jump Pushup
2.21	Recovery
2.30	REPEAT SET 1
2.50	Recovery
3.00	REPEAT SET 2
3.20	Recovery
3.30	REPEAT SET 3
3.50	Recovery
4.00	REPEAT SET 4
4.21	Recovery

TRACK SETUP

Tabata intervals: 20 seconds on, 10 seconds off.
2x rounds of work with 8x sets in each.

COACHING TIP

A track focus at the start of each new block will provide a clear objective for the team. With Tabata intervals, the aim is to go as fast as possible in every set. Watch how Erin coaches all moves with a speed focus in the second set.

CONNECTION

9 minutes of Tabata is massive! Staying up the front and leading by example is a great way to keep the team challenging themselves. When recoveries hit, let the team breathe and refocus. Encourage them to use each other as motivation to push a little harder and faster.

DRIVE

There are 8 rounds in each Tabata set, so choose moments to turn up the speed and drive the workout. Spikes of intensity throughout the sets will provide variety and build momentum. Let the team know that this is the track where they really have to choose mind over muscle to get the rewards LES MILLS GRIT has to offer.

HIIT SCIENCE

Intensity testing of each GRIT release at our fitness lab, Fitology, shows that Tabata intervals maximize output – every time. These are the perfect intervals to push into an anaerobic training zone, stimulating the changes to our bodies that are specific to HIIT training.

2X QUICK STEP, TAP, JUMP

- Lateral wide-legged Shuffle (L+R) with Tap toward floor using inside hand
- Feet outside hip-width – knees soft
- Chest up on touch down
- Abs braced
- Bent knee landing from Jump

LAYER 2 COACHING FOCUS

- Tap fast, bounce up

BURPEE THRUSTER

- Start in Plank position
- Jump both feet into Wide Squat
- Lift hands off floor and finish in Squat position
- Feet wide
- Chest up
- Abs braced on transition

⇓ **OPTION: STEP FEET BACK TO PLANK AND INTO SQUAT**

LAYER 2 COACHING FOCUS

- How fast can you pop your chest?

HIGH KNEE RUN

- Chest up
 - Abs braced
 - Knees to hip-height
 - Drive the arms
- ⇓ **OPTION: JOG OTS**

LAYER 2 COACHING FOCUS

- 20-second sprint race – move like you have machine-gun knees!

**NEW MOVE**
PLANK JUMP PUSHUP

- Start in Plank position, hands in line with shoulders
- Both feet jump left to 45 degrees
- 1x Pushup, then alternate to the right
- Hips stay square to the floor
- Brace abs in Jump
- Chest in line with elbows in Pushup

⇓ OPTION: PUSHUP ON KNEES**LAYER 2 COACHING FOCUS**

- Can you jump into the Pushup?



MUSIC	EXERCISE
	TABATA 2
4:21	Set up first set: Tuck Jump (x1), Butt Kick (x1)
	SET 1
5:00	Tuck Jump (x1), Butt Kick (x1)
5:20	Recovery. Set up second set: Donkey Kick
	SET 2
5:31	Donkey Kick
5:51	Recovery. Set up third set: Jump Lunge (L+R)
	SET 3
6:00	Jump Lunge (L+R)
6:20	Recovery. Set up fourth set: Mountain Climber (L+R)
	SET 4
6:31	Mountain Climber (L+R)
6:51	Recovery
7:00	REPEAT SET 1
7:20	Recovery
7:31	REPEAT SET 2
7:51	Recovery
8:00	REPEAT SET 3
8:20	Recovery
8:31	REPEAT SET 4
8:51	Recovery

TUCK JUMP, BUTT KICK

- Knees up, heels up
- Brace abs to tuck and kick legs
- Bent knee landing to transition
- Chest up

⇓ **OPTION: STRAIGHT LEG JUMP**
 INSTEAD OF TUCK JUMP

LAYER 2 COACHING FOCUS

- Bounce continuously, like a ball on a court

DONKEY KICK

- Start in Plank position
- Take off with both feet, jump knees in toward elbows and shoot back into Plank
- Abs braced
- Hips square – hands in line with shoulders
- Butt down

⇓ **OPTION: FROG JUMP**

LAYER 2 COACHING FOCUS

- How fast can you pump your knees?

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: FAST SHUFFLE**

LAYER 2 COACHING FOCUS

- Cut through the air, like your legs are blades

MOUNTAIN CLIMBER

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

⇓ **OPTION: WALK KNEES IN AND OUT**

LAYER 2 COACHING FOCUS

- Stabilize the upper body so you can switch your knees as fast as you can

5 2 Minute Challenge: Descending Supersets

MUSIC	EXERCISE
0.00	Set up track and demo exercises: Air Jack, Bolt Pushup
	2 MINUTE CHALLENGE
0.29	Air Jack (x10), Bolt Pushup (x10) After 10 reps of each exercise, repeat with 9, 8, 7, etc, the goal being to get to 1 rep of each
2.29	Recovery

They Say > 3.01 mins

TRACK SETUP

2 Minute Challenge: Descending ladder with 2 moves, Air Jacks and Bolt Pushups, 10 reps down to 1. This is speed-endurance training.

COACHING TIP

This track is all about motivation. Set up the track, then show the team why GRIT Cardio is so awesome.

CONNECTION

Give the team time to recover from Tabata, then lift the energy back up to smash the last big set together. To get to the final rep, the team needs to complete 1 rep per second. Encourage participants to push for their personal best. Even if they don't make it close to 1 rep, acknowledge their effort and what they have achieved.

DRIVE

HIIT training is all about pushing to failure; it's not 'want to stop', it's 'need to stop'. Encourage members to push hard to the point where they physically can not complete another rep. Failure in this set is success.

HIIT SCIENCE

2 minutes of high intensity after an extended Tabata will lock in the EPOC, or after-burn, effect, which is why HIIT burns so much body fat. Pushing hard under fatigue shifts our anaerobic threshold too; this is a fitness game changer.

AIR JACK

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

LAYER 2 COACHING FOCUS

- Spend the least amount of time on the floor as possible

NEW MOVE BOLT PUSHUP

- Start in Plank position, hands in line with shoulders
 - Bend knees, sit hips back then shoot forward into Pushup
 - Brace abs while driving forward into Pushup
 - Chest to elbow height on Pushup
- ⇓ **OPTION: PUSHUP ON KNEES**

LAYER 2 COACHING FOCUS

- Brace your abs and shoot forward



MUSIC	EXERCISE
0.00	Set up track and demo first exercise: Oblique Crunch (R) 2/2
0.10	Oblique Crunch (R) 2/2 (x12)
0.52	Cross Crawl, Double Pulse (L+R) (x8)
1.20	Oblique Crunch (L) 2/2 (x12)
2.03	Recovery

LA Calling > 2.05 mins

TRACK SETUP

2 minutes of challenging core work to finish off the workout with a bang.

COACHING TIP

Encourage participants to stay in the workout for the final track with 2 minutes of intense core work. Set the track up well and give options.

CONNECTION

The team will still be recovering from the previous track, so lower your voice and get them on the floor quickly so they're ready to hit the first move. Connection is incredibly important in this track, to maintain everyone's effort and attention right to the end.

DRIVE

Core exercises are important in this workout environment. The better your core, the better your strength training will be. These challenges for the abs are tough, but encourage members to stay in the workout and smash it to the end.

HIIT SCIENCE

This is an oblique Superset. Our oblique muscles are huge contributors to athletic power and agility – vital ingredients for optimal GRIT performance.

OBLIQUE CRUNCH

- Lie on back, legs to one side
- Bring opposite shoulder to knees
- Slide ribs to hips
- Abs braced
- Lower back toward floor as body lowers back down
- Chin tucked in

CROSS CRAWL, DOUBLE PULSE

- Fingertips to temples – elbows wide
- Chin tucked in
- Extend leg long and aim opposite shoulder to knee
- Brace abs to keep lower back toward floor
- Slide ribs to hips

↓↓ **OPTION: TAP FOOT TO FLOOR**

	TRACK	ARTIST	
1	Vibess Black Lotus Records 2016. Written by: Gainsford, Langeveld, van de Geer	Yagger	3.07
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