

LES MILLS  
**GRIT**

**CARDIO**



RELEASE

**18**

**FEATURES:**

NEW RESEARCH: LES MILLS SPRINT™

BODY LANGUAGE FOR POWER & PERFORMANCE

# 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 CARDIO 18

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**Thanks to** | Dr Boris Rebolledo and the team at Fitology

### The Fine Print

Les Mills' instructor resources (CDs, DVDs and choreography notes) are unique, valuable resources provided to you as a Les Mills' certified instructor to enable you to learn each new release and teach it in Les Mills' licensed clubs only. Do not share these resources. Copying, burning, uploading files onto the internet or selling Les Mills' instructor resources to other people is illegal, and rips off Les Mills, its distributors and other instructors. If you are engaging in any of these illegal activities, there may be serious consequences for you personally including legal action, the suspension or permanent withdrawal of your Les Mills certification. Your cooperation is much appreciated.

# 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 CARDIO 18 OVERVIEW

Harder, better, faster and more dynamic are just some of the words we use to sum up LES MILLS GRIT Series Release 18. This workout has been designed to shift your fitness, burn lots of fat and develop lean, athletic muscle. In GRIT Cardio the emphasis is on speed to ensure we hit maximum output in each work interval. The presenting team worked really hard this round to role-model excellent technique and advanced coaching. You'll notice slight changes in the coaching style. The language style the presenters use in this release is more relevant to the essence of GRIT Cardio and getting participants moving with great technique and intensity from the start. This allows members to feel the workout as soon as the countdown hits. Keep an eye out for the intensity cues in Layer 2. Having one focus to drive participants harder in each movement will make coaching much more successful. As always, have fun, smash the workout and enjoy getting a massive sweat on! Love from the GRIT Series 18 team.

| TRACK | TRACK NAME         | TRAINING TECHNIQUE                | PROGRAM SPECIFIC<br>or MIX AND MATCH |
|-------|--------------------|-----------------------------------|--------------------------------------|
| 1     | Warmup             | Neuromuscular<br>Pre-conditioning | Program Specific                     |
| 2     | Tri Sets           | Integrated Speed Training         | Program Specific                     |
| 3     | Add On Supersets   | Speed Agility                     | Program Specific                     |
| 4     | Tabata             | Speed Intervals                   | Mix and Match                        |
| 5     | 2 Minute Challenge | Descending Supersets              | 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.

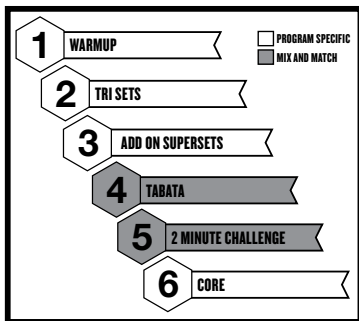
### NUMBERING

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 18, LES MILLS GRIT Plyo 18, and LES MILLS GRIT Cardio 18), and only the allocated tracks stated in the notes.

In this release the mix and match tracks are Tracks 4 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, 3 and 6 from Strength and Track 4 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, hit us up on Instagram and Facebook @lesmillsgrit. We're stronger together. That's why.

– LES JNR

## GRIT COACHES, THIS IS GOING TO CHANGE YOUR LIFE...

Did you know that you can now write the exercises up on the wall / mirrors so participants can see them?

This is at the discretion of your club (so definitely check on their policy before you go writing on any mirrors or walls) but when it works for your club and timeslot, you can display the workout on a flipchart, on the mirror (make sure you use non-permanent ink!), or even on the floor in chalk!

This is for the benefit of both you AND your participants. It will help you out because we all know it can be tough to remember lots of different exercises across lots of different releases. It will help your participants out because it will act as a reminder for exercises that are being repeated, and help them to understand the structure of the class – empowering them in their workout. And that's good news for everybody!





# NEW RESEARCH: LES MILLS SPRINT

## LES MILLS SPRINT is HIIT on a bike.

High-Intensity Interval Training (HIIT) is riding a wave of popularity in the fitness industry and has proved to be hugely popular with participants.

HIIT delivers two specific training benefits:

- Accelerated improvements in fitness
- Rapid changes in body composition

Those who participate in HIIT get fit and lose body fat – fast. This method of training changes our biochemistry and speeds up results. Your body keeps working hard long after the 30-minute workout has finished.

LES MILLS GRIT™ has been scientifically designed to deliver the benefits of HIIT and our research proves that it works: people get leaner, fitter, and stronger.

So why HIIT on a bike?

For many people, cycling is more manageable than a LES MILLS GRIT workout. It requires less skill than lifting weights, and removes the impact generated when we run or jump.

## New research proves that LES MILLS SPRINT delivers on the HIIT promise.

Thirty-six active adults, aged 18 to 65 years, participated in a study at Fitology in Penn State, USA. All participants had cycling experience, and were actively doing at least 3x 60-minute cardio sessions per week.

The team was split into two groups. The control group kept their exercise regime exactly the same. The other group replaced one 60-minute session with 2x 30-minute LES MILLS SPRINT classes, so that both groups completed the same number of training hours.

The LES MILLS SPRINT group demonstrated significant improvements in just 6 weeks:

- Cardio fitness increased by 9.7%
- Body fat decreased by 5.8%
- Leg strength increased by 11.9%

Improvements were also seen in blood pressure levels and other factors that are predictors of cardiovascular disease.

LES MILLS SPRINT is therefore a fantastic option for High-Intensity Interval Training. It's proven to generate great results in just 6 weeks, and is the perfect option for those who can't lift weights or do high-impact exercise. Incorporating 2x 30-minute classes into a weekly training plan is all that is required to get fit, burn fat, and build strength – fast.

For a full report on this study, visit :  
<http://fitnessresearch.edu.au/journal-view/high-intensity-interval-cycling-improves-physical-151>



# BODY LANGUAGE FOR POWER & PERFORMANCE

Other people's body language can tell us a lot about their emotional state.

## Have you ever stopped to think what your own body language is communicating to you?

Amy Cuddy, a Professor at Harvard Business School, performed a study\* to evaluate how expressions of power through posture can affect how powerful we feel in everyday situations.

Participants in the study engaged in either a powerful or powerless pose before a stressful job interview. Those who adopted a powerful pose were found to perform significantly better, and were more likely to be hired for the job.

Cuddy's research showed that simply holding one's body in expansive, 'high-power' poses for as little as 2 minutes stimulates higher levels of testosterone (the hormone linked to power and dominance) and lower levels of cortisol (the 'stress' hormone). The theory is that testosterone increases our assertiveness and tendency to action, while the low cortisol enables us to stay calm, focused, and feeling in control in the face of big challenges.

## What does this mean for us as instructors?

We love those classes where we're completely 'in the zone', when we're captivating and in control – 100% present. However, we often encounter teaching situations that make us feel less than powerful; eg, filling in for your club's most popular instructor... teaching for the first time in a new club... These situations can create self-doubt and make us question our abilities as instructors.

**How can we apply this science to create a more powerful presence when we teach?**

- **Observe your own body language for a few days.** Are you crossing your ankles? Wrapping your arms around yourself? Hunched over your smartphone? You might be surprised at how often you find yourself in a powerless pose.
- **Change your posture.** Your body is continuously and convincingly sending messages to your brain. Make as many of those messages powerful simply by changing your posture.
- **Use a power pose before a high-pressure situation,** such as when filling in for your club's most popular Instructor. Power pose before that class! Find a private space (bathroom cubicles are perfect) and adopt a power pose for 2 minutes. This posture sends signals to your brain that help trigger the desired hormonal response: high testosterone and low cortisol.

Change won't happen overnight, and that's OK! Practising your powerful body language will, over time, help to modify your thinking, feelings, and physiology.

You are truly creating the Ultimate You.

\* Cuddy, A. 2015. *Presence: Bringing Your Boldest Self to Your Biggest Challenges*. Little, Brown and Company.



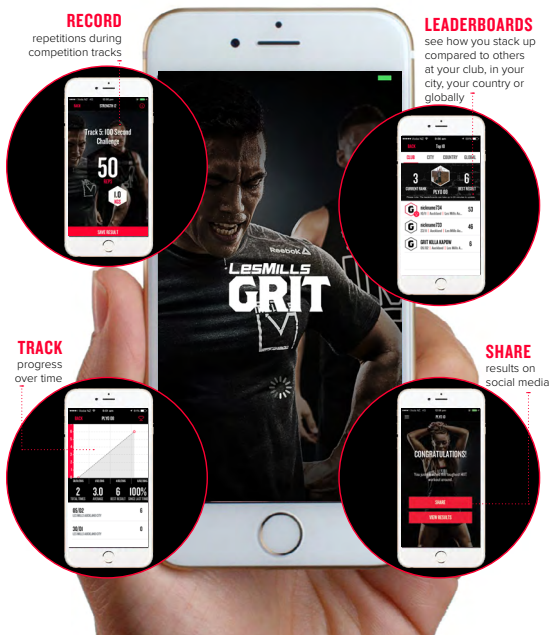
# LES MILLS GRIT APP

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: Descending Supersets**

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            |
| 18             | Track 5: 2 Minute Challenge: Descending Supersets |

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

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## 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?**

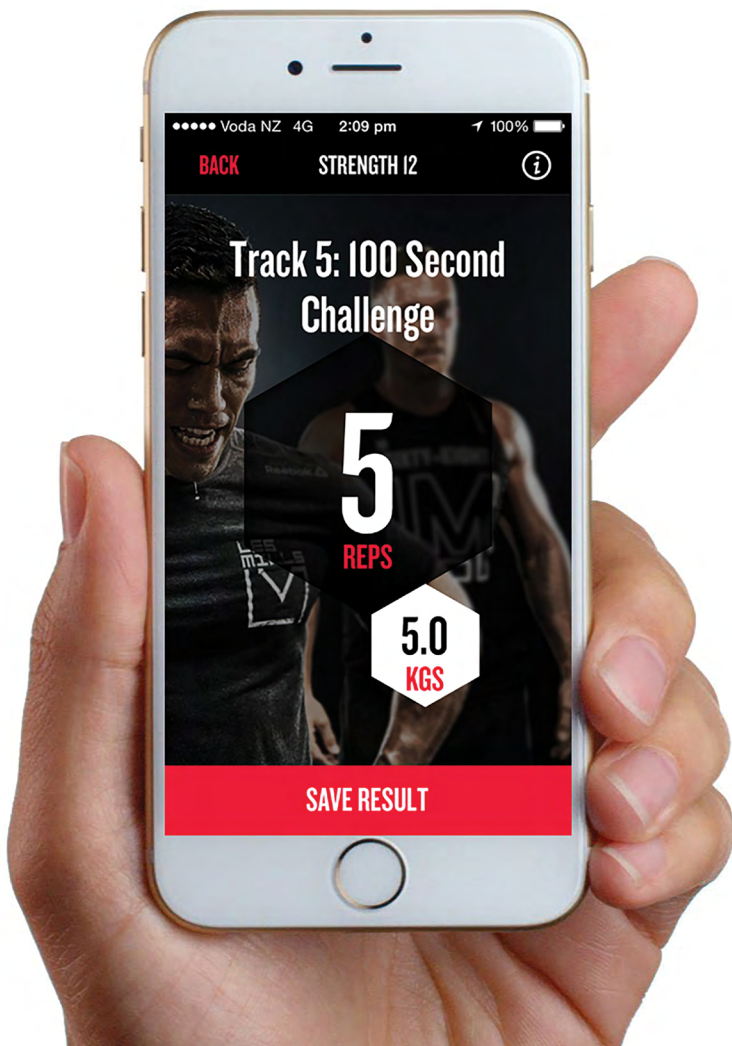
At this stage the app is only available in English.

### **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](mailto:GRIT@lesmills.com)



# 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                                      |

### 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

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



### **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

### **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

### **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

## 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

### 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

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



## 4

## Tabata Continued

| MUSIC | EXERCISE                                            |
|-------|-----------------------------------------------------|
|       | <b>TABATA 2</b>                                     |
| 4:21  | Set up first set: Tuck Jump (x1), Butt Kick (x1)    |
|       | <b>SET 1</b>                                        |
| 5:00  | <b>Tuck Jump (x1), Butt Kick (x1)</b>               |
| 5:20  | Recovery. Set up second set: Donkey Kick            |
|       | <b>SET 2</b>                                        |
| 5:31  | <b>Donkey Kick</b>                                  |
| 5:51  | Recovery. Set up third set: Jump Lunge (L+R)        |
|       | <b>SET 3</b>                                        |
| 6:00  | <b>Jump Lunge (L+R)</b>                             |
| 6:20  | Recovery. Set up fourth set: Mountain Climber (L+R) |
|       | <b>SET 4</b>                                        |
| 6:31  | <b>Mountain Climber (L+R)</b>                       |
| 6:51  | Recovery                                            |
| 7:00  | <b>REPEAT SET 1</b>                                 |
| 7:20  | Recovery                                            |
| 7:31  | <b>REPEAT SET 2</b>                                 |
| 7:51  | Recovery                                            |
| 8:00  | <b>REPEAT SET 3</b>                                 |
| 8:20  | Recovery                                            |
| 8:31  | <b>REPEAT SET 4</b>                                 |
| 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                                                                                              |
|       | <b>2 MINUTE CHALLENGE</b>                                                                                                                           |
| 0.29  | <b>Air Jack</b> (x10), <b>Bolt Pushup</b> (x10)<br>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                                                                                                                                            |

### 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



## 6

## Core

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

### **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     | <b>Vibess</b><br>Black Lotus Records 2016.<br>Written by: Gainsford, Langeveld, van de Geer                                                                                                                       | Yagger                                   | 3.07 |
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| 3     | <b>Feel My Way</b><br>© 2016 Les Mills Music Licensing Ltd.<br>Written by: Long, Gleeson                                                                                                                          | Sounds Like Summer                       | 1.30 |
|       | <b>Hold The Line</b><br>© 2015 Mad Decent.<br>Written by: Pentz, Switch                                                                                                                                           | Major Lazer feat.<br>Mr. Lex & Santigold | 1.32 |
| 4     | <b>Melt</b><br>© 2016 Les Mills Music Licensing Ltd.<br>Written by: Gainsford, Langeveld, van de Geer                                                                                                             | Xranger                                  | 5.01 |
|       | <b>Unseen</b><br>© 2016 Les Mills Music Licensing Ltd.<br>Written by: Henderson, Langeveld, van de Geer                                                                                                           | Koskof                                   | 4.18 |
| 5     | <b>They Say</b><br>© 2014 etcetc music Pty Ltd. Licensed courtesy of etcetc.<br>Written by: East                                                                                                                  | Kilter                                   | 3.01 |
| 6     | <b>LA Calling</b><br>© 2013 (PIAS) Australia.<br>Written by: Pringle, Dickson, Vierich                                                                                                                            | Crystal Fighters                         | 2.05 |
| OUTRO | <b>Blue Window</b><br>© 2016 Roche Musique.<br>Written by: Larue, Goazempis                                                                                                                                       | Crayon, Dune                             | 1.07 |

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**SEPARATED BY GEOGRAPHY, RELIGION, RACE, COLOR AND CREED, WE ARE UNITED IN OUR LOVE OF MOVEMENT, MUSIC AND THE PURSUIT OF HEALTHY LIVING, BOTH FOR OURSELVES AND OUR PLANET.**

**AT LES MILLS WE BELIEVE IN THE DIGNITY OF EACH INDIVIDUAL WITHIN OUR COMMUNITY AND STRIVE TO RESPECT THE RIGHTS AND FREEDOMS OF ALL.**

In our choice of role models, music and movements we understand that different people and societies have different standards for dress, popular culture and dance.

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

As a company that leads group fitness experiences for millions of people every day, we walk a fine line between delivering cutting-edge, innovative products and ensuring that accepted norms are upheld and respected.

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.

**WE EMBRACE OPEN COMMUNICATION WITH OUR GLOBAL FAMILY SO DIFFERENCES OF OPINION CAN BE EXPRESSED, AND COMPROMISES REACHED.**

**ABOVE ALL, WE ARE PASSIONATE ABOUT DELIVERING LIFE-CHANGING FITNESS EXPERIENCES, EVERY TIME, EVERYWHERE.**

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