

LES MILLS GRIT PLYO

1 Warmup

SETUP

- Bench set up vertically

MUSIC EXERCISE

0.14	Lateral Squat Jump (L+R)
0.32	Lateral Squat Jump – Higher (L+R)
0.41	Switch Climber with Hands on Bench (L+R)
0.59	Pushup
1.17	Sumo Plyo Bench Jump
1.35	Ladder Run
1.52	Backward-Stepping Lunge (L+R)
2.10	Scissor Lunge (L+R)
2.20	Jumping Lunge (L+R)
2.28	Recovery

Hold On, I'm Comin' > 2.33 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. Make sure everyone has a bench with 2 boosters and a weight plate.

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.

LATERAL SQUAT JUMP

- Start with one foot on bench, the other on floor
 - Jump over the bench and alternate legs
 - Feet stay wide and outside hip-width
 - Bent knee landing
 - Chest up – abs braced
- ⇓ **OPTION: JUMP WITH NO BENCH**

SWITCH CLIMBER WITH HANDS ON BENCH

- Start in Plank position with hands on bench
 - Jump alternating feet to outside of hand
 - Abs braced
 - Back straight
 - Knees to 90 degrees
 - Hips down
- ⇓ **OPTION: SIDE TAP IN PLANK**

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**

SUMO PLYO BENCH JUMP

- Start in a Squat, feet either side of bench
 - Jump onto bench and propel into the air, land back in a Squat
 - Bend knees and use Squat to absorb landing
 - Chest up
 - Abs braced
- ⇓ **OPTION: JUMP WITH NO BENCH**

LADDER RUN

- Start with feet either side of bench
 - Fast footwork pattern – on, on/off, off
 - Stay low in the legs
 - Knees soft
 - Chest up
- ⇓ **OPTION: LADDER RUN WITH NO BENCH**

BACKWARD-STEPPING LUNGE

- 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

SCISSOR LUNGE

- Jumping Lunges (L+R) with front foot on bench
 - Feet jump together on bench between Lunges
 - Brace abs to jump feet back in and change sides
- ⇓ **OPTION: BACKWARD-STEPPING LUNGE**

JUMPING LUNGE

- Bent knee landing
 - Push out of front heel
- ⇓ **OPTION: BACKWARD-STEPPING LUNGE**

2 Tri Sets

SETUP

- Bench set up vertically with a heavy or light plate

MUSIC EXERCISE

0.00 Set up track and demo first exercise: Plate Scissor Lunge (L+R)

SET 1

0.29 Plate Scissor Lunge (L+R)

1.01 Offset Power Pushup (L+R)

1.30 Jump On, Jump Off, 180° Turn (L+R)

2.02 Recovery. Set up second set: Bench Jump, Tuck Jump, 180° Turn

SET 2

2.24 Bench Jump, Tuck Jump, 180° Turn

2.54 A-Frame Pushup

3.24 90° Snowboarder on Bench with Plate (L+R)

3.53 Recovery

4.20 REPEAT SET 1

5.53 Recovery

6.15 REPEAT SET 2

7.45 Recovery

Dimelo/No More > 7.57 mins

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 explosiveness in each block. Our muscles are hungry for jump training. Want the body of an athlete? Jump training is the answer!

NEW MOVE PLATE SCISSOR LUNGE

- Jumping Lunge off bench (L+R) while raising plate with straight arms
- Plate to forehead-height
- Bent knee landing in Lunge
- Chest up
- Front thigh parallel to floor

⇓ **OPTIONS: BACKWARD-STEPPING LUNGE OR NO PLATE**

LAYER 2 COACHING FOCUS

- Try to explode under your plate



NEW MOVE OFFSET POWER PUSHUP

- One hand on bench, the other on floor
- Snatch legs under into a low Squat, lift chest, jump to other side
- Chest to elbow-height of hand on bench in Pushup
- Abs braced in transition to Plank
- Knees stay bent

⇓ **OPTIONS: WALK FEET INTO SQUAT OR NO PUSHUP**

LAYER 2 COACHING FOCUS

- Squash the bench under your hands



**NEW MOVE****JUMP ON, JUMP OFF, 180° TURN**

- Lateral Squat Jump on/off step with a 180 degree turn
- Feet outside hip-width, knees out slightly
- Keep feet wide and turn whole body 180 degrees
- Chest up – abs braced
- Knees soft
- Use Squat to absorb landing

⇓ **OPTION: JUMP WITH NO BENCH**

LAYER 2 COACHING FOCUS

- Use your bench as a spring – squat low and burst up as high as you can

**NEW MOVE****BENCH JUMP, TUCK JUMP, 180° TURN**

- Both feet take off from floor and land fully on bench
- Feet outside hip-width, knees out slightly
- Chest up
- Use Squat to absorb landing
- Knees wide in Tuck Jump
- Brace abs as whole body turns

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

LAYER 2 COACHING FOCUS

- Throw your body as high as possible

NEW MOVE**A-FRAME PUSHUP**

- Hands on bench, just outside shoulder-width
- Pushup, then jump both feet in towards bench, creating an A-shape with body
- Jump feet back to Plank position
- Chest to elbow-height in Pushup
- Abs braced
- Back long, strong and straight

⇓ **OPTION: ON KNEES**

LAYER 2 COACHING FOCUS

- Drive your upper body into the bench

**NEW MOVE****90° SNOWBOARDER ON BENCH WITH PLATE**

- Alternating feet land on bench, rotate 180 degrees in turning Squat Jump
- Plate to collarbones
- Elbows lock in, to keep plate straight
- Feet wide
- Knees soft
- Use Squat to absorb landing
- Chest up – abs braced

⇓ **OPTIONS: JUMP WITH NO BENCH OR NO PLATE**

LAYER 2 COACHING FOCUS

- Drive into the bench like you're going to buckle it in the middle



3 Add On Supersets

SETUP

- Bench set up vertically

MUSIC EXERCISE

0.00	Set up track and demo first exercise: Lateral Squat Jump Over Bench (L+R)
	SET 1
0.29	Lateral Squat Jump Over Bench (L+R)
1.00	Add On: Block Jump Combo: Lateral Squat Jump Over Bench (x1), Block Jump (x1) (L+R)
1.29	Recovery. Set up second set: Donkey Kick
	SET 2
1.50	Donkey Kick
2.20	Add On: Thruster (x1) Combo: Donkey Kick (x2), Thruster (x1)
2.51	Recovery

Cut The Kid/Bang That > 3.03 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, Ben says, "explode off the bench and pop the chest" when coaching the Donkey Kick & Thruster. The words 'explode' and 'pop' convey urgency and power. Participants respond to this language – working harder and more explosively.

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

Combining jump training with agility requires 3D muscle recruitment. The more muscles we recruit, the more energy we burn during and after the workout.

LATERAL SQUAT JUMP OVER BENCH

- Start on floor, both feet take off, jump over middle of bench to other side
- Drive laterally off both feet
- Feet stay wide and outside hip-width
- Bent knee landing
- Chest up
- Abs braced in Jump
- Drive arms to get height

⇓ **OPTION: JUMP WITH NO BENCH**

LAYER 2 COACHING FOCUS

- Use the Squat to drive through the roof

BLOCK JUMP

- Arms over head
- Bent knee landing

LAYER 2 COACHING FOCUS

- Get up and spike the ball as if you're on a volleyball court

DONKEY KICK

- Start in Plank position – hands on bench
 - Jump knees into chest then shoot feet out, back to Plank
 - Abs braced
 - Hips square to floor
- ⇓ **OPTION: FROG JUMP – BOTH FEET JUMP IN AND OUT, TOUCHING THE FLOOR**

THRUSTER

- Start in Plank position
 - Jump both feet into wide Squat; at the same time, lift hands off bench and finish in Squat position with hands and chest lifted
 - Feet wide
 - Abs braced on transition
 - Chest to elbow-height
- ⇓ **OPTION: STEP FEET INTO SQUAT**

LAYER 2 COACHING FOCUS

- How fast can you pop your chest?

4 Tabata

Melt/Unseen > 9.18 mins

SETUP

- Bench set up vertically

MUSIC	EXERCISE
	TABATA 1
0.00	Set up first set: Lateral Bench Jump (L+R)
	SET 1
0.30	Lateral Bench Jump (L+R)
0.50	Recovery. Set up second set: Single Arm Half Burpee (L+R)
	SET 2
1.00	Single Arm Half Burpee (L+R)
1.20	Recovery. Set up third set: Squat Jump On/Off Bench (L+R)
	SET 3
1.30	Squat Jump On/Off Bench (L+R)
1.50	Recovery. Set up fourth set: Side Climber with Hands On Bench (L+R)
	SET 4
2.00	Side Climber with Hands On Bench (L+R)
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 be as explosive as possible in every set. Watch how Reagan coaches all moves with an explosive 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.

LATERAL BENCH JUMP

- Start with one foot on bench, the other on floor
- Jump over the bench and alternate legs
- Feet stay wide and outside hip-width
- Bent knee landing
- Chest up – abs braced

⇓ **OPTION: JUMP WITH NO BENCH**

LAYER 2 COACHING FOCUS

- Push your foot into the bench

NEW MOVE

SINGLE ARM HALF BURPEE

- Start with one arm on bench, knees bent
- Jump both feet out to Plank position and back in to half Squat
- Change arms and repeat leg sequence
- Feet wide – knees soft
- Butt down and back, just above knees
- Chest up
- Abs braced as feet jump back
- Hand under mid chest

⇓ **OPTION: WALK FEET BACK INTO PLANK POSITION**

LAYER 2 COACHING FOCUS

- Focus on thrusting your hips forward



**SQUAT JUMP ON/OFF BENCH**

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

⇓ **OPTION: JUMP WITH NO BENCH**

LAYER 2 COACHING FOCUS

- Use the bench as a springboard

SIDE CLIMBER WITH HANDS ON BENCH

- Start in Plank position, hands just outside shoulder-width on bench
- Back long, strong and straight
- Abs braced
- Jump both feet out to the side – close to hands
- Knees jump forward to 90 degrees

⇓ **OPTION: ALTERNATE KNEE TO ELBOW**

LAYER 2 COACHING FOCUS

- For a great-looking core, can you be more explosive?

MUSIC	EXERCISE
	TABATA 2
4.21	Set up first set: Single Plyo Lunge Off Bench (R)
	SET 1
5.00	Single Plyo Lunge Off Bench (R)
5.20	Recovery. Set up second set: Offset Pushup with Single Arm Row (R)
	SET 2
5.31	Offset Pushup with Single Arm Row (R)
5.51	Recovery. Set up third set: Long Jump Jump Forward (x1), Sprint Back
	SET 3
6.00	Long Jump Forward (x1), Sprint Back
6.20	Recovery. Set up fourth set: Downhill Skier Over Bench (L+R)
	SET 4
6.31	Downhill Skier Over Bench (L+R)
6.51	Recovery
7.00	REPEAT SET 1 ON LEFT LEG
7.20	Recovery
7.31	REPEAT SET 2 ON LEFT LEG
7.51	Recovery
8.00	REPEAT SET 3
8.20	Recovery
8.31	REPEAT SET 4
8.51	Recovery

NEW MOVE**SINGLE PLYO LUNGE OFF BENCH**

- One foot on bench
- Lunge, then push off the bench, driving the rear knee forward and up
- **Whole foot on bench**
- Push out of front heel
- Bent knee landing

⇓ **OPTION: BACKWARD-STEPPING LUNGE**

LAYER 2 COACHING FOCUS

- Explode off the step

**DOWNHILL SKIER OVER BENCH**

- Hands on floor, feet jump laterally over bench
- Abs braced to support mid-section
- Knees soft to absorb landing

⇓ **OPTION: NO BENCH**

LAYER 2 COACHING FOCUS

- Jump high and wide

OFFSET PUSHUP WITH SINGLE ARM ROW

- One hand on bench
- Pushup, then Row with other hand
- Hands slightly wider than shoulders
- Chin tucked in
- Chest to elbow-height of arm on bench
- Abs braced
- Back long, strong and straight

⇓ **OPTION: ON KNEES**

LAYER 2 COACHING FOCUS

- Drive your body weight into, then away from the bench

LONG JUMP FORWARD, SPRINT BACK

- Start in Squat position, feet wide
- Drive hips through
- Use Squat to absorb landing
- Sit low in legs as feet shuffle back quickly

⇓ **OPTION: LONG STEP FORWARD IN PLACE OF JUMP**

LAYER 2 COACHING FOCUS

- What's your Jump personal record today?

5 2 Minute Challenge: Descending Supersets

SETUP

- Bench set up vertically

MUSIC EXERCISE

0.00 Set up track and demo exercises: Lateral Jump Over Bench (L+R), Walk Down Plyo Pushup

2 MINUTE CHALLENGE

0.29 **Lateral Jump Over Bench (L+R) (x10), Walk Down Plyo Pushup (x10)**
After 10 reps of each exercise, repeat with 9, 8, 7, etc, the goal being to get to 1 rep of each

2.31 Recovery

Big Catzz > 2.59 mins

TRACK SETUP

2 Minute Challenge: Descending ladder with two moves, Lateral Jumps Over Bench and Walk Down Plyo Pushups, 10 reps down to 1. This is plyo-endurance training.

COACHING TIP

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

LATERAL JUMP OVER BENCH

- Start on floor, both feet take off, jumping over middle of bench to other side
- Drive laterally off both feet
- Bent knee landing
- Chest up
- Abs braced in Jump
- Drive arms to get height

⇓ **OPTION: JUMP WITH NO BENCH**

WALK DOWN PLYO PUSHUP

- Start at the end of the bench
- Plyo Pushup – jump hands onto bench, walk hands off bench
- Hands slightly wider than shoulders
- Chest to elbow-height in Pushup
- Abs braced
- Back long, strong and straight

⇓ **OPTION: ON KNEES**

MUSIC	EXERCISE
0.00	Set up track and demo first exercise: Hover with Leg Tap
0.25	Hover with Leg Tap (R) (x2)
0.39	Hover with Leg Tap (L) (x2)
0.53	Set up: Hover with Alternating Arm (R) & Leg (L) Tap
0.56	Hover with Alternating Arm (R) & Leg (L) Tap (x4)
1.23	Hover with Alternating Arm (L) & Leg (R) Tap (x4)
1.51	Hover
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

Hovers deliver an integrated core training response, meaning we use all of our core muscles simultaneously, along with our upper and lower limb muscles. This is the perfect type of core training to increase our explosive ability.

HOVER

- Elbows under shoulders
- Back long, strong and straight
- Abs braced

⇓ **OPTION: ON KNEES**

**NEW MOVE
HOVER WITH ALTERNATING ARM & LEG TAP**

- Abs braced to support mid-section
- Opposite arm and leg move out to 45 degree angles and tap down
- Hips and shoulders square to floor

⇓ **OPTION: ON KNEES**



	TRACK	ARTIST	
1	Hold On, I'm Comin' Produced under license from Atlantic Recording Corp. Written by: Hayes, Porter	Sam & Dave	2.33
2	Dimelo © 2016 Les Mills Music Licensing Ltd. Written by: Peterson, Carter, Lee	Close The Door	2.02
	No More © 2015 Any Street Studios. Written by: Chrisp, Thomas	SACHI feat. Zoe & SYSYI	1.51
	Dimelo © 2016 Les Mills Music Licensing Ltd. Written by: Peterson, Carter, Lee	Close The Door	2.00
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3	Cut The Kid © 2015 Hugo Leclercq, under exclusive licence to Sony Music Entertainment UK. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Leclercq	Madeon	1.28
	Bang That Courtesy of the Universal Music Group. Written by: G. Lawrence, H. Lawrence, Shamou	Disclosure	1.24
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