

LES MILLS GRIT STRENGTH

1 Warmup

SETUP

- A heavy plate and a heavy bar

MUSIC	EXERCISE
0.05	Squat with Plate at Collarbones
0.41	Lateral Squat with Plate at Collarbones (L+R)
1.03	Lateral Squat Jump with Plate Press (L+R)
1.24	Wide Row (x1), High Pull (x1)
2.01	Narrow Row (x1), Clean & Press (x1)
2.27	Backward-Stepping Lunge with Plate at Collarbones (L+R)
2.43	Scissor Lunge with Plate at Collarbones (L+R)
2.48	Scissor Lunge with Plate Front Raise (L+R)
3.04	Recovery

Losing Out > 3.06 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 all the correct equipment for GRIT Strength: a heavy bar and 2 equal-weight plates.

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.

SQUAT WITH PLATE AT 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

LATERAL SQUAT WITH PLATE AT COLLARBONES

- Foot steps out wide
- Chest up
- Abs braced
- Butt sits down and back to just above knee-height
- Knees out and tracking forward over toes

NEW MOVE

LATERAL SQUAT JUMP WITH PLATE PRESS

- Alternating lateral Squat Jumps (L+R)
 - Both feet take off
 - Land in a Squat
 - Plate drives out from chest
 - Plate punch forward in first Squat (L), plate back to chest in second Squat (R)
 - Feet stay wide
 - Knees out over toes
 - Abs braced as plate is punched forward
- ⇓ **OPTION: LATERAL STEP**



WIDE ROW, HIGH PULL

- Chest up – tip forward from the hips
- Pull bar from knees to belly
- Pull bar up body to lower chest
- Elbows above the bar
- Slight pause and reset after High Pull
- Drive hips under shoulders on High Pull

NARROW ROW

- Chest up – tip forward from the hips
- Pull bar from knees to belly
- Elbows above the bar
- Elbows in by ribcage

CLEAN & PRESS

- Bar close to body
- Chest up
- Butt back
- Knees bent as you catch the bar
- Abs braced as bar drives over head
- Elbows slightly forward



Losing Out > 3.06 mins

BACKWARD-STEPPING LUNGE WITH PLATE AT COLLARBONES

- Big step back
- Chest up – abs braced
- Hips square to the front
- Front thigh parallel to floor
- Elbows under plate

SCISSOR LUNGE WITH PLATE AT COLLARBONES

- Jumping Lunges (L+R)
- Feet jump together between Lunges
- **Knees soft as you land**
- Push out of front heel
- Elbows locked to keep plate straight

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

NEW MOVE

SCISSOR LUNGE WITH PLATE FRONT RAISE

- Jumping Lunge (L+R) while raising plate with straight arms
- Feet jump together between Lunges
- **Plate to forehead-height, elbows slightly forward at top**
- Abs braced
- Knees soft
- Chest up
- Front thigh parallel to floor

⇓ **OPTION: BACKWARD-STEPPING LUNGE WITH PLATE FRONT RAISE**



2 Tri Sets

SETUP

- A heavy bar and a heavy plate

MUSIC EXERCISE

0.00 Set up track and demo first exercise: Squat (x1), Push Press (x1)

SET 1

0.29 **Squat (x1), Push Press (x1)**

0.58 **Wide Row (x1), High Pull (x1)**

1.32 **Lateral Squat Jump with Plate Press (L+R)**

2.02 Recovery. Set up second set: Scissor Lunge with Plate Front Raise (L+R)

SET 2

2.24 **Scissor Lunge with Plate Front Raise (L+R)**

2.55 **Frog Jump Pushup**

3.27 **Squat with Plate Arc (L+R)**

3.54 Recovery

REPEAT SET 1

5.53 Recovery

REPEAT SET 2

7.44 Recovery

Make U Greedy/You & Me > 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 maximised.

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 power output in each block. Our muscles are hungry for power training. Want the body of an athlete? Power train!

SQUAT, PUSH PRESS

- Bar at collarbones
- Feet wide
- Butt back and down
- Butt just above knee-height
- Drive out of the legs
- Elbows forward
- Brace abs to drive bar high

LAYER 2 COACHING FOCUS

- Drive heels through the floor

WIDE ROW, HIGH PULL

- Chest up – tip forward from the hips
- Pull bar from knees to belly
- Pull bar up body to lower chest
- Elbows above the bar
- Slight pause and reset after High Pull
- Drive hips under shoulders on High Pull

LATERAL SQUAT JUMP WITH PLATE PRESS

- Alternating Squat Jumps (L+R)
- Both feet take off, jump to the side, land in a Squat; at the same time plate drives out from chest
- Plate punch forward in first Squat (L), plate back to chest in second Squat (R)
- Feet stay wide
- Knees out over toes
- Abs braced as plate is punched forward
- Use Squat to absorb landing

↓↓ OPTION: LATERAL STEP

LAYER 2 COACHING FOCUS

- Punch the plate



SCISSOR LUNGE WITH PLATE FRONT RAISE

- Jumping Lunge (L+R) while raising plate with straight arms
- Feet jump together between Lunges
- Plate to forehead-height, elbows slightly forward at top
- Abs braced
- Knees soft
- Chest up
- Front thigh parallel

⇓ **OPTION: BACKWARD-STEPPING LUNGE WITH PLATE FRONT RAISE**

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 FOCUS

- Screw your palms into the floor

SQUAT WITH PLATE ARC

- Single Squats with arms moving in a circular motion to the outside hip, holding plate
- Chest up – feet wide
- Sit into the Squat
- Abs braced
- Arms straight
- Plate stops at hip-height
- Rotate from center of the chest, hips square to front

⇓ **OPTION: LIGHTER WEIGHT**

LAYER 2 COACHING FOCUS

- Rip the plate

3 Add On Supersets

SETUP

- A heavy plate and a heavy bar

MUSIC EXERCISE

0.00 Set up track and demo first exercise: Clean (x1), Front Squat (x1)

SET 1

0.29 **Clean (x1), Front Squat (x1)**

1.01 Add on: **Overhead Press**
Combo: **Clean (x1), Front Squat (x1) with Overhead Press (x1)**

1.29 Recovery. Set up second set: Scissor Lunge, Plate at Collarbones (L+R)

SET 2

1.49 **Scissor Lunge with Plate at Collarbones (L+R)**

2.19 Add on: **Overhead Press**
Combo: **Scissor Lunge (L+R) with Overhead Press**

2.49 Recovery

Candyman/Love Again > 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, T says, "long stride, drive into front heels" when coaching the Scissor Lunge. The words 'stride' and 'drive' convey urgency and power. Participants respond to this language – working harder and more powerfully.

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

Moving weights with speed through a full range creates power. Power training maximizes our muscle recruitment, which in turn burns lots of calories.

CLEAN, 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
- Bar close to body

LAYER 2 COACHING FOCUS

- Drop under the bar

OVERHEAD PRESS

- Elbows slightly forward
- Brace abs to drive bar high
- Drive out of the legs

LAYER 2 COACHING FOCUS

- Power in the Press

SCISSOR LUNGE WITH PLATE AT COLLARBONES

- Feet hip-width apart
- Jumping Lunges (L+R)
- Feet jump together between Lunges
- Knees soft
- Push out of front heel
- Elbows locked to keep plate straight

⇓ OPTION: BACKWARD-STEPPING LUNGE WITH PLATE AT COLLARBONES

LAYER 2 COACHING FOCUS

- Drive from the front heel

OVERHEAD PRESS

- Elbows slightly forward
 - Brace abs as plate goes over head
- ⇓ OPTION: PLATE STAYS AT COLLARBONES

4 Tabata

Melt/Unseen > 9.19 mins

SETUP

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

MUSIC	EXERCISE
	TABATA 1
0.00	Set up first set: Squat Jump F+B with Plate Press
	SET 1
0.30	Squat Jump F+B with Plate Press
0.50	Recovery. Set up second set: Alternating Leg (R) & Arm (L) Pushup (L+R)
	SET 2
1.00	Alternating Leg (R) & Arm (L) Pushup (L+R)
1.20	Recovery. Set up third set: Squat Jump with 2 Plates
	SET 3
1.30	Squat Jump with 2 Plates
1.50	Recovery. Set up fourth set: High Pull (x1), Clean & Press (x1)
	SET 4
2.00	High Pull (x1), Clean & Press (x1)
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.

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 up 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.

SQUAT JUMP F+B WITH PLATE PRESS

- Both feet take off, jump into a wide Squat
 - Drive plate forward, out from chest
 - Chest up
 - Abs braced
 - Use Squat to absorb landing
- ⇓ **OPTION: HOLD WIDE SQUAT AND PUNCH PLATE FORWARD**

LAYER 2 COACHING FOCUS

- Punch the plate

NEW MOVE ALTERNATING LEG & ARM PUSHUP

- Single arm rows while opposite leg lifts
 - Hands slightly wider than shoulders
 - Chest to elbow-height
 - Abs braced
 - Back long, strong and straight
 - Hips and shoulders square to floor
- ⇓ **OPTION: PUSHUP ON KNEES**

LAYER 2 COACHING FOCUS

- Push the floor away with your palms





NEW MOVE SQUAT JUMP WITH 2 PLATES

- Equal-weight plates in each hand
 - Jump up and land in Squat
 - Chest up – abs braced
 - Feet wide
 - Use Squat to absorb landing
- ⇓ **OPTION: NO JUMP**

LAYER 2 COACHING FOCUS

- Imagine you're chained to the floor – break the chain, break free



HIGH PULL/CLEAN & PRESS

- Pull bar up body to lower chest
- Elbows above the bar
- Drive hips under shoulders on High Pull
- Bar close to body in Clean & Press
- Chest up
- Butt back
- Knees bend as you catch the bar
- Brace abs as bar drives over head
- Elbows slightly forward

LAYER 2 COACHING FOCUS

- Use your legs for more power

MUSIC	EXERCISE
	TABATA 2
4.21	Set up first set: Squat with Bar (x1), Heel Lift (x1)
	SET 1
5.00	Squat with Bar/Heel Lift
5.20	Recovery. Set up second set: Bent Over Row
	SET 2
5.31	Bent Over Row
5.51	Recovery. Set up third set: Jumping Lunge with Hands Over Head (L+R) (no weight)
	SET 3
6.00	Jumping Lunge with Hands Over Head (L+R)
6.21	Recovery. Set up fourth set: Squat Jump F+B With Overhead Plate Press
	SET 4
6.31	Squat Jump F+B with Overhead Plate Press
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

SQUAT WITH BAR/HEEL LIFT

- Bar on meaty part of back
 - 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
 - Drive out of the Squat and raise heels
- ⇓ **OPTION: NO BAR**

LAYER 2 COACHING FOCUS

- Compress your legs and explode up

BENT OVER ROW

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

LAYER 2 COACHING FOCUS

- Bend the bar around the body

JUMPING LUNGE WITH HANDS OVER HEAD

- Jumping Lunges (L+R)
 - Long step back
 - Knees soft
 - Push out of the front heel
 - Arms straight and slightly forward of body
 - Chest up
- ⇓ **OPTION: BACKWARD-STEPPING LUNGE**

LAYER 2 COACHING FOCUS

- Use your heel to push the floor away

SQUAT JUMP F+B WITH OVERHEAD PLATE PRESS

- Both feet take off, jump into wide Squat
- Drive plate vertically into the air
- Chest up
- Abs braced
- Use Squat to absorb landing
- Elbows forward in Press

⇓ **OPTIONS: NO JUMP OR SINGLE PLATE**

LAYER 2 COACHING FOCUS

- Punch the plate through the sky

5 2 Minute Challenge: Descending Supersets

SETUP

- A heavy plate

MUSIC EXERCISE

0.00 Set up track and demo exercises: Squat Jump with Plate at Collarbones, Pushup

2 MINUTE CHALLENGE

0.29 **Squat Jump with Plate at Collarbones (x10), 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

Ryderz > 3.00 mins

TRACK SETUP

2 Minute Challenge: Descending ladder with 2 moves, Squat Jumps and Pushups, 10 reps down to 1. This is power-endurance training.

COACHING TIP

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

SQUAT JUMP WITH PLATE AT COLLARBONES

- Feet outside hip-width
 - Plate in front of collarbones
 - Elbows under plate
 - Butt drops down and back, just above knee-height
 - Knees out over toes
 - Use Squat to absorb landing
- ⇓ **OPTION: NO JUMP**

LAYER 2 COACHING FOCUS

- Drive deep from the Squat

PUSHUP

- Hands slightly wider than shoulders
 - Chest to elbow-height
 - Abs braced
 - Back long, strong and straight
- ⇓ **OPTION: ON KNEES**

6 Core

SETUP

- 2 heavy or light plates

MUSIC EXERCISE

0.00	Set up track and demo first exercise: Weighted C-Crunch with Extension
0.25	Weighted C-Crunch with Extension (x4)
0.50	Set up Hover and demo next exercise: Rotating Hover with Bottom Leg Extension (L+R)
1.04	Rotating Hover with Bottom Leg Extension (L+R) (x3)
1.51	Recovery

Say Nada > 1.55 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

Increasing core strength enhances our ability to transmit force from the lower limb to the upper limb. This is a vital ingredient for strength/power training.

NEW MOVE WEIGHTED C-CRUNCH WITH EXTENSION

- Equal-weight plates in each hand
- Knees at 90 degrees to start
- Combo: Extend, lift, extend, crunch
- **Ribs to hips in C-Crunch**
- **Abs braced to keep lower back toward the floor in Extension**

⇓ **OPTION: NO WEIGHTS**



HOVER

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

⇓ **OPTION: ON KNEES**

ROTATING HOVER WITH BOTTOM LEG EXTENSION

- Whole body turns as one
- Elbows in line with shoulders
- Brace abs
- Hips stay lifted as you extend leg

⇓ **OPTION: BOTTOM LEG TOUCHES FLOOR**

	TRACK	ARTIST	
1	Losing Out © C. Cross Nottlyhead Music (ASCAP). Written by: Cross, Montgomery	Black Milk	3.06
2	Make U Greedy © 2014 Nowadays Records. Written by: Leibovitz, De Angelis, Gibert	La Fine Equip	2.02
	You & Me (Baauer Remix) Courtesy of the Universal Music Group. Written by: Caird, G. Lawrence, H. Lawrence, Napier	Disclosure	1.25
	You & Me (Baauer Remix) Courtesy of the Universal Music Group. Written by: Caird, G. Lawrence, H. Lawrence, Napier	Disclosure	0.26
	Make U Greedy © 2014 Nowadays Records. Written by: Leibovitz, De Angelis, Gibert	La Fine Equip	1.59
	You & Me (Baauer Remix) Courtesy of the Universal Music Group. Written by: Caird, G. Lawrence, H. Lawrence, Napier	Disclosure	1.25
	You & Me (Baauer Remix) Courtesy of the Universal Music Group. Written by: Caird, G. Lawrence, H. Lawrence, Napier	Disclosure	0.40
3	Candyman © 2016 Les Mills Music Licensing Ltd. Written by: Blacc, Zaslavski, Bricusse, Newley	Jack Wonder	1.29
	Love Again © 2016 Les Mills Music Licensing Ltd. Written by: Johnson, Tune, Maurice	Brothers Without Banners	1.34
4	Melt © 2016 Les Mills Music Licensing Ltd. Written by: Gainsford, Langeveld, van de Geer	Xranger	5.01
	Unseen © 2016 Les Mills Music Licensing Ltd. Written by: Henderson, Langeveld, van de Geer	Koskof	4.18
5	Ryderz © 2016 Les Mills Music Licensing Ltd. Written by: DJ Rogers	Cheap Chicanery	3.00
6	Say Nada (Remix) © 2015 Pitched Up. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Kemp, Leddra-Chapman	Shakka feat. JME	1.55
OUTRO	Blue Window © 2016 Roche Musique. Written by: Larue, Goazempis	Crayon, Dune	1.07