

LES MILLS GRIT CARDIO

1 Warmup

MUSIC	EXERCISE
0.00	Jog OTS
0.15	Jog OTS, Heel to Butt
0.27	High Knee Run
0.39	Speed Ladder (x3), Squat (x2)
1.01	Speed Ladder (x3), Squat Jump (x2)
1.24	Squat Burpee
1.48	Squat Burpee with Jump
2.10	Pushup
2.22	Switch Climber (L+R)
2.33	Shuffle Tap (L+R)
2.56	Recovery

Next To You > 3.01 mins

CLASS SETUP

No equipment needed. Keep the class introduction simple and easy to understand; there's no need to get technical. Let the team know what to expect from a LES MILLS GRIT Cardio class and make sure anyone new feels welcome.

COACHING TIP

Keep the Warmup simple and light. There's plenty of time to set up and explain each move, so give clear instructions and have fun warming up the team for an EPIC workout!

CONNECTION

Be the energy you want to attract! If the class starts with high energy and good vibes, participants will feel relaxed and confident about the workout. Be encouraging to new members as well as to familiar faces and coach to all fitness levels so everyone feels supported.

JOG OTS

- Knees soft
- Chest up

JOG OTS, HEEL TO BUTT

- Chest up
- Abs braced

⇓ **OPTION: JOG OTS**

HIGH KNEE RUN

- Chest up
- Abs braced

⇓ **OPTION: JOG OTS**

SPEED LADDER

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

SQUAT

- 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

SQUAT JUMP

- Feet outside hip-width
 - Butt down and back – just above knee-height
 - Chest up
 - Use Squat to absorb landing
 - Knees over toes
- ⇓ **OPTION: SQUAT**

SQUAT BURPEE

- Squat, jump back into Plank position, jump forward into Wide Squat
- Feet outside hip-width
- Butt down and back, just above knee-height
- 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**

PUSHUP

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

SWITCH CLIMBER

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

⇓ **OPTION: SIDE TAP IN PLANK**

SHUFFLE TAP

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

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

2 1 Minute Challenge

MUSIC	EXERCISE
0.00	Set up track and demo exercises: Spider Crawl to Plank, Half Burpee, Sprint B, Squat Jump (x2)
0.29	Spider Crawl to Plank, Half Burpee, Sprint B, Squat Jump (x2)
1.28	Recovery

Closer > 1.41 mins

TRACK SETUP

1 Minute Challenge. This track is designed to lift the heart rate and set the standard for the workout.

COACHING TIP

It's only 1 minute but it's still important to coach correct technique, safety cues and options – especially as the track is repeated at the end of the workout. Once the essentials are covered, lift the intensity and get the team moving.

CONNECTION

This track is about intensity, so get the team to hammer down and work hard for the last 30 seconds. Spend some one-on-one time focusing on speed in the Crawl forward and Sprint back. This is the first opportunity for quality floor-coaching, so lower your voice and connect with participants to get everyone moving faster and harder.

DRIVE

The music is upbeat, so tap into the feel that drives the 1 Minute Challenge. This is the first time GRIT has seen a challenge like this at the start of the workout. Don't teach this track as though it's Tabata, but definitely give it more of a kick and energy lift than you would for Tri Sets or Supersets, especially in the last 15 seconds – let the team know it's time to work!

HIIT SCIENCE

1 minute of integrated speed training against the clock is the perfect way to kick-start a HIIT workout. This challenge will have participants in a maximum training zone that will set them up for the rest of the workout.

NEW MOVE

SPIDER CRAWL TO PLANK, HALF BURPEE, SPRINT B, SQUAT JUMP

- Start with feet wide, outside shoulder-width
- Bend knees and tip forward from the hips
- Walk hands forward to Plank position
- Back long, strong and straight in Plank
- Hands in line with shoulders in Plank
- Abs braced in all transitions
- From Plank position, jump feet into Wide Squat
- Lift hands off floor and finish in Squat position with hands and chest lifted
- Sit low in the legs to Sprint Back
- Butt down and back – feet wide in Squat
- Chest up – abs braced in Squat Jump
- Use Squat to absorb landing

LAYER 2 COACHING FOCUS

- Sprint on your hands



3 Tri Sets

MUSIC	EXERCISE
0.00	Set up track and demo first exercise: Surfer Burpee
	SET 1
0.30	Surfer Burpee
0.56	Lateral Plank Walk (x1), Donkey Kick (x1) (L+R)
1.20	Surfer Burpee
1.45	Recovery. Set up second set: Bear Crawl (F+B) (x1), Burpee Thruster (x2)
	SET 2
2.10	Bear Crawl (F+B) (x1), Burpee Thruster (x2)
2.33	High Knee Run (x8), 180° Squat Jump (x1) (F+B)
3.02	Bear Crawl (F+B) (x1), Burpee Thruster (x2)
3.24	Recovery. Set up third set: Lateral Leap (x1) (R), 3-Step (L)
	SET 3
3.51	Lateral Leap (x1) (R), 3-Step Run (L)
4.15	Bolt Pushup
4.40	Lateral Leap (x1) (L), 3-Step Run (R)
5.07	Recovery
5.31	REPEAT SET 1
6.46	Recovery
7.11	REPEAT SET 2
8.25	Recovery
8.51	REPEAT SET 3
10.07	Recovery

Bad Love/Fool For You/Don't Let Me Down > 10.18 mins

TRACK SETUP

Tri Sets: 6 rounds of work, with 3 moves in each. 25 seconds for move 1, 25 seconds for move 2, then repeat the first move. Integrating lots of different muscle groups keeps intensity high in every set.

COACHING TIP

Solid choreography will help with fast changes between floor and standing moves. Clearly demonstrate each move, especially new moves such as the Bear Crawl with Burpee Thruster and Lateral Leap with 3-Step Run.

CONNECTION

With a few new combos in this block, clear coaching will help members feel successful and comfortable. Avoid the 'drive by' approach and take time to find participants who need help. Lowering your voice when coaching one-on-one will make it more personal. Remember to coach technique and safety first – once participants are moving with great technique, dial up the energy and bring the intensity.

DRIVE

Find moments to make the workout pop, especially in the second round of work. This set gets tough towards the end, so don't be afraid to bring a bit of grit and raw athleticism to your coaching.

HIIT SCIENCE

There are 2 specific training techniques in this track that will ensure participants push into their anaerobic training zones. The first is a 3:1 work-to-rest ratio which creates a high physiological demand on the muscles. The second is an alternating focus between upper and lower body exercises which keeps the intensity high. Pushing above the anaerobic threshold gets participants fitter and generates changes that are specific to HIIT training.

SURFER BURPEE

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

⇓ 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

LATERAL PLANK WALK

- **Hips square to floor**
- **Abs braced**
- **Butt down**
- **Back long, strong and straight**

LAYER 2 COACHING FOCUS

- Move like you're sprinting on your hands and feet

DONKEY KICK

- Start in Plank position
- Jump knees into chest then shoot feet out, back to Plank
- **Abs braced**
- **Hips square**

⇓ OPTION: FROG JUMP – BOTH FEET JUMP IN AND OUT, TOUCHING THE FLOOR

LAYER 2 COACHING TIP

- Brace abs to explode back into Plank

BEAR CRAWL

- Hands under shoulders
- Knees under hips and just off floor
- **Back long, strong and straight**
- **Shoulders and hips level**
- **Abs braced**

LAYER 2 COACHING TIP

- Sprint on your hands and feet

BURPEE THRUSTER

- From Plank position, jump both feet into Wide Squat
- Lift hands off floor and finish in Squat position with hands and chest lifted
- Feet wide, outside shoulder-width
- Chest up
- Abs braced on transition

⇓ **OPTION: STEP FEET INTO SQUAT**

LAYER 2 COACHING TIP

- Brace core tightly and push the floor away

HIGH KNEE RUN

- Chest up
- Abs braced

⇓ **OPTION: JOG OTS**

LAYER 2 COACHING FOCUS

- Cut through the air

180° SQUAT JUMP

- Rotate 180° in turning Squat Jump
- Feet outside hip-width
- Knees soft
- Use Squat to absorb landing
- Chest up – abs braced

⇓ **OPTION: SQUAT JUMP WITH NO TURN**

LAYER 2 COACHING FOCUS

- Stay low to switch quick

LATERAL LEAP

- Take off from one foot and land on the other
- Chest up – abs braced
- Bent knee to absorb landing

LAYER 2 COACHING FOCUS

- Minimize the floor time to go faster

3-STEP RUN

- Knees bent to absorb landings
- Hips square to front
- Chest up

LAYER 2 COACHING TIP

- Stay light on your feet to fly across the floor

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 TIP

- Brace your abs and shoot forward

MUSIC	EXERCISE
0.00	Set up track and demo first set: Step, Air Jack (x6) (alternate F+B), Side Climber (x6) (alternate L+R)
	SET 1
0.29	Step, Air Jack (x6) (alternate F+B), Side Climber (x6) (alternate L+R)
2.00	Recovery. Set up second set: Long Jump F, Tuck Jump, Sprint B (x6), Bear Crawl to Double Jack Pushup (x6)
	SET 2
2.29	Long Jump F, Tuck Jump, Sprint B (x6), Bear Crawl to Double Jack Pushup (x6)
3.59	Recovery

TRACK SETUP

6x6 Supersets; 2 moves, 6 reps each, back-to-back for 90 seconds.

COACHING TIP

Break each set down into 30-second units; use the first to coach safety and technique, the second for intensity and the last for drive and motivation.

CONNECTION

Internal cues focus on the body mechanics to coach correct technique, whereas external cues use creative language to focus on an outcome and encourage intensity. René uses great creative language in this track as a tool to generate intensity for each move and connect the team to the workout.

DRIVE

Most participants will start to 'fail' in this workout; 90 seconds of intense movement is long and hard. If participants need to stop and breathe, it means they are working at their max capacity. Let them know that hitting their limit equals success – keep them in the workout and smashing fitness boundaries by coaching with raw energy and enthusiasm.

HIIT SCIENCE

Physiological testing of participants in LES MILLS GRIT workouts reveal that most people will spend 20 of the 30 minutes above 85% of their maximum heart rate. The exercises in this track target large muscle groups, creating maximum stress on our energy systems. This is the perfect way to improve VO2 (aerobic fitness).

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

- Bounce like you're a spring

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 position
- Repeat on other side

⇓ **OPTION: ALTERNATING TAP IN PLANK**

LAYER 2 COACHING FOCUS

- Use abs to jump in and out faster

LONG JUMP FORWARD, TUCK JUMP, SPRINT BACK

- Feet wide, outside shoulder-width
- Drive hips through
- **Use Squat to absorb landing in jumps**
- **Arms drive forward – knees wide in Tuck Jump**
- Sit low in the legs in the Sprint Back

⇓ **OPTIONS: STRAIGHT LEG JUMP OR SQUAT INSTEAD OF TUCK JUMP**

LAYER 2 COACHING TIP

- Go for speed, spend minimal time on the floor

NEW MOVE**BEAR CRAWL TO DOUBLE JACK PUSHUP**

- Start on toes and hands – knees in line with hips, shoulders in line with hands
- Knees slightly off floor
- Jack hands and feet at the bottom of the Pushup
- **Abs braced**
- **Chest to elbow-height in Pushup**
- **Back long, strong and straight**

⇓ **OPTION: STAY ON KNEES – JACK HANDS ONLY**

LAYER 2 COACHING FOCUS

- Move like a cheetah, then pounce



5 Drop Sets

MUSIC	EXERCISE
0.00	Set up track and demo first exercise: Lateral Squat Jump (L+R)
	SET 1
0.24	Lateral Squat Jump (L+R)
0.55	Drop: Lateral Shuffle Tap (L+R)
1.25	Recovery. Set up second set: Switch Climber (L+R)
	SET 2
1.43	Switch Climber (L+R)
2.14	Drop: Mountain Climber (L+R)
2.44	Recovery
3.05	REPEAT SET 1
4.06	Recovery
4.24	REPEAT SET 2
5.24	Recovery

Love Me/Total Fascination > 5.48 mins

TRACK SETUP

Drop Sets: 2 rounds, 1 minute each. The first 30 seconds creates pre-fatigue, the second 30 seconds keeps intensity high with an easier variation of the first move.

COACHING TIP

By this stage of the workout, participants will be feeling the fatigue, so give them time to recover. Explain this set simply and clearly, and remind them of the options.

CONNECTION

The beat is banging, so use it. It makes the time pass quicker and workouts stronger. Let the music drive this track.

DRIVE

The final 30 seconds in each set is difficult but not impossible. Focus on the second variation being easier, this will encourage members to crank some next level training!

HIIT SCIENCE

Moving from an explosive exercise to a slightly less intense exercise allows for maximum training intensity. Training at high intensity has been shown to increase human growth hormone production, which helps to mobilize fat stores and promote the development of lean muscle tissue.

LATERAL SQUAT JUMP

- Both feet take off and both feet land – alternating L+R
- Feet outside hip-width
- Butt down and back – just above knee-height
- Chest up – abs braced
- Use Squat to absorb landing

LAYER 2 COACHING FOCUS

- Minimize the floor time to go faster

LATERAL SHUFFLE TAP

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

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

LAYER 2 COACHING FOCUS

- Fly further across the floor

SWITCH CLIMBER

- Start in Plank position, jump alternating feet to the outside of the hand
- Whole foot touches down
- Abs braced
- Back long, strong and straight
- Knees to 90 degrees
- Hips down

⇓ **OPTION: SIDE TAP IN PLANK**

LAYER 2 COACHING FOCUS

- Pop your feet with more speed

MOUNTAIN CLIMBER

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

⇓ **OPTION: WALK KNEES IN AND OUT**

LAYER 2 COACHING TIP

- Don't just throw your knees forward – really use your abs to pull your knees in

6 1 Minute Challenge

Take Me > 1.56 mins

MUSIC	EXERCISE
0.00	Set up track and demo exercises: Spider Crawl to Plank, Half Burpee, Sprint B, Squat Jump (x2)
0.25	Spider Crawl to Plank, Half Burpee, Sprint B, Squat Jump (x2)
1.25	Recovery

TRACK SETUP

1 Minute Challenge repeated. One more big push to keep the heart rate high and hit the GRIT zone.

COACHING TIP

This track has already been set up at the start. Repeat the moves to refresh, then lift the energy to get members hitting the last minute with everything they've got!

CONNECTION

Acknowledge how hard the team has worked and emphasize that there is ONLY 1 minute left. Let the team know that this is where they get fit faster and burn the most calories. Genuine floor-coaching matters most when your team is close to the finish line, so give them powerful reasons to succeed.

DRIVE

Drive participants forward with emotive words and raw athleticism to get them to that final countdown. Lead by example and beast mode this challenge yourself; show people what it means to be a GRIT Coach!

HIIT SCIENCE

Back to integrated speed training for the last block. Pushing into top-end training zones for the last track will unlock the EPOC effect – meaning that participants will continue to burn calories long after the class has finished.

NEW MOVE

SPIDER CRAWL TO PLANK, HALF BURPEE, SPRINT B, SQUAT JUMP

- Start with feet wide, outside shoulder-width
- Bend knees and tip forward from the hips
- Walk hands forward to Plank position
- Back long, strong and straight in Plank
- Hands in line with shoulders in Plank
- Abs braced in all transitions
- From Plank position, jump feet into Wide Squat
- Lift hands off floor and finish in Squat position with hands and chest lifted
- Sit low in the legs to Sprint Back
- Butt down and back – feet wide in Squat
- Chest up – abs braced in Squat Jump
- Use Squat to absorb landing

LAYER 2 COACHING FOCUS

- Move as fast as you can to gain max reps – aim high



7 Core Challenge

MUSIC	EXERCISE
0.00	Set up track and demo first exercise: C-Crunch with Hand Clap
0.08	C-Crunch with Hand Clap
0.39	Pike Crunch
0.55	Rotating Hover with Top Leg Lift & Toe Tap (L+R)
1.55	Recovery

Taking My Time > 1.59 mins

TRACK SETUP

2 Minute Core Challenge to work the powerhouse of the body.

COACHING TIP

It's a quick setup and straight into the workout for the final track. Use the 30 seconds of recovery at the end of Track 6 to praise your team and bring everyone to the floor, ready to rock the last working block as soon as the music hits.

CONNECTION

Let the music set the pace for this track. Core tracks should have a similar feel to Warmup tracks. Give enough energy to keep members engaged and working hard for the final 2 minutes.

DRIVE

Core training is a fundamental part of fitness used to strengthen the body and improve training. Sell the benefits to participants to keep them working hard through the final challenge.

HIIT SCIENCE

Reactive core conditioning trains the muscles to be more responsive in athletic situations, which helps prevent injuries.

NEW MOVE C-CRUNCH WITH HAND CLAP

- Lie on back, extend arms and legs to 45 degrees
- Bend knees to 90 degrees and clap hands underneath knees
- Back towards floor as arms and legs extend
- Chin tucked in during Crunch
- Slide ribs to hips in Crunch

⇓ **OPTION: TAP FEET TO FLOOR INSTEAD OF EXTENDING**



NEW MOVE PIKE CRUNCH

- Lie on back, extend arms and legs to 45 degrees
- Lift arms and legs vertically
- Back towards floor as arms and legs extend
- Chin tucked in during Crunch
- Slide ribs to hips in Crunch
- Tail bone lifts to extend legs vertically

⇓ **OPTIONS: LEGS STAY WITH THE 45 DEGREES, OR TAP FLOOR**

LAYER 2 COACHING TIP

- Try to tap your shoelaces by lifting your tail bone



NEW MOVE ROTATING HOVER WITH TOP LEG LIFT & TOE TAP

- Start in Hover, toes and forearms to floor
- Rotate body to one side, extend top leg straight to the side, same arm taps foot
- Hips square and abs braced in Hover
- Back long, strong and straight
- Turn whole body and keep hips lifted to rotate
- Brace abs tightly to lift and tap toes

⇓ **OPTIONS: FEET AND HANDS STAY GROUNDED**



	TRACK	ARTIST	
1	Next To You © 2016 Audiopaxx. Written by: Pelecas, White, Carmody	L D R U feat. Savoi	3.01
2	Closer (GANZ Remix) © 2016 Foot's Gold Records. Written by: Pallin, Saamena, Schami, Silverman	Hoodboi feat. ASTR	1.41
3	Bad Love (Qulinez Remix) © 2016 Fight Club Music. Written by: Scarlet, Aguirre, Golden, Oyewole, Olortegui	Vice X Caitlyn Scarlett	2.10
	Fool For You © 2016 etcetc Music Pty Ltd. www.etcetc.tv Licensed courtesy of etcetc. Written by: East, Jey	Kilter feat. Micah Jey	1.40
	Don't Let Me Down (W&W Remix) © 2015 Disruptor Records/Columbia Records. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Schwartz, Taggart, Friedman, Harris, Warren	The Chainsmokers feat. Daya	0.50
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4	Bucka (DeeJay Theory Remix) © 2016 Dim Mak Records, Inc. Written by: Johnson, Henriques, Browne, Latupapua, Smith, Helsloot, DeGraff	Lady Bee & Noise Cans feat. Mr Vegas	2.30
	The Rockafeller Skank Courtesy of the Universal Music Group. Written by: Cook, Terry, Barry	Fatboy Slim	1.30
	The Rockafeller Skank Courtesy of the Universal Music Group. Written by: Cook, Terry, Barry	Fatboy Slim	0.11
5	Love Me © 2016 Carrot Gang Entertainment. Written by: Unknown	WIDE AWAKE feat. Jacob Banks	1.25
	Total Fascination © 2010 Pretty Lights Music. Written by: Smith	Pretty Lights	1.20
	Love Me © 2016 Carrot Gang Entertainment. Written by: Unknown	WIDE AWAKE feat. Jacob Banks	1.20
	Total Fascination © 2010 Pretty Lights Music. Written by: Smith	Pretty Lights	1.43
6	Take Me (Not Your Dope Remix) © 2015 Hela Music Ltd. Written by: Kirk, Shields, Henshaw, Wright	JiKay	1.56
7	Taking My Time (Radio Edit) © 2016 ICONS Music distributed by PRMD LLC. Written by: Bruno, Ewald, Johansson	Spencer Brown	1.59
OUTRO	Coward © 2014 etcetc music Pty Ltd. Licensed courtesy of etcetc. Written by: East, Joseph	Kilter feat. Ngaiire	0.11