



LES MILLS
GRIT

CARDIO



RELEASE

19

FEATURES:

HOT TIPS FOR MEMORIZING CHOREOGRAPHY

LES MILLS GRIT: CARVING INCHES OFF YOUR WAISTLINE

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 19

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The Fine Print

Les Mills' instructor resources 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, uploading or sharing files on 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 19 OVERVIEW

If you didn't think it were possible, think again – the words 'next level' and LES MILLS GRIT Series Release 19 go in the same sentence. Six rounds of work and, for the first time ever, a 1 Minute Challenge to kick off the workout will get your blood racing and sweat dripping from the get-go. GRIT Cardio uses speed to generate fast powerful muscles; this type of training will get you lean, fit and fast. This round had a big focus on external cues; watch how the team brought creativity to intensity cues. This is a lead on from the new GRIT AIM 1 recently developed to take GRIT coaching next level. When intensity hits, have one focus to coach. This will drive participants harder in each rep and will make coaching much more successful. Enjoy this release! We loved smashing it. From the GRIT 19 team.

TRACK	TRACK NAME	TRAINING TECHNIQUE	PROGRAM SPECIFIC or MIX AND MATCH
1	Warmup	Neuromuscular Pre-conditioning	Program Specific
2	1 Minute Challenge	Time Trial	Mix and Match
3	Tri Sets	Integrated Circuit Training	Program Specific
4	6x6 Supersets	Speed Supersets	Mix and Match
5	Drop Sets	Speed Drop Sets	Program Specific
6	1 Minute Challenge	Time Trial	Mix and Match
7	Core Challenge	Athletic Core Conditioning	Program Specific

POWER TRAINING

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.

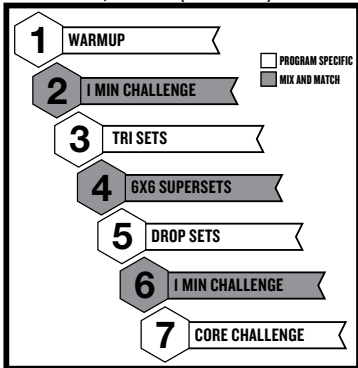
NUMBERING

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 19, LES MILLS GRIT Plyo 19, and LES MILLS GRIT Cardio 19), and only the allocated tracks stated in the notes.

In this release the mix and match tracks are Tracks 2, 4 and 6 (see below).



Whatever track you begin the workout with dictates the type of class it is. For example, if you teach Tracks 1, 3, 5 and 7 from Strength and Tracks 2, 4 and 6 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!

You don't need to write up every single track. We suggest:

- Detail the moves for more complex tracks
- For more straightforward tracks such as short Challenges – simply write the name of the track eg, 2-Minute Challenge: Beep Test
- This doesn't apply to the Warmup or Core track

This will benefit 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!

HOT TIPS FOR MEMORIZING CHOREOGRAPHY

Choreography is the foundation of all LES MILLS programs. It's what allows us to deliver safe and effective classes, role-model great technique, coach, connect, and to create awesome fitness experiences every time!

It's your job as the instructor to breathe life into the Program Director's choreography. It's a big responsibility, and one that requires you to learn new choreography every 3 months. If you teach more than 1 program, the time spent learning choreography can add up FAST. Whether you've been a Les Mills Instructor for a long time or just starting your journey, use the 5 tips below to help you memorize the choreography in record time.

Hot Tip #1 – Say No to Social

To learn choreography quickly, give it your undivided attention – even if it's for just 5–10 minutes. Turn off anything that will distract you, such as email notifications or cellphones. Create an environment that will let you concentrate – away from your partner, kids and pets – and resist the urge to check social media!

Hot Tip #2 – Become a Visual Learner

Our visual senses are a powerful tool when it comes to learning choreography.

Go to 'audio settings' on the Masterclass and turn off the Presenter's voice so that you watch the video with the music only. This will allow you to focus solely on the movement and music, helping you to absorb the choreography.

Think you don't need to watch the Masterclass? OK, here's your challenge! When you learn your next release, watch the filming video first to engage your visual senses. You may be surprised by how quickly and accurately you can learn the choreography, simply by watching the video.

Hot Tip #3 – Wash, Rinse, Repeat

Listen to the music over and over again so you can identify the verses, the chorus and the bridge. The more familiar you are with the music, the easier you will find it to align the choreography with it. Pay attention to the details! A cymbal crash, a catchy lyric, a sound effect... these are all important ways to link the right moves to the right parts of the music.

Hot Tip #4 – X Marks the Spot

Dancers have one of the best techniques when it comes to memorizing choreography. It's called 'marking'.

To mark a dance means to go through the motions of the dance in a minimized way. For example, instead of performing a pirouette, a dancer might mark the move with a twirl of their fingers in the direction of the turn. Marking isn't just a way to

conserve energy while rehearsing: new research shows that marking makes it easier to learn it!

Mark the moves the next time you need to learn a new release and feel how this allows your brain and body to connect. It's not exclusive to learning dance; it works for any type of program.

Hot Tip #5 – Channel Your Inner Spock

A valuable way to help you to retain choreography for the long term is to understand the logic behind it.

For example, in a BODYPUMP Chest track we might have 16x Bottom Half Pulses, a Hold at the top for 4 counts, then a 2/2 rhythm.

To make sense of this choreography: 16x Bottom Half Pulses are meant to be challenging, which means you'll need a break. The 4-count hold at the top provides that quick rest before moving onto the next working phase – the steady 2/2 rhythm.

Try to comprehend the logic behind the Program Director's choreography. Is it a specific training stimulus they're trying to achieve, a story they want to tell, or a feeling they want to convey? If you can understand their intention, you've unlocked one of the most powerful tools to memorizing choreography.

Which of these tips do you already use?

Which tip(s) are you willing to try for the first time?

How will you use 1+ of these tips the next time you are learning choreography?

1. Warburton E C, Wilson M, Lynch M & Cuykendall S (2013). The cognitive benefits of movement reduction: evidence from dance marking. *Psychological Science*, 24(9):1732-9 PMID: 23863756.

LES MILLS GRIT

CARVING INCHES OFF YOUR WAISTLINE

Abdominal fat: not only is it considered undesirable but it's also unhealthy.

An increased waist circumference is strongly associated with diabetes, metabolic syndrome, heart disease and hypertension. It's even thought to disrupt your hormonal balance. So, what can we do to get rid of the dreaded abdominal bulge?

New evidence has shown that 8 weeks of LES MILLS GRIT is the perfect way to carve inches off your waistline.

High-Intensity Interval Training (HIIT) consists of short, intermittent bursts of maximum-intensity exercise interspersed with periods of rest. LES MILLS GRIT utilizes these training methods with short but explosive workouts.

Previous research has shown that these workouts deliver accelerated changes in body composition, aerobic fitness and strength. A research team from the University of Nicosia in Cyprus wanted to know what effect combining LES MILLS GRIT Cardio with conventional training might have on our body composition and – in particular – that stubborn type of abdominal fat that interferes with our health.

The Study

Two groups of adults participated in an 8-week intervention. One group performed four regular workouts combining cardio and resistance training, while the other group replaced two of the cardio sessions with two LES MILLS GRIT Cardio workouts – and kept the remainder of the training the same.

Body composition and physical fitness tests were performed at the beginning and end of the study.

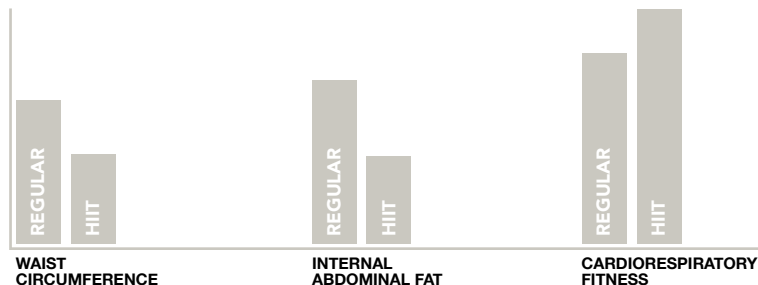
Results

The results were impressive. While both groups saw a reduction in body fat, the HIIT group experienced a much greater reduction in waist circumference and internal abdominal fat. They lost an average of 0.86 inches (2.2cm) from their waistlines, and 2.2% of the fat from deep inside their abdomen; this is the type of fat that causes serious health issues. The HIIT group also significantly increased their cardiorespiratory fitness, sprint speed and arm strength.

Conclusion

This study proves that if you want to maximize the results of your training, all you need to do is replace two of your regular gym sessions with two 30-minute HIIT workouts.

Combining these two types of training will increase your aerobic fitness, grow lean muscle tissue and amplify fat burn – and this latest study demonstrates that it will also carve inches off your waistline.



LES MILLS' RESEARCH

Features at World Sports Medicine Conference

Les Mills research reached new heights in June when the results of one of our research projects were presented at the American College of Sports Medicine (ACSM) World Scientific Congress in Boston, USA.

Bryce Hastings, LES MILLS International Head of Research presented the findings from the Group Fitness Instructor injury survey with Dr Jinger Gottschall, Professor of Kinesiology at Penn State University in attendance.

Being accepted to present at this conference is deemed to be a huge accomplishment, with only the top research projects in the field of Sports Medicine making the grade.

This achievement is a testament to the dedication and expertise of Dr Gottschall and her team at Penn State, and goes a long way towards showcasing LES MILLS programs on the scientific world stage.

We'll keep you up-to-date about this research in future releases.



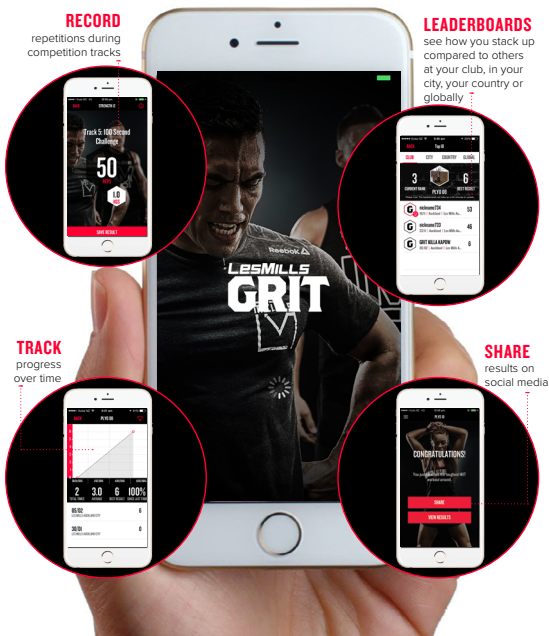
LES MILLS GRIT APP

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 tracks are Tracks 2 & 6: 1 Minute Challenge

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
19	Tracks 2 & 6: 1 Minute Challenge

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

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?

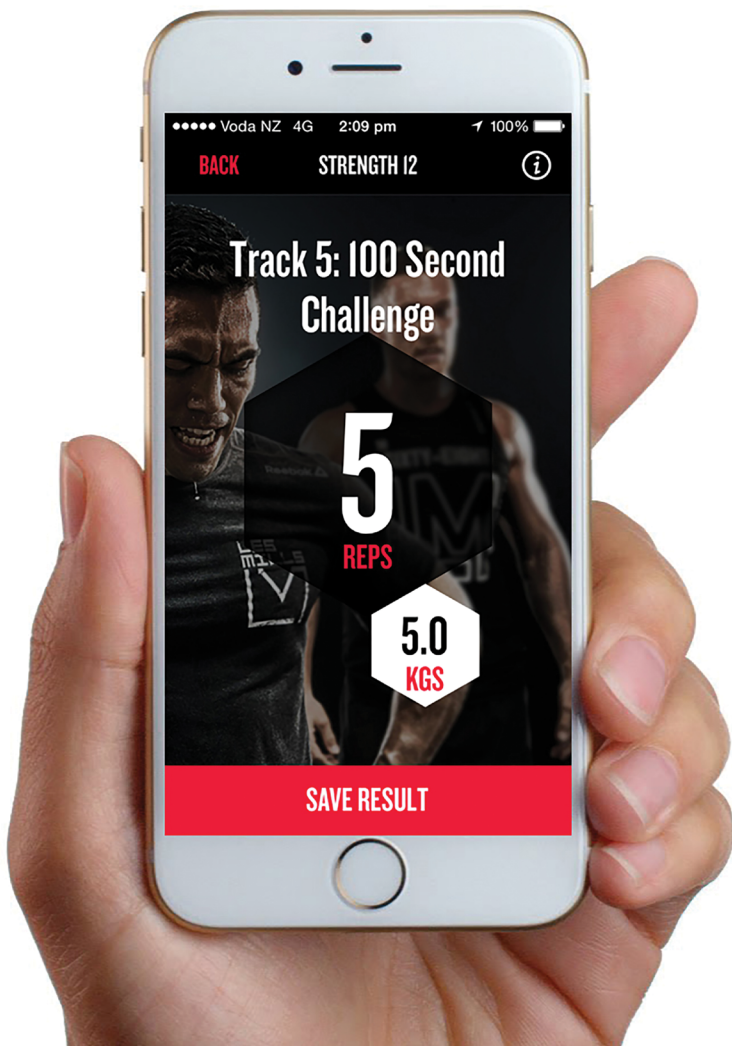
At this stage the app is only available in English.

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



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

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

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

4

6x6 Supersets

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

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

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
------	----------

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 Fool's Gold Records. Written by: Pallin, Saamena, Schami, Silverman	Hoodboi feat. ASTR	1.41
3	Bad Love (Quilinez Remix) © 2016 Fight Club Music. Written by: Scarlet, Aguirre, Golden, Oyewole, Olorotegui	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

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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.

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