

LES MILLS GRIT CARDIO

1 Warmup

MUSIC	EXERCISE
0.00	Jog OTS
0.25	Jog OTS, Heel to Butt
0.38	High Knee Run
0.52	Slow Squat Burpee with Jump
1.05	Squat Burpee with Jump
1.32	Squat Burpee
1.45	Pushup
1.58	Pushup with Frog Jump
2.25	Double Lateral Step, Side Tap (L+R)
2.38	Side Tap (L+R)
2.52	Recovery

You & Me > 3.07 mins

CLASS SETUP

It's important the class knows what to expect from the workout ahead, so introduce the session with a clear message: "Welcome to LES MILLS GRIT Cardio! We have 30 minutes of speed training to get you fit and fast."

COACHING TIP

The Warmup should be casual and informative. Take care with the technical setup for all Warmup moves, as most will be repeated throughout the workout.

CONNECTION

The feel of the Warmup is super relaxed and friendly. Smile and be engaging to set the mood for a fun Warmup.

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**

SQUAT BURPEE WITH JUMP

- 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**

FROG JUMP

- Start in Plank position, feet hip-width
 - Hands just outside shoulder-width
 - Knees in line with hips – jump knees forward to 90 degrees, then back into Plank
 - Abs braced
 - Back straight
 - Knees hover just above floor
- ⇓ **OPTION: FEET WALK IN AND OUT**

NEW MOVE

DOUBLE LATERAL STEP, SIDE TAP

- Two Lateral Steps, inside leg taps back as same arm reaches towards the floor (L+R)
- Chest up in the Tap
- Push hips back in the Tap
- Abs braced
- Front knee out in Tap



NEW MOVE

SIDE TAP

- One Lateral Step, inside leg taps back as same arm reaches towards the floor (L+R)
- Chest up in the Tap
- Push hips back in the Tap
- Abs braced
- Front knee out in Tap



2 Descending Supersets

MUSIC	EXERCISE
0.00	Set up track and demo Block 1: Lateral Squat Jump (x10) (L+R), Side Climber (x10) (L+R)
	SET 1: 3 ROUNDS
0.29	Lateral Squat Jump (x10) (L+R), Side Climber (x10) (L+R) (x3)
1.29	Recovery. Set up second set: same moves, 2 rounds
	SET 2: 2 ROUNDS
1.50	Lateral Squat Jump (x10) (L+R), Side Climber (x10) (L+R) (x2)
2.28	Recovery. Set up third set: same moves, 1 round
	SET 3: 1 ROUND
2.49	Lateral Squat Jump (x10) (L+R), Side Climber (x10) (L+R) (x1)
3.09	Recovery. Set up Block 2: Burpee Thruster (x10), Side Tap (x10) (L+R)
	SET 1: 3 ROUNDS
3.28	Burpee Thruster (x10), Side Tap (x10) (L+R) (x3)
4.28	Recovery. Set up second set: same moves, 2 rounds
	SET 2: 2 ROUNDS
4.49	Burpee Thruster (x10), Side Tap (x10) (L+R) (x2)
5.29	Recovery. Set up third set: same moves, 1 round
	SET 3: 1 ROUND
5.50	Burpee Thruster (x10), Side Tap (x10) (L+R) (x1)
6.10	Recovery

Aurora/They Don't Know Us > 6.20 mins

TRACK SETUP

Descending Supersets: 2 moves, 10 reps each, 3 rounds in 1 minute, 2 rounds in 40 seconds, 1 round in 20 seconds. The goal is to complete the round before the time is up.

COACHING TIP

This is a new workout to GRIT, and requires a technical setup. Be as clear as possible in the track intro, demonstrate the moves well, and emphasize the aim: *"Your goal is to complete 3 rounds in 1 minute."*

CONNECTION

Spend some quality floor time in the first 2 sets. Ensure all participants have great technique and feel encouraged to succeed. Challenge them to beat the countdown from the beginning of the track.

DRIVE

The last 20 seconds of work in each block is a great time to put the foot down and rev up motivation. Let the team know how close they are to the countdown; this will drive the workout home.

HIIT SCIENCE

The 2 Supersets provide opportunity to achieve maximum power output – that means moving body weight with speed. This is an ideal way to kick off a HIIT workout.

LATERAL SQUAT JUMP

- Take off and land with both feet – jumps alternating L + R
- Feet outside hip-width
- Drop butt back and down to knee-height
- Chest up – abs braced
- Use Squat to absorb landing

LAYER 2 COACHING FOCUS

- To move faster, keep knees bent and stay low to the floor

SIDE CLIMBER

- Plank position – hands just outside shoulder-width
 - Back long, strong and straight
 - Abs braced
 - Jump both feet out to side – aim for outside the elbow
 - Knees jump forward to 90 degrees
 - Hips down with slight hip-twist
 - Jump feet back to Plank
 - Repeat on other side
- ⇓ **OPTION: ALTERNATING TAP IN PLANK**

LAYER 2 COACHING FOCUS

- Use abs to jump in and out faster

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 FOCUS

- Pop your chest to engage your shoulders in the movement

NEW MOVE SIDE TAP

- One Lateral Step, inside leg taps back as same arm reaches towards the floor (L+R)
 - Chest up on Tap down
 - Push hips back in the Tap
 - Abs braced
 - Front knee out in Tap
- ⇓ **OPTION: LATERAL STEP WITH NO JUMP**

LAYER 2 COACHING FOCUS

- Dig your foot into the floor like you're trying to leave a mark; this will improve stability and enable you to move faster



2

Descending Supersets Continued

Aurora/They Don't Know Us > 6.20 mins

3 Tri Sets

MUSIC	EXERCISE
0.00	Set up track and demo first exercise: Tuck Jump
	SET 1
0.29	Tuck Jump
0.44	Lateral Leap (x1), High Knee Sprint (x4) (L+R)
1.08	Burpee (x1), Sprint F+B (2/2)
1.44	Recovery. Set up second set: Lateral Butt Kick (L+R)
	SET 2
2.14	Lateral Butt Kick (L+R)
2.30	Mountain Climber (L+R)
2.53	Drop Squat (x1), Sprint F (x4), Drop Squat (x1), Sprint B (x4)
3.29	Recovery
3.59	REPEAT SET 1
5.14	Recovery
5.44	REPEAT SET 2
6.58	Recovery

Deeper Love/Ready Or Not > 7.07 mins

TRACK SETUP

Tri Sets: 3 blocks of work in 15, 25 and 35 second sets, 3 different exercises. The hardest move is first, so intensity can stay high until the end.

COACHING TIP

Provide a clear explanation of the timing of this track and the 3 moves. Stay at the front of the class for the whole first set so you can set the pace for the quick changes between moves.

CONNECTION

The energy starts to lift in this track so let your tone reflect the pace. Build excitement and anticipation by emphasizing that the hardest part of the workout is over in 15 seconds! When the longer sets kick in and the muscles switch to training endurance, shift your connection with the team from excitement and high energy, to encouragement, drive and motivation.

DRIVE

A great time to drive members harder is when the workout is at its easiest. Because the movement in the last 35 seconds is easier, push members to finish the set without stopping.

HIIT SCIENCE

The fact that each exercise gets slightly easier enables us to maintain maximum output for the full 75 seconds. This is the perfect way to improve VO_2 – our ability to deliver oxygen to our muscles when they need it.

TUCK JUMP

- Chest up
 - Arms driving forward
 - Knees wide in Tuck Jump
 - Use Squat to absorb landing
- ⇓ **OPTION: STRAIGHT-LEGGED JUMP**

LAYER 2 COACHING FOCUS

- Hit the floor fast; jump quickly to work a speed focus

LATERAL LEAP, HIGH KNEE SPRINT

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

LAYER 2 COACHING FOCUS

- To move fast like an athlete, push hard out of the side of the foot

BURPEE, SPRINT F+B

- Feet wide
 - Butt down and back – just above knees
 - Chest up – abs braced
 - Arms forward, at shoulder-height
 - Abs braced as feet jump back
 - Hands under shoulders
 - Back long, strong and straight
 - Chest up – abs braced in Sprint
- ⇓ **OPTION: STEP FEET BACK INTO BURPEE**

LAYER 2 COACHING FOCUS

- Hit the breaks quickly after the 2 Sprints forward – this is reactive training, which teaches the body how to react fast

NEW MOVE**LATERAL BUTT KICK**

- Brace the abs to kick the legs up
- Bend the knees on the transition between jumps
- Chest up

⇓ **OPTION: LATERAL SQUAT JUMP**

LAYER 2 COACHING FOCUS

- Imagine the floor is lava – stay in the air to drive the heart rate up

MOUNTAIN CLIMBER

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

⇓ **OPTION: WALK KNEES IN AND OUT**

LAYER 2 COACHING FOCUS

- Switch your knees as fast as you can to drive intensity

NEW MOVE**DROP SQUAT, SPRINT F+B**

- Land softly in the Drop Squat with feet wide
- Keep the chest up on the touchdown
- Abs braced

⇓ **OPTION: RUN F+B INSTEAD OF SPRINT**

LAYER 2 COACHING FOCUS

- To work explosive fast muscle fibres, hit speed on the jack out and in, accelerate hips down

4 1 Minute Intervals

MUSIC	EXERCISE
0.00	Set up track and demo first set: Spider Crawl F, Jump into Half Burpee, Tuck Jump, 180° Turn
	SET 1
0.28	Spider Crawl F, Jump into Half Burpee, Tuck Jump, 180° Turn
1.29	Recovery. Set up second set: Bear Crawl (x4), Double Jack Pushup (x1) (F+B)
	SET 2
1.50	Bear Crawl (x4), Double Jack Pushup (x1) (F+B)
2.50	Recovery

Miles Away/Ain't You > 3.02 mins

TRACK SETUP

1 Minute Intervals: 2x 60 second sets, max reps for each set.

COACHING TIP

Spend the first 30 seconds coaching technique, then layer intensity and motivation in the second half of each set.

CONNECTION

Praise in this workout environment is essential, as the class is starting to fatigue. Avoid the drive-by "good job" and instead spend a minimum of 2 reps with each person when floor-coaching. Be positive and encourage them to stay in the workout.

DRIVE

Avoid coming in too strong in the first set, so you can increase intensity in the second one. The last 15 seconds of each set is when participants will start to fail, so give them powerful motivation to keep going.

HIIT SCIENCE

60 seconds gives us the confidence to go all out – driving maximum intensity. This type of training burns through energy stores, both during and after the workout, for accelerated changes in body composition.

NEW MOVE

SPIDER CRAWL F, JUMP INTO HALF BURPEE, TUCK JUMP, 180° TURN

- Feet outside hip-width – butt drops down and back into Squat
 - Abs braced in walk forward into Plank
 - Jump feet wide into Half Burpee
 - Feet wide – bent knees in landings
 - Keep knees bent in 180 degree Turn
- ⇓ **OPTION: STRAIGHT-LEGGED JUMP INSTEAD OF TUCK**

LAYER 2 COACHING FOCUS

- Whip your hips when you turn, for more speed

BEAR CRAWL, 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

- Pounce off the floor in Double Jack Pushup to engage shoulders and core

5 Tabata Sets

MUSIC	EXERCISE
0.00	Set up track and demo exercises: Team A: High Knee Run (x8), 180° Squat Jump (x1) Team B: Lateral Plank Walk (x1), Donkey Kick (x1) (L+R)
	SET 1
0.30	Team A: High Knee Run (x8), 180° Squat Jump (x1) Team B: Lateral Plank Walk (x1), Donkey Kick (x1) (L+R)
0.50	Recovery. Set up second set: Team A: Lateral Plank Walk (x1), Donkey Kick (x1) (L+R) Team B: High Knee Run (x8), 180° Squat Jump (x1)
	SET 2
0.59	Team A: Lateral Plank Walk (x1), Donkey Kick (x1) (L+R) Team B: High Knee Run (x8), 180° Squat Jump (x1)
1.20	Recovery
1.29	REPEAT SET 1
1.50	Recovery
1.59	REPEAT SET 2
2.20	Recovery
2.29	REPEAT SET 1
2.50	Recovery
3.00	REPEAT SET 2
3.19	Recovery
3.29	REPEAT SET 1
3.50	Recovery
4.00	REPEAT SET 2
4.19	Recovery

Miso Soup/By Ur Side > 4.43 mins

TRACK SETUP

Tabata: 2 moves, 20 seconds on, 10 seconds off.
Split the room into 2 teams facing each other and alternate moves for 8 rounds.

COACHING TIP

While the team recovers from Track 4, split the room into 2 teams. Demo both moves to each team, then demo the hardest move out of the 2 during the first set. In the first recovery, set both teams up with the alternating move. Put simply, you repeat yourself twice in the first 4 sets to ensure both teams are competent with each move.

CONNECTION

Module training identifies the 4 different types of motivational cues: intrinsic, extrinsic, positive and challenging motivators. GRIT classes are made up of many different personalities that will respond differently to various types of motivational cues. To get maximum effort from participants in this track, select a variety of cues that will encourage and drive them in different ways. While a challenge cue – “Is that the best you can do?” – may work for some people, others may respond better to an intrinsic cue: “If you finish this set, you are going to feel awesome”. A great coach will tap into all 4 of these cues while teaching.

DRIVE

Hold back a little in the first 4 sets – ensure everyone understands the concept of alternating between the 2 moves and has solid technique for both. Use the final 4 sets to drive participants to give their max effort. Emphasize the benefits of Tabata training and motivate them to work even harder!

HIIT SCIENCE

Tabata sets have shown to be one of the best ways to break through the anaerobic threshold. The 2:1 work to rest ratio is ideal for accumulating fatigue and increasing blood lactate; this helps to drive the biochemical changes we get from HIIT training.

HIGH KNEE RUN, 180° SQUAT JUMP

- Chest up
 - Abs braced
 - Rotate 180 degrees in turning Squat Jump
 - Feet outside hip-width in Squat
 - Knees soft
 - Use Squat to absorb landing
- ⇓ **OPTION: SQUAT JUMP WITH NO TURN**

LAYER 2 COACHING FOCUS

- Cut through the air with your knees to drive more speed

LATERAL PLANK WALK, DONKEY KICK

- Hips square to floor
 - Abs braced
 - Butt down
 - Back long, strong and straight
 - Jump knees into chest then shoot feet out back to Plank
- ⇓ **OPTION: FROG JUMP**

LAYER 2 COACHING FOCUS

- Dig your hands in and snap your legs back to increase speed in the movement

6 Rep Challenge

MUSIC	EXERCISE
0.00	Set up track and demo exercise: Single-Arm Burpee, Long Jump F, Sprint B (L+R)
0.29	Round 1: Single-Arm Burpee, Long Jump F, Sprint B (L+R) (x6)
0.56	Round 2: Single-Arm Burpee, Long Jump F, Sprint B (L+R) (x6)
1.29	Round 3: Single-Arm Burpee, Long Jump F, Sprint B (L+R) (x6)
1.57	Round 4: Single-Arm Burpee, Long Jump F, Sprint B (L+R) (x6)
2.30	Recovery

Smoke Filled Room > 2.51 mins

TRACK SETUP

Rep Challenge: 2 minutes of work in 4x 30 second sets, back-to-back. The aim is to complete 6x Single-Arm Burpee, Long Jump Forward, Spring Back in each set. Finishing before the countdown means extra recovery time.

COACHING TIP

Ensure members maintain great technique and hit long jumps forward in every rep. Coach for long legs back in the Burpee and a Long Jump Forward to really get the muscles firing.

CONNECTION

Now that you have smashed out a massive 25 minutes together, your team trusts that you can get them through the rest of the workout. Engage in genuine floor-coaching: drop down to their eye level, acknowledge the hard work they have put in, and choose one of the 4 different styles of motivation to provide quality one-on-one support. Praise success if participants beat the countdown, but always acknowledge hard work and effort as well.

DRIVE

The focus of this track is to beat the countdown in every set. Use the final 2 rounds to lift the energy to its peak and get members pushing hard for those last few reps. This final challenge is a great opportunity to show members what a GRIT athlete looks like, so lead by example and physically smash the sets out with them.

HIIT SCIENCE

A simple movement pattern for 30 second blocks provides the opportunity to expend any remaining energy stores. Persevering when fatigued is when ultimate changes in body composition and fitness occur.

NEW MOVE SINGLE-ARM BURPEE, LONG JUMP F, SPRINT B

- Hand under center of chest in Burpee – brace abs as feet jump back
- Back strong and straight in Burpee
- Bent knee landing in Jump Forward
- Chest up – abs braced

⇓ **OPTION: USE BOTH ARMS IN BURPEE**

LAYER 2 COACHING FOCUS

- Shoot your feet in and out of the Burpee to engage the core and move faster



7 Core Challenge

Future, Pt. 2 > 2.01 mins

MUSIC	EXERCISE
0.00	Set up track and demo first exercise: C-Crunch with Arm and Leg Extension
0.17	C-Crunch with Arm and Leg Extension (x4)
0.50	C-Crunch with Arm and Leg Extension (faster) (x8)
1.23	Oblique Crunch with Leg Extension (L), (x8)
1.40	Oblique Crunch with Leg Extension (R), (x8)
1.56	Recovery

TRACK SETUP

2 Minute Core Challenge: lie on back in Pike position.

COACHING TIP

The 2 minutes of work start as soon as the music kicks in. Allow the team to recover after Track 6, while getting them set up and ready to move.

CONNECTION

Connection is incredibly important at this stage of the workout; use eye contact and smiles to maintain attention right to the end. Show the team you appreciate how challenging this final part is after an intense 25 minutes.

DRIVE

Be assertive and direct when you ask the team to give their best effort for the final 2 minutes. When everything is hurting and the core is seriously fatigued from all the HIIT training of the workout, the members need to know the end is in sight.

HIIT SCIENCE

A strong, highly reactive core unlocks your full potential for HIIT training.

NEW MOVE

C-CRUNCH WITH ARM AND LEG EXTENSION

- Arms and legs start at 45 degrees
- Crunch arms and legs in, extend one leg at a time, then extend arms
- **Brace abs to keep back towards floor as arms and legs extend**
- **Tuck in chin during the Crunch**
- **Slide ribs to hips in Crunch**
- **↕ OPTIONS: EXTEND LEGS UP OR TAP FEET TO FLOOR**



NEW MOVE

OBLIQUE CRUNCH WITH LEG EXTENSION (L+R)

- Start with feet lifted, knees over hips
- Push knee away with opposite hand to extend leg
- **Aim shoulder towards opposite knee**
- **Tuck in chin during the Crunch**
- **Abs braced as leg extends**
- **↕ OPTION: TAP FOOT TO FLOOR**



	TRACK	ARTIST	
1	You & Me © 2015 The EDM Network. Written by: Brown	Skrux	3.07
2	Aurora © 2016 Artist Intelligence Agency. Written by: Granovskii, Goncharenko	Leat'eq & Moth Circuit	1.30
	They Don't Know Us © 2016 etcetc Music Pty Ltd. www.etcetc.tv. Written by: Nacson, East	Kilter	1.40
	Aurora © 2016 Artist Intelligence Agency. Written by: Granovskii, Goncharenko	Leat'eq & Moth Circuit	1.20
	They Don't Know Us © 2016 etcetc Music Pty Ltd. www.etcetc.tv. Written by: Nacson, East	Kilter	1.50
3	Deeper Love (Snavs Remix) © 2015 Monstercat. Written by: Huntley, Muise, Christopher	Botnek & I See MONSTAS	1.45
	Ready Or Not © 2016 HEXAGON / Spinnin' Records B.V. Written by: Kiriakou, Bogart, Mandler, Goldstein, Bell, Hart	Madison Mars	1.45
	Deeper Love (Snavs Remix) © 2015 Monstercat. Written by: Huntley, Muise, Christopher	Botnek & I See MONSTAS	1.45
	Ready Or Not © 2016 HEXAGON / Spinnin' Records B.V. Written by: Kiriakou, Bogart, Mandler, Goldstein, Bell, Hart	Madison Mars	1.52
4	Miles Away © 2016 Never Say Die Records Ltd. Written by: Jenkin, Guenena	Zomboy feat Nefera	1.30
	Ain't You © 2015 Velcro House under exclusive license from Armada Music. Written by: Dahlback	John Dahlback	1.32
5	Miso Soup © 2016 Transparent Music. Written by: Unknown	YULTRON	2.20
	By Ur Side (Vindata Remix) © 2015 Fool's Gold Records. Written by: Schami	Hoodboi	2.23
6	Smoke Filled Room (Fawks Remix) © 2015 Ultra Records, LLC. Written by: Light, Seaver	Mako	2.51
7	Future, Pt. 2 Courtesy of the Universal Music Group. Written by: Gigahcine, Elton, Smith	DJ Snake feat. Bipolar Sun	2.01
OUTRO	Melancholia © 2017 Les Mills Music Licensing Ltd. Written by: Conrad, Langeveld, van de Geer	Ian Breno	0.41