



LESMILLS
GRIT

CARDIO

RELEASE **20**

FEATURES:
BORN TO MOVE: NEW RESEARCH

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 20

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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 20 OVERVIEW

Five years of LES MILLS GRIT Series is marked with an epic round of releases. Seven massive tracks and a few new innovations to keep this round fresh and challenging. This workout has been designed to shift fitness levels and build lean powerful muscles. In GRIT Cardio, the emphasis is on speed training to ensure we hit maximum output in each work interval. The presenting team worked really hard this round to demonstrate advanced coaching, especially around intensity. There are two different ways to deliver Layer 2; in the form of internal and external cues. Watch how the team uses a variety of Layer 2 cues throughout the class to achieve intensity results from participants. Mixing up the way Layer 2 cues are delivered will help keep coaching fresh and innovative. As always, we hope you enjoy smashing this release with your members! From the GRIT Series 20 crew xx

TRACK	TRACK NAME	TRAINING TECHNIQUE	PROGRAM SPECIFIC or MIX AND MATCH
1	Warmup	Neuromuscular Pre-conditioning	Program Specific
2	Descending Supersets	Speed Intervals	Mix and Match
3	Tri Sets	Reverse Pyramid	Program Specific
4	1 Minute Intervals	Peak Speed Sets	Program Specific
5	Tabata Sets	Speed Tabata	Program Specific
6	Rep Challenge	Speed 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.

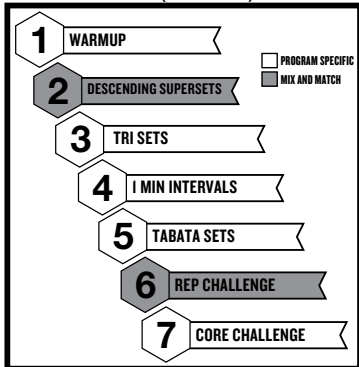
NUMBERING

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 20, LES MILLS GRIT Plyo 20, and LES MILLS GRIT Cardio 20), and only the allocated tracks stated in the notes.

In this release the mix and match tracks are Tracks 2 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, 4, 5 and 7 from Strength and Tracks 2 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.

Don't be a stranger, hit us up on Instagram and Facebook @lesmillsgrit. We're stronger together. That's why.

– LES JNR

GRIT COACH INFO

THIS IS GOING TO CHANGE YOUR LIFE...

Did you know that you can now write the exercises up on the walls/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 walls or mirrors) but when it works for your club and time-slot, 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 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!

GOODBYE TO THE LES MILLS GRIT APP

If you're a GRIT coach, we know you share our passion for bringing your participants the highest-performing workouts in the world. 'No time for average' are the words we live by, not just on the GRIT floor, but in everything we do. New platforms mean we now have more up-to-date and relevant ways to connect with you and your participants.

The LES MILLS GRIT app has now closed down. There are plenty of ways your participants can continue to connect with the GRIT community:

Let's get social

Our GRIT social media channels are the place to be. Our social pages are home to a crew of hard-core GRITers, and they're keen to converse about the latest releases and compete over challenge rep counts. Check us out at [Instagram.com/LESMILLSGRIT](https://www.instagram.com/LESMILLSGRIT) and [Facebook.com/LESMILLSGRIT](https://www.facebook.com/LESMILLSGRIT).

You vs. You

Keep encouraging your participants to strive for greatness by tracking their workouts with their Polar device. They just need to update their iOS Flow app, choose their favorite GRIT workout, sync it, and hit a class. Hardcore athletes can even share their training data on social.

Questions or concerns? Email us at GRIT@lesmills.com. We'd love to chat.

– Les Jnr

BORN TO MOVE: NEW RESEARCH

How much exercise did you do as a child?
How much exercise do you do now?
Can you see a correlation between the two?

Research has shown that your activity levels as a child will predict how active you are as an adult.¹

Youth Physical Activity Guidelines recommend that children and adolescents should accumulate a minimum of 60 minutes of moderate-to-vigorous physical activity every day², and yet statistics show that most children fall tragically short of this. A report from the US found that only 27% of high-school students manage to achieve the minimum recommendations.³

The question is, HOW do we get our kids to move more? The answer – **we need them to WANT to exercise.**

LES MILLS BORN TO MOVE™ classes have been designed to engage and motivate children. They're fun, action packed and social. The buzz of learning new moves, fresh routines, plus the excitement of being in a group will all ensure the classes instill a love of fitness from an early age. They include easy-to-follow exercises and games, set to age-specific music. We know it works but **we needed some evidence.**

A study conducted in the UK⁴ set out to investigate whether BORN TO MOVE delivers on its promise to get kids moving and change their attitude towards being active. In a six-week study of 10 to 11 year olds, two schools acted as a control and continued with their regular two physical education classes a week. The other two received two BORN TO MOVE classes a week.

The researchers were particularly interested in how active the children were during the class, and how the classes affected their motivation to exercise when compared with standard PE

classes. The children also answered questions relating to enjoyment, the music, the teacher and how competent they felt during the class.

The results clearly demonstrated that BORN TO MOVE is a fantastic solution to getting children motivated to exercise. The children in the BORN TO MOVE group accumulated **more moderate to vigorous physical** activity over the day as a whole than the children who just did their regular PE classes. And they **spent less time being sedentary.** Enjoyment levels during BORN TO MOVE were significantly higher when compared to the control group which meant that their **intrinsic motivation** scores were higher also.

The children of today's world spend more time staring at a screen and are less physically active than previous generations. Obesity has more than doubled in children and quadrupled in adolescents over the past 30 years. The obese children of today become the obese adults of tomorrow, and it's of growing urgency that we find a solution to this global epidemic.

Getting children to fall in love with movement from a young age will ensure they build the healthy habits of a lifetime. As we battle to draw their attention away from screens and get them active, finding a solution to keep them engaged is the key. As this study shows, BORN TO MOVE is the perfect remedy to get our children moving!

1. Childhood Physical Fitness Tests: Predictor of Adult Physical Activity Levels? Dennison, B.A., Straus, J.H.E., Mellits, D. & Charney, E. (1988). *Pediatrics* 82(3):324-330.
2. 2008 Physical Activity Guidelines for Americans, Centers for Disease Control and Prevention.
3. 2009 Youth Risk Behavior Surveillance System, Centers for Disease Control and Prevention.
4. <http://bmcpublichealth.biomedcentral.com/titles/10.1186/s12889-016-3550-7>.

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

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

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



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

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

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

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 Half 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

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

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: Grigahcine, 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

OUR DECLARATION OF INTENT

The Les Mills global family is made up of 17,500 fitness clubs, 130,000 instructors and millions of participants from 100 countries around the globe.

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.

WE EMBRACE OPEN COMMUNICATION WITH OUR GLOBAL FAMILY SO DIFFERENCES OF OPINION CAN BE EXPRESSED, AND COMPROMISES REACHED.

ABOVE ALL, WE ARE PASSIONATE ABOUT DELIVERING LIFE-CHANGING FITNESS EXPERIENCES, EVERY TIME, EVERYWHERE.

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