

# LES MILLS GRIT PLYO

## 1 Warmup

### SETUP

- Bench set up vertically

| MUSIC | EXERCISE                                         |
|-------|--------------------------------------------------|
| 0.00  | Stand on top of bench                            |
| 0.14  | <b>Backward-Stepping Lunge</b> (L+R)             |
| 0.34  | <b>Backward-Stepping Lunge</b> (faster) (L+R)    |
| 0.53  | <b>Squat Jump to Lunge</b> (L+R)                 |
| 1.23  | <b>Squat Burpee with Jump On/Off Bench</b> (L+R) |
| 1.52  | <b>Lateral Bench Squat</b> (L+R)                 |
| 2.31  | <b>Frog Jump</b>                                 |
| 2.41  | <b>Frog Jump</b> (x1), <b>Pushup</b> (x1)        |
| 3.00  | Recovery                                         |

Come Down > 3.05 mins

### CLASS SETUP

It's important the class knows what to expect from the workout ahead, so give clear, direct instructions. The class will need a bench with 2 boosters under each end, and a medium weight plate.

### 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.

### BACKWARD-STEPPING LUNGE

- Start on bench
- **Feet hip-width apart – long step back**
- One foot on bench, the other on floor
- **Front thigh parallel to floor in bottom of Lunge**
- Knees in line with toes
- Chest up
- Abs braced

### NEW MOVE SQUAT JUMP TO LUNGE

- Start on bench with feet outside hip-width
- Jump one foot backwards to Lunge; one foot on bench, one on floor
- Jump back to Squat on bench
- **Chest up – abs braced**
- **Feet wide in the Squat**
- **Keep front knee out in Lunge**

⇓ **OPTION: STEP BACK TO LUNGE**

### SQUAT BURPEE WITH JUMP ON/OFF BENCH

- Squat, Plank, Squat, Jump on and off bench
- **Feet outside hip-width – butt down and back in Squat**
- Bent knee landing
- **Abs braced in jump to Plank position**
- **Whole feet land on the bench**

⇓ **OPTION: WALK INTO BURPEE, STEP ON/OFF BENCH**

### LATERAL BENCH SQUAT

- Start side-on to bench with feet outside hip-width; one foot on bench, one on floor
- Squat, step over bench so alternate foot lands on bench and Squat on the other side
- **Chest up – abs braced**
- **Knees out in Squat**
- **Hips back and down**
- **Whole foot on bench**

### FROG JUMP

- Start in Plank position, feet hip-width apart
- **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**

### PUSHUP

- Hands on bench, just outside shoulder-width
- Chin tucked in
- **Chest to elbow-height**
- **Abs braced**
- **Back long, strong and straight**

⇓ **OPTION: ON KNEES**

## 2 Descending Supersets

### SETUP

- Bench set up vertically

| MUSIC | EXERCISE                                                                                               |
|-------|--------------------------------------------------------------------------------------------------------|
| 0.00  | Set up track and demo Block 1: Sumo Bench Jump with Plate at Collarbones (x8), Donkey Kick Pushup (x8) |
|       | <b>SET 1: 3 ROUNDS</b>                                                                                 |
| 0.29  | <b>Sumo Bench Jump with Plate at Collarbones (x8), Donkey Kick Pushup (x8) (x3)</b>                    |
| 1.29  | Recovery. Set up second set: same moves, 2 rounds                                                      |
|       | <b>SET 2: 2 ROUNDS</b>                                                                                 |
| 1.50  | <b>Sumo Bench Jump with Plate at Collarbones (x8), Donkey Kick Pushup (x8) (x2)</b>                    |
| 2.28  | Recovery. Set up third set: same moves, 1 round                                                        |
|       | <b>SET 3: 1 ROUND</b>                                                                                  |
| 2.49  | <b>Sumo Bench Jump with Plate at Collarbones (x8), Donkey Kick Pushup (x8) (x1)</b>                    |
| 3.09  | Recovery. Set up Block 2: Jumping Lunge with Plate at Collarbones (L+R) (x8), Burpee Thruster (x8)     |
|       | <b>SET 1: 3 ROUNDS</b>                                                                                 |
| 3.29  | <b>Jumping Lunge with Plate at Collarbones (L+R) (x8), Burpee Thruster (x8) (x3)</b>                   |
| 4.29  | Recovery. Set up second set: same moves, 2 rounds                                                      |
|       | <b>SET 2: 2 ROUNDS</b>                                                                                 |
| 4.50  | <b>Jumping Lunge with Plate at Collarbones (L+R) (x8), Burpee Thruster (x8) (x2)</b>                   |
| 5.28  | Recovery. Set up third set: same moves, 1 round                                                        |
|       | <b>SET 3: 1 ROUND</b>                                                                                  |
| 5.49  | <b>Jumping Lunge with Plate at Collarbones (L+R) (x8), Burpee Thruster (x8) (x1)</b>                   |
| 6.10  | Recovery                                                                                               |

Shallow/Ready Or Not > 6.22 mins

### TRACK SETUP

Descending Supersets: 2 moves, 8 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.

### SUMO BENCH JUMP WITH PLATE AT COLLARBONES

- Start in Squat position, feet either side of bench
- Jump onto bench and propel high into the air, land back in Squat
- Bend knees and use Squat to absorb landing
- Elbows under plate
- Chest up
- Abs braced

### ↓ ↓ OPTIONS: JUMP WITH NO BENCH OR NO PLATE

### LAYER 2 COACHING FOCUS

- Drive the height, snap your bench in half to build explosive power

### HIIT SCIENCE

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

### DONKEY KICK PUSHUP

- Start in Plank position – hands on bench
- Jump knees into chest then shoot feet out back to Plank
- Abs braced
- Hips square to floor
- Back long, strong and straight
- Chin tucked in
- Chest to elbow-height in Pushup

### ↓ ↓ OPTION: FROG JUMP PUSHUP

### LAYER 2 COACHING FOCUS

- This is Reactive Core Training; use your core to accelerate your feet backwards

### JUMPING LUNGE WITH PLATE AT COLLARBONES

- Jump into a long Lunge – back heel off floor
- Feet hip-width apart
- Front knee out – back knee towards floor
- Front thigh drops parallel to floor
- Chest up – abs braced
- Elbows under plate

### ↓ ↓ OPTION: BACKWARD-STEPPING LUNGE

### LAYER 2 COACHING FOCUS

- Sit low in the legs to recruit more muscle fiber

### BURPEE THRUSTER

- Start in Plank position with hands on bench
- Jump both feet into wide Squat and lift hands off bench
- Finish in Squat position with hands and chest lifted
- Feet wide
- Abs braced on transition
- Chest to elbow-height in Pushup

### ↓ ↓ OPTION: STEP FEET INTO SQUAT

### LAYER 2 COACHING FOCUS

- Pop your chest to engage the shoulders and work explosive power

### 3 Tri Sets

Flushed/Aurora > 7.06 mins

#### SETUP

- Bench set up vertically and a heavy plate

#### MUSIC EXERCISE

|      |                                                                              |
|------|------------------------------------------------------------------------------|
| 0.00 | Set up track and demo first exercise: Squat Jump over Bench with Plate Press |
|      | <b>SET 1</b>                                                                 |
| 0.29 | <b>Squat Jump over Bench with Plate Press</b>                                |
| 0.46 | <b>Side Climber with Feet on Bench (L+R)</b>                                 |
| 1.09 | <b>Bench Jump with 180° Turn</b>                                             |
| 1.43 | Recovery. Set up second set: Lateral Bench Jump with Plate Over Head (L+R)   |
|      | <b>SET 2</b>                                                                 |
| 2.15 | <b>Lateral Bench Jump with Plate Over Head (L+R)</b>                         |
| 2.28 | <b>Bench Jump, Tuck Jump, 180° Turn</b>                                      |
| 2.54 | <b>Squat Jump on Bench with Plate Press</b>                                  |
| 3.29 | Recovery                                                                     |
| 3.59 | <b>REPEAT SET 1</b>                                                          |
| 5.13 | Recovery                                                                     |
| 5.45 | <b>REPEAT SET 2</b>                                                          |
| 6.59 | 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.

#### NEW MOVE

#### SQUAT JUMP OVER BENCH WITH PLATE PRESS

- Start with feet wide, facing bench
- Both feet jump over bench, both feet land
- Punch plate forward at chest-height in Jump
- Land with feet wide and knees soft
- Chest up – abs braced
- Use Squat to absorb the landing
- Brace the core to turn the whole body as one

⇓ **OPTION: JUMP BESIDE BENCH**

#### LAYER 2 COACHING FOCUS

- Punch the plate as hard as you can to build lean powerful shoulders and lats



#### SIDE CLIMBER WITH FEET ON BENCH

- Start in Plank position with feet on bench
- Jump feet off bench to floor
- Knees jump forward to 90 degrees
- Jump feet back onto bench in Plank position
- Alternate from left to right
- Hips square to floor in Plank position
- Hands in line with shoulders
- Brace abs tightly to jump on and off bench

⇓ **OPTION: ALTERNATING TAP ON FLOOR**

#### LAYER 2 COACHING FOCUS

- Pull the knees in, then drive them up like a plane taking off to engage the core

**BENCH JUMP WITH 180° TURN**

- Squat Jump on/off bench with 180 degree Turn
- Feet outside hip-width – knees out
- Keep feet wide and brace abs to turn whole body
- Chest up – abs braced
- Knees soft
- Use Squat to absorb landing

⇓ **OPTION: JUMP WITH NO BENCH**

**LAYER 2 COACHING FOCUS**

- Jump as high off the bench as you can – this helps explosive training and builds a strong core

**LATERAL BENCH JUMP WITH PLATE OVER HEAD**

- One foot on bench, one on floor
- Plate over head and slightly forward of face
- Arms straight
- Jump laterally over bench
- Drive off foot on bench
- Feet wide
- Bent knee landing
- Chest up, abs braced

⇓ **OPTION: PLATE TO COLLARBONES**

**LAYER 2 COACHING FOCUS**

- Jump as high as you can – resistance ensures all muscles are engaged more to attain height

**BENCH JUMP, TUCK JUMP, 180° TURN**

- Both feet take off from the floor
  - Both feet land fully on the bench
  - Feet wide – knees out
  - Chest up
  - Use Squat to absorb landing
  - Knees wide in Tuck Jump
  - Brace abs as whole body turns
- ⇓ **OPTION: STRAIGHT LEG JUMP INSTEAD OF TUCK JUMP**

**LAYER 2 COACHING FOCUS**

- Drive off the bench to build athletic legs

**NEW MOVE  
SQUAT JUMP ON BENCH WITH PLATE PRESS**

- Start with feet wide on floor, facing bench
- Jump into low Squat on bench
- Punch plate to a 45 degree angle from chest during Jump
- Bent knee landing – feet wide
- Chest up – abs braced
- Elbows forward in Press

⇓ **OPTION: PLATE AT COLLARBONES**

**LAYER 2 COACHING FOCUS**

- Explode onto the bench with the plate – this is integrated training, working the entire body



## 4 1 Minute Intervals

### SETUP

- Bench set up vertically and a heavy plate

| MUSIC | EXERCISE                                                                   |
|-------|----------------------------------------------------------------------------|
| 0.00  | Set up track and demo first set: Lateral Bench Jump (x3), Donkey Kick (x3) |
|       | <b>SET 1</b>                                                               |
| 0.29  | <b>Lateral Bench Jump (x3), Donkey Kick (x3)</b>                           |
| 1.29  | Recovery                                                                   |
| 1.48  | <b>REPEAT SET 1</b>                                                        |
| 2.48  | Recovery                                                                   |

Gimme/Call My Name > 3.00 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 on. 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.

### LATERAL BENCH JUMP

- Feet outside hip-width
- Chest up
- Drive laterally off both feet
- Jump over bench
- Use arms to gain height
- Bent knee landing
- Abs braced

⇓ **OPTION: JUMP BESIDE BENCH**

### LAYER 2 COACHING FOCUS

- Bend knees and touch the ceiling to gain height

### DONKEY KICK

- Start in Plank position with hands on bench
- Hands directly under shoulders
- Jump knees into chest then shoot feet out, back to Plank
- Abs braced
- Hips square to floor

⇓ **OPTION: FROG JUMP**

### LAYER 2 COACHING FOCUS

- Pump the knees hard to build explosive power

## 5 Tabata Sets

### SETUP

- Bench set up vertically and a heavy plate

### MUSIC EXERCISE

0.00 Set up track and demo exercises:  
Team A: Plate Squat to Lunge (L+R)  
Team B: Power Pushup

#### SET 1

0.30 Team A: **Plate Squat to Lunge** (L+R)  
Team B: **Power Pushup**

0.50 Recovery. Set up second set:  
Team A: Power Pushup  
Team B: Plate Squat to Lunge (L+R)

#### SET 2

0.59 Team A: **Power Pushup**  
Team B: **Plate Squat to Lunge** (L+R)

1.20 Recovery

#### REPEAT SET 1

1.50 Recovery

#### REPEAT SET 2

2.20 Recovery

#### REPEAT SET 1

2.50 Recovery

#### REPEAT SET 2

3.19 Recovery

#### REPEAT SET 1

3.50 Recovery

#### 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.

### NEW MOVE

#### PLATE SQUAT TO LUNGE

- Start on bench with feet wide
  - Jump back to Lunge and raise plate with straight arms to forehead-height
  - Jump back to Squat on bench
  - Chest up – abs braced
  - Feet wide in the Squat
  - Elbows slightly forward in plate raise
  - Front knee out in Lunge
- ⇓ **OPTION: STEP TO LUNGE / PLATE AT COLLARBONES**

### LAYER 2 COACHING FOCUS

- Rip the plate out of the floor for total body conditioning

### POWER PUSHUP

- Start with hands on bench, feet on floor
  - Snatch legs under into a low Squat
  - Chest up – abs braced as you transition to Plank
  - Chest to elbow-height in Pushup
  - Knees bent in Squat
- ⇓ **OPTIONS: WALK FEET INTO SQUAT OR NO PUSHUP**

### LAYER 2 COACHING FOCUS

- Recruit more arm and shoulder muscles by launching the palms off the bench in the Power Pushup

# 6

## Rep Challenge

### SETUP

- Bench set up vertically

### MUSIC EXERCISE

|      |                                                                          |
|------|--------------------------------------------------------------------------|
| 0.00 | Set up track and demo exercise: Burpee, Bench Jump, Tuck Jump, 180° Turn |
| 0.28 | Round 1: <b>Burpee, Bench Jump, Tuck Jump, 180° Turn</b> (x8)            |
| 0.59 | Round 2: <b>Burpee, Bench Jump, Tuck Jump, 180° Turn</b> (x8)            |
| 1.29 | Round 3: <b>Burpee, Bench Jump, Tuck Jump, 180° Turn</b> (x8)            |
| 2.00 | Round 4: <b>Burpee, Bench Jump, Tuck Jump, 180° Turn</b> (x8)            |
| 2.30 | Recovery                                                                 |

Got No Strings > 2.51 mins

### TRACK SETUP

Rep Challenge: 2 minutes of work in 4x 30 second sets, back-to-back. The aim is to complete 8x Burpee, Bench Jump, Tuck Jump, 180° Turn 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 height off the bench in the Jump 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: 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.

### BURPEE, BENCH JUMP, TUCK JUMP, 180° TURN

- Feet outside hip-width – knees out slightly
  - Abs braced in jump to Plank position
  - Both feet take off from floor and land fully on bench
  - Chest up
  - Use Squat to absorb landing
  - Knees wide in Tuck Jump
  - Brace abs as whole body turns
- ⇓ OPTION: STRAIGHT LEG JUMP INSTEAD OF TUCK JUMP**

### LAYER 2 COACHING FOCUS

- Use the bench as a spring to get more height

# 7 Core Challenge

Get By > 2.01 mins

| MUSIC | EXERCISE                                                                     |
|-------|------------------------------------------------------------------------------|
| 0.00  | Set up track and demo first exercise: Crunch with Single Leg Extension (L+R) |
| 0.13  | <b>Crunch with Single Leg Extension (L+R) (x4)</b>                           |
| 0.34  | <b>Crunch with Double Leg Extension (x8)</b>                                 |
| 0.56  | <b>Hover Side Climber (L+R) (x4)</b>                                         |
| 1.17  | <b>Hover Side Climber (L+R) (faster) (x8)</b>                                |
| 1.38  | <b>Hover Crawl (L+R) (x8)</b>                                                |
| 1.59  | 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 CRUNCH WITH SINGLE LEG EXTENSION

- Start on back, knees to 90 degrees, hands on thighs
- Alternate L+R Leg Extension to 45 degrees, during a single Crunch
- Slide ribs towards hips
- Tuck in the chin during the Crunch
- Brace abs to keep lower back towards the floor

⇓ **OPTION: NO CRUNCH**



## NEW MOVE CRUNCH WITH DOUBLE LEG EXTENSION

- Start on back, knees to 90 degrees, hands on thighs
- Double Leg Extension to 45 degrees, during a single Crunch
- Slide ribs towards hips
- Tuck in the chin during the Crunch
- Brace abs to keep lower back towards the floor

⇓ **OPTIONS: NO CRUNCH OR STAY WITH SINGLE LEG EXTENSION**



## HOVER SIDE CLIMBER

- Back long, strong and straight
- Abs braced
- Step alternating feet to the outside of the elbow and back to Hover position
- Hips down with slight hip-twist

⇓ **OPTIONS: ON KNEES OR HOLD HOVER**

## NEW MOVE HOVER CRAWL

- Back long, strong and straight
- Abs braced
- Step alternating feet to the outside of the elbow
- Opposite elbow to knee moves forward and back to Hover position
- Hips down with slight hip-twist

⇓ **OPTION: ON KNEES**





|       | TRACK                                                                                                                                                                                                  | ARTIST                  |      |
|-------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|------|
| 1     | <b>Come Down</b><br>© 2016 Steel Wool / OBE / Art Club.<br>Written by: Anderson, Cottrell                                                                                                              | Anderson Paak           | 3.05 |
| 2     | <b>Shallow (Alizzz Remix)</b><br>© 2015 Fool's Gold Records.<br>Written by: Schami                                                                                                                     | Hoodboi                 | 1.30 |
|       | <b>Ready Or Not</b><br>© 2016 HEXAGON / Spinnin' Records B.V.<br>Written by: Anderson, Cottrell                                                                                                        | Madison Mars            | 1.40 |
|       | <b>Shallow (Alizzz Remix)</b><br>© 2015 Fool's Gold Records.<br>Written by: Schami                                                                                                                     | Hoodboi                 | 1.20 |
|       | <b>Ready Or Not</b><br>© 2016 HEXAGON / Spinnin' Records B.V.<br>Written by: Anderson, Cottrell                                                                                                        | Madison Mars            | 1.52 |
| 3     | <b>Flushed</b><br>© 2016 Modular Artists.<br>Written by: Unknown                                                                                                                                       | KRNE                    | 1.45 |
|       | <b>Aurora</b><br>© 2016 Artist Intelligence Agency.<br>Written by: Granovskii, Goncharenko                                                                                                             | Leat'eq & Moth Circuit  | 1.45 |
|       | <b>Flushed</b><br>© 2016 Modular Artists.<br>Written by: Unknown                                                                                                                                       | KRNE                    | 1.45 |
|       | <b>Aurora</b><br>© 2016 Artist Intelligence Agency.<br>Written by: Granovskii, Goncharenko                                                                                                             | Leat'eq & Moth Circuit  | 1.51 |
| 4     | <b>Gimme</b><br>© 2016 Elefant Traks Operations Pty Ltd. Under exclusive license to Netwerk Productions Ltd.<br>License courtesy of Netwerk Music Group. www.netwerk.com<br>Written by: Stuart, Dubber | Hermitude               | 1.30 |
|       | <b>Call My Name (Dillon Francis Remix)</b><br>Courtesy of the Universal Music Group.<br>Written by: Francis, Sollis, Lipstein, Pergola, Kapla                                                          | Phantoms & Skylar Astin | 1.30 |
| 5     | <b>Miso Soup</b><br>© 2016 Transparent Music.<br>Written by: Unknown                                                                                                                                   | YULTRON                 | 2.20 |
|       | <b>By Ur Side (Vindata Remix)</b><br>© 2015 Fool's Gold Records.<br>Written by: Schami                                                                                                                 | Hoodboi                 | 2.23 |
| 6     | <b>Got No Strings</b><br>© 2015 Adapted Records.<br>Written by: Schaefer                                                                                                                               | Elenne                  | 2.51 |
| 7     | <b>Get By</b><br>Courtesy of the Universal Music Group.<br>Written by: Simone, Greene, West                                                                                                            | Talib Kweli             | 2.01 |
| OUTRO | <b>Melancholia</b><br>© 2017 Les Mills Music Licensing Ltd.<br>Written by: Conrad, Langeveld, van de Geer                                                                                              | Ian Breno               | 0.41 |