

LES MILLS GRIT STRENGTH

1 Warmup

SETUP

- A medium bar and heavy plate

MUSIC	EXERCISE
0.00	Squat with Bar on Back
0.33	Squat Pulse with Bar on Back (x1)
1.00	Backward-Stepping Lunge (L+R) (slow)
1.14	Backward-Stepping Lunge (L+R) (faster)
1.34	Narrow Row (x1), Clean (x1)
1.55	Narrow Row (x1), Jump Squat Clean (x1)
2.09	Pushup
2.22	Pushup (x1) with Frog Jump (x1)
2.36	Jumping Lunge with Plate at Chest (L+R)
2.50	Jumping Lunge with Plate Rotation (L+R)
3.02	Recovery

Palm Reader > 3.05 mins

CLASS SETUP

It's important the class knows what to expect from the workout ahead, so keep the introduction clear and focused. There is a lot of explosive bar work in this release so we recommend a medium weight on the bar. Do not encourage anyone to go heavier than usual, especially for the first few times they do this release.

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.

SQUAT WITH BAR ON BACK

- Bar on meaty part of back
- Feet outside hip-width
- Toes turned out slightly
- Chest up – abs braced
- Butt down and back to just above knee-height
- Knees out and tracking forward over toes
- Weight in heels

SQUAT PULSE WITH BAR ON BACK

- Bar on meaty part of back
- Feet outside hip-width
- Toes turned out slightly
- Chest up – abs braced
- Butt down and back to just above knee-height
- Knees out and tracking forward over toes
- Weight in heels
- Bottom Half Pulse with hips just above knee-level

BACKWARD-STEPPING LUNGE

- Bar on meaty part of back
- Big step back
- Chest up – abs braced
- Hips square to the front
- Front thigh parallel to floor

NARROW ROW

- Chest up – tip forward from the hips
- Pull bar from knees to belly
- Elbows above the bar
- Elbows in by ribcage

CLEAN

- Clean bar to lower chest
- Jump under the bar and catch on the collarbones
- Chest up – abs braced
- Bar close to body

JUMP SQUAT CLEAN

- Clean bar to lower chest
- Jump under the bar and catch on the collarbones
- Chest up – abs braced
- In Squat, butt drops down and back to just above knee-height
- Bar close to body

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 apart
- Hands just outside shoulder-width
- 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**JUMPING LUNGE WITH PLATE AT CHEST**

- Alternating jumping lunges (L+R) with plate at chest
- Chest up
- Bend knees to absorb the landing
- Push out of the front heel
- Elbows under plate

⇓ **OPTION: BACKWARD-STEPPING LUNGE**

NEW MOVE**JUMPING LUNGE WITH PLATE ROTATION**

- Plate stays close to the chest and rotates over front leg during the Lunge
- Chest up – abs braced
- Front knee out as the front thigh drops parallel to the floor
- Use Lunge to absorb the landing
- Hips square to front

⇓ **OPTION: BACKWARD-STEPPING LUNGE WITH PLATE ROTATION**



2 Descending Supersets

SETUP

- A medium bar and heavy plate

MUSIC	EXERCISE
0.00	Set up track and demo Block 1: Squat Jump F, Plate Press, 180° Turn (x8), Jumping Lunge with Plate Rotation (L+R) (x8)
	SET 1: 3 ROUNDS
0.28	Squat Jump F, Plate Press, 180° Turn (x8), Jumping Lunge with Plate Rotation (L+R) (x8) (x3)
1.30	Recovery. Set up second set: same moves, 2 rounds
	SET 2: 2 ROUNDS
1.48	Squat Jump F, Plate Press, 180° Turn (x8), Jumping Lunge with Plate Rotation (L+R) (x8) (x2)
2.28	Recovery. Set up third set: same moves, 1 round
	SET 3: 1 ROUND
2.49	Squat Jump F, Plate Press, 180° Turn (x8), Jumping Lunge with Plate Rotation (L+R) (x8) (x1)
3.10	Recovery. Set up Block 2: Drop Squat with Press (x8), Pulse Wide Row (x8)
	SET 1: 3 ROUNDS
3.28	Drop Squat with Press (x8), Pulse Wide Row (x8) (x3)
4.30	Recovery. Set up second set: same moves, 2 rounds
	SET 2: 2 ROUNDS
4.48	Drop Squat with Press (x8), Pulse Wide Row (x8) (x2)
5.28	Recovery. Set up third set: same moves, 1 round
	SET 3: 1 ROUND
5.49	Drop Squat with Press (x8), Pulse Wide Row (x8) (x1)
6.10	Recovery

Hide/Got No Strings > 6.20 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 two 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 load through full range, at speed. This is an ideal way to kick off a HIIT workout.

SQUAT JUMP F, PLATE PRESS, 180° TURN

- Both feet take off, jump into wide Squat. Drive plate straight forward at chest-height
 - Feet wide
 - Chest up – abs braced
 - Use Squat to absorb landing
 - Rotate 180 degrees in turning Squat Jump
- ⇓ **OPTION: NO JUMP**

LAYER 2 COACHING FOCUS

- Move with more power to activate more muscle fiber

NEW MOVE JUMPING LUNGE WITH PLATE ROTATION

- Plate stays close to the chest and rotates over front leg during the Lunge
 - Chest up – abs braced
 - Front knee out as the front thigh drops parallel to the floor
 - Use Lunge to absorb the landing
 - Hips square to front
- ⇓ **OPTION: BACKWARD-STEPPING LUNGE WITH PLATE ROTATION**

LAYER 2 COACHING FOCUS

- Drop the back knee towards the floor to load the legs more – this is how you shape and tone



NEW MOVE
DROP SQUAT WITH PRESS

- Butt drops to just above knee-height
- Abs braced to raise bar over head
- Elbows are slightly forward of the body at the top of the Press

⇓ **OPTION: CLEAN INSTEAD OF PRESS**

LAYER 2 COACHING FOCUS

- Strike the bar through the ceiling – this will build lean strong shoulders

**NEW MOVE**
PULSE WIDE ROW

- Tip forward from the hips – keep chest lifted
- Pull the bar to the lower chest for the Pulse
- Elbows stay above bar

LAYER 2 COACHING FOCUS

- Squeeze shoulder blades together – this is how you shape the back muscles

3 Tri Sets

Ain't You/Flushed > 7.06 mins

SETUP

- A medium bar and heavy plate

MUSIC EXERCISE

0.00 Set up track and demo first exercise: Double Jack Pushup

SET 1

0.29 Double Jack Pushup

0.44 Jumping Lunge with Plate Over Head (L+R)

1.10 Jumping Lunge with Plate at Collarbones (L+R)

1.45 Recovery. Set up second set: Jump Squat Clean

SET 2

2.15 Jump Squat Clean

2.30 Squat Push Press

2.55 Squat Pulse (x4), Heel Lift with Bar on Back (x1)

3.30 Recovery

REPEAT SET 1

5.13 Recovery

REPEAT SET 2

6.57 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.

DOUBLE JACK PUSHUP

- Start in Plank position – hands in line with shoulders
 - Jump feet and hands out into wide Pushup, then jump back into Plank
 - Hips square to floor – back long, strong and straight
 - Brace abs to jump wide and land
 - Chest to elbow-height in Pushup
- ⇓ **OPTION: JACK ONLY THE FEET**

LAYER 2 COACHING FOCUS

- Crack the floor with your palms to drive power into the shoulders

JUMPING LUNGE WITH PLATE OVER HEAD

- Alternating Jumping Lunges (L+R)
 - Long Lunge
 - Knees soft
 - Push out of front heel
 - Arms straight and slightly forward of body
 - Chest up – abs braced
- ⇓ **OPTION: BACKWARD-STEPPING LUNGE WITH PLATE OVER HEAD**

LAYER 2 COACHING FOCUS

- Keep your arms high; resistance from the plate is going to keep the upper body under more tension and work it harder

JUMPING LUNGE WITH PLATE AT COLLARBONES

- Alternating Jumping Lunges (L+R)
 - Bent knee landing
 - Push out of front heel
 - Elbows under plate
 - Chest up
- ⇓ **OPTION: BACKWARD-STEPPING LUNGE WITH PLATE AT COLLARBONES**

LAYER 2 COACHING FOCUS

- Stay low in the legs to keep the tension and feel the burn

JUMP SQUAT CLEAN

- Clean bar to lower chest
- **Bar close to body**
- Jump under the bar and **catch high on the chest**
- **Chest up – abs braced**
- **Butt drops down and back to just above knee-height in Squat**
- Clean bar back down close to body

LAYER 2 COACHING FOCUS

- Snap the elbows under the bar to lift intensity and drive up the heart rate

SQUAT PUSH PRESS

- Start with bar at collarbones
- **Feet wide**
- **Butt drops down and back to just above knee-height in Squat**
- Drive out of the legs
- **Elbows slightly forward**
- **Brace abs to drive bar high**

LAYER 2 COACHING FOCUS

- Use momentum from the floor to drive the bar up over head to engage the whole body

SQUAT PULSE, HEEL LIFT WITH BAR ON BACK

- **Feet outside hip-width**
- **Toes turned out slightly**
- **Chest up – abs braced**
- **Butt drops down and back to just above knee-height in Squat**
- **Knees out and tracking forward over toes**
- **Weight in heels**
- **Bottom Half Pulses with hips just above knee-height**
- **Drive out of Squat and lift heels**

⇓ OPTION: NO HEEL LIFT**LAYER 2 COACHING FOCUS**

- Drive hips up and heels off the floor to activate the glutes and calves

4 1 Minute Intervals

SETUP

- A medium bar and heavy plate

MUSIC	EXERCISE
0.00	Set up track and demo first set: Narrow Row (x1), Clean & Press (x1)
	SET 1
0.29	Narrow Row (x1), Clean & Press (x1)
1.29	Recovery. Set up second set: Squat Jump with Low Plate (x1), Plate Snatch (x1)
	SET 2
1.49	Squat Jump with Low Plate (x1), Plate Snatch (x1)
2.49	Recovery

Shallow/Daydream > 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 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.

NARROW ROW, CLEAN & PRESS

- Chest up – tip forward from the hips
- Pull bar from knees to belly
- Elbows above the bar
- Elbows in by ribcage
- Bar close to body in Clean
- Butt back
- Knees bend as you catch the bar
- Abs braced as bar drives over head
- Elbows slightly forward in Press

LAYER 2 COACHING FOCUS

- Rip the bar into your body, then make it fly

SQUAT JUMP WITH LOW PLATE, PLATE SNATCH

- Feet outside hip-width
- Plate held low with both hands
- Butt drops down and back, just above knee-height
- Knees out over toes
- Use Squat to absorb the landings
- Jump forward with feet wide
- Plate over head – elbows slightly forward
- Brace abs in Snatch

↓↓ **OPTION: NO JUMP**

LAYER 2 COACHING FOCUS

- Cut through the air with the plate to build explosive muscles

5 Tabata Sets

SETUP	
A medium bar	
MUSIC	EXERCISE
0.00	Set up track and demo exercises: Team A: Frog Jump Pushup Team B: Scissor Lunge with Clean (L+R)
	SET 1
0.30	Team A: Frog Jump Pushup Team B: Scissor Lunge with Clean (L+R)
0.50	Recovery. Set up second set: Team A: Scissor Lunge with Clean (L+R) Team B: Frog Jump Pushup
	SET 2
0.59	Team A: Scissor Lunge with Clean (L+R) Team B: Frog Jump Pushup
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.

FROG JUMP PUSHUP

- 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 long, strong and straight**
- Knees hover just above floor
- Chin tucked in
- Chest to elbow-height in Pushup**
- ↕ OPTION: FEET WALK IN AND OUT, PUSHUP ON KNEES**

LAYER 2 COACHING FOCUS

- This is Reactive Core Training; use abs to snap the knees in and out

NEW MOVE SCISSOR LUNGE WITH CLEAN

- Jump into long Lunge**, alternate (L+R)
- Lift elbows to Clean bar to collarbones
- Keep bar close to the body in Clean**
- Feet jump together between Lunges and bar resets at thighs
- Abs braced – chest up**
- ↕ OPTION: BACKWARD-STEPPING LUNGE WITH BAR AT COLLARBONES**

LAYER 2 COACHING FOCUS

- Find explosive power, snap your elbows and drop under the bar



6 Rep Challenge

Youth > 2.52 mins

SETUP

- A heavy plate

MUSIC EXERCISE

0.00	Set up track and demo exercise: Squat Jump with Over Head Plate Press
0.30	Round 1: Squat Jump with Over Head Plate Press (x15)
1.00	Round 2: Squat Jump with Over Head Plate Press (x15)
1.30	Round 3: Squat Jump with Over Head Plate Press (x15)
2.00	Round 4: Squat Jump with Over Head Plate Press (x15)
2.31	Recovery

TRACK SETUP

Rep Challenge: 2 minutes of work in 4x 30 second sets, back-to-back. The aim is to complete 15x Squat Jump with Over Head Plate Press in each set. Finishing before the countdown means extra recovery time.

COACHING TIP

Ensure members maintain good range in the Squat Jumps. Coach the team to keep their hips just above kneeline in every rep to ensure all muscles are working to their max.

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.

SQUAT JUMP WITH OVER HEAD PLATE PRESS

- Both feet take off, jump into wide Squat
 - Drive plate over head during Jump
 - Elbows are slightly forward of the body at the top of the Press
 - Feet wide
 - Chest up – abs braced
 - Use Squat to absorb the landing
- !! OPTIONS: NO PRESS OR NO JUMP**

LAYER 2 COACHING FOCUS

- Rip the plate down and punch it back into the air to generate more intensity and power in the upper body

7

Core Challenge

SETUP

- A medium plate

MUSIC EXERCISE

0.00	Set up track and demo first exercise: Side Crunch with Leg Extension (R)
0.14	Side Crunch with Leg Extension (R) (x16)
0.46	Set up Side Crunch with Leg Extension (L)
0.54	Side Crunch with Leg Extension (L) (x16)
1.27	Plate Crunch Pulse
1.43	Plate Crunch Pulse with Leg Extension
1.57	Recovery

Killin Me 2.0 > 2.01 mins

TRACK SETUP

2 Minute Core Challenge: grab a medium plate and set up for Side Crunch.

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
SIDE CRUNCH WITH
LEG EXTENSION

- Face room side-on, sitting on the meaty part of the butt, lower arm on floor
- Extend both legs in the air together
- Slide top rib towards hip, keeping arm directly above the shoulder
- Brace abs as the legs extend
- Tuck in chin
- Slide ribs to top hip in Crunch

⇓ **OPTIONS: BOTTOM LEG ON FLOOR OR NO PLATE**

NEW MOVE
PLATE CRUNCH PULSE

- Knees over hips
- Slide ribs towards hips
- Tuck in chin during the Crunch
- Press the plate straight up

⇓ **OPTION: PULSE WITH FEET ON FLOOR**

NEW MOVE
PLATE CRUNCH PULSE WITH
LEG EXTENSION

- Keep lower back towards the floor as legs extend
- Extend legs to 45 degrees
- Slide ribs towards hips in Crunch
- Tuck in chin
- Press the plate straight up

⇓ **OPTION: NO EXTENSION**



	TRACK	ARTIST	
1	Palm Reader © 2015 Fool's Gold Records. Written by: Losnegard, Schami	Hoodboi feat. Lido	3.05
2	Hide © 2014 Ching Zeng. Written by: Unknown	Rafik	1.30
	Got No Strings © 2015 Adapted Records. Written by: Schaefer	Elenne	1.40
	Hide © 2014 Ching Zeng. Written by: Unknown	Rafik	1.20
	Got No Strings © 2015 Adapted Records. Written by: Schaefer	Elenne	1.50
3	Ain't You © 2015 Velcro House under exclusive license from Armada Music. Written by: Dahlback	John Dahlback	1.45
	Flushed © 2016 Modular Artists. Written by: Unknown	KRNE	1.45
	Ain't You © 2015 Velcro House under exclusive license from Armada Music. Written by: Dahlback	John Dahlback	1.45
	Flushed © 2016 Modular Artists. Written by: Unknown	KRNE	1.51
4	Shallow (Alizzz Remix) © 2016 Modular Artists. Written by: Schami	Hoodboi	1.30
	Daydream © 2014 The EDM Network. Written by: Unknown	Fareoh	1.30
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	Youth (K?D Remix) © 2016 Moving Castle. Written by: Gavino	Manila Killa feat. Satika	2.52
7	Killin Me 2.0 © 2016 Trickery Records/604 Records Inc. Written by: Farshad, Zachary, Anthony	DIRTY RADIO	2.01
OUTRO	Melancholia © 2017 Les Mills Music Licensing Ltd. Written by: Conrad, Langeveld, van de Geer	Ian Breno	0.41