
CONTENTS

01. WARMUP	2
02. GIANT SETS	3
03. REPEATER TRI SETS	4
04. TABATA	5
05. BEEP TEST CHALLENGE	6
06. CORE CHALLENGE	7
MUSIC & CREDITS	8

01. WARMUP

MUSIC Jealous (I Ain't With It) 3:09mins

- 0:00 **Jog OTS**
- 0:19 **Jog OTS, Heels Up**
- 0:47 **High Knee Run**
- 1:14 **Squat Burpee Jump**
- 1:42 **Pushup**
- 1:56 **Frog Jump**
- 2:10 **Shuffle Tap** (x2) (L+R)
- 2:37 **Long Jump F, Shuffle B**
- 3:06 Recovery

CLASS SETUP

Create a relaxed, fun vibe. Smile when you enter the room, welcome everyone into the space and get ready to hit play and go!

COACHING TIP

We jog on the spot for a long time at the start – use this time to introduce the focus of the class and explain options.

CONNECTION

Your energy introduces you before you even speak! Positive vibes and a welcoming attitude will create great energy at the start of the class. New members may be nervous, so be positive and encouraging. Let everyone know there are options throughout the class and it's OK to stop at any time.

TECHNIQUE

JOG OTS

- **Knees soft**
- **Chest up**

JOG OTS, HEELS UP

- **Chest up**
 - **Abs braced**
- 📌 OPTION: JOG OTS

HIGH KNEE RUN

- **Chest up**
 - **Abs braced**
- 📌 OPTION: JOG OTS

SQUAT BURPEE 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 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: WALK FEET IN AND OUT

SHUFFLE TAP

- Two Lateral Shuffles, outside hand taps floor (L+R)
 - **Chest up in the Tap**
 - **Push hips back in the Tap**
 - **Abs braced**
- 📌 OPTION: SHUFFLE WITH NO TAP

LONG JUMP F, SHUFFLE B

- Both feet take off, jump forward and land in Squat position
- Feet stay wide, knees soft in Shuffle Back
- **Brace abs to keep hips square to front**
- **Land in Squat position**
- **Chest up**

02. GIANT SETS

MUSIC Stuck On Me/Renaissance 6:39mins

0:00 Set up track and demo first exercise:
180° Squat Jump (x2), High Knee Run (x8)

SET 1

0:19 **180° Squat Jump** (x2), **High Knee Run** (x8)

1:04 **Skater** (x3), **Single-Leg Burpee** (x1) (L+R)

1:49 **Tuck Jump with Knee Slap** (x4),
Speed Squat Jack (x4)

2:33 **Propulsion Pushup** (x4), **Mountain Climber**
(x4) (L+R)

3:09 Recovery

REPEAT

3:40 **REPEAT SET 1**

6:30 Recovery

TRACK SETUP

Giant Sets: 2 rounds, 4 moves for 35 seconds each, with 10-second recoveries.

COACHING TIP

With only 10 seconds in between sets, make sure you are at the front of the class for the countdown so you are ready to demo the next set – especially for new moves such as the Single-Leg Burpee and Propulsion Pushup.

CONNECTION

Aside from the Warmup, this is the first big block of work with some fast agile movement and complex new moves. Thirty five seconds allows plenty of time for instructors to set up Layer 1 coaching correctly. Explain safety and technique, then spend quality time floor-coaching to ensure everyone's moving correctly.

DRIVE

Save the drive for the second block of work. After the first block, members have a feel for the movement, so use this opportunity to start hammering speed-focused intensity cues and get participants working faster in each set.

HIIT SCIENCE

Hitting a top end training zone in Track 2 will determine the results of this HIIT workout. Each block is designed to maximize muscle recruitment, driving the heart rate into the 85%+ zone.

TECHNIQUE

180° SQUAT JUMP

- Start facing forward, jump 180 degrees to face the back of the room
- Land in Wide Squat, then jump 180 degrees to face front
- **Feet wide, knees soft**
- **Brace abs so whole body turns at once**
- **Use Squat to absorb landing**

📌 OPTION: SQUAT JUMP WITH NO TURN

Layer 2 Coaching Focus

Minimize time on the floor to activate fast-twitch muscle fibers

HIGH KNEE RUN

- **Chest up**
- **Abs braced**

📌 OPTION: JOG OTS

Layer 2 Coaching Focus

- Pump knees like pistons to drive the heart rate up

SKATER

- Front knee out
- Knees soft
- **Chest up**
- **Brace abs to keep hips square to front**
- Drive out of the heel to push across the floor
- Shift body weight from side to side

Layer 2 Coaching Focus

- Drive off the floor in the Skater to move faster

NEW MOVE SINGLE-LEG BURPEE

- Connected to 3-Skater combo
- Use outside leg for Burpee
- **Chest up**
- **Bend knee before jumping back**
- **Brace abs when foot jumps back**
- **Back long, strong and straight**

📌 OPTION: NORMAL BURPEE

Layer 2 Coaching Focus

- Snap the leg/legs in and out to generate speed



TUCK JUMP WITH KNEE SLAP

- **Chest up**
- **Land softly with bent knees**
- Knees wide in Tuck Jump

📌 OPTION: SQUAT JUMP

Layer 2 Coaching Focus

- Use your abs to pump the knees up for momentum and speed

NEW MOVE SPEED SQUAT JACK

- Stay low in the legs with hands above head, jump feet out and in
- **Chest up**
- **Abs braced**
- Knees out in Jump
- Heels down in Jack

Layer 2 Coaching Focus

- Snap feet out and in to accelerate and move faster



NEW MOVE PROPULSION PUSHUP

- Start in Bear Crawl position, jump hands forward into a Pushup, then walk the hands back to Bear Crawl position
- Knees under hips, hands under shoulders in Bear Crawl position
- **Brace abs super tight to jump forward into Pushup**
- **Back long, strong and straight**

📌 OPTION: ON KNEES

Layer 2 Coaching Focus

- Use abs to launch the body forward and maintain momentum



MOUNTAIN CLIMBER

- Start in Plank position, then drive alternate knees towards chest
- **Hips square to floor**
- **Abs braced**
- **Back long, strong and straight**
- Butt down

📌 OPTION: WALK THE KNEES IN

Layer 2 Coaching Focus

- Pump the knees as fast as you can to generate speed

03. REPEATER TRI SETS

MUSIC Doppler/Stoopid Rich 9:06mins

0:00 Set up track and demo first exercise:
Drop Squat with Quarter-Turn (L+R)

SET 1

0:29 **Drop Squat with Quarter-Turn** (L+R)

1:03 **Pushup** (x4), **Donkey Kick** (x4)

1:39 **Drop Squat with Quarter-Turn** (x4),
Air Tap (x4)

2:13 Recovery. Set up second set: Butt Kick (x4),
Lateral Touch Down (x4) (L+R)

SET 2

2:43 **Butt Kick** (x4), **Lateral Touch Down** (x4) (L+R)

3:19 **Power Burpee** (x4), **Frog Jump** (x4)

3:53 **Butt Kick** (x4), **Lateral Squat Jump** (x4) (L+R)

4:29 Recovery

REPEAT

4:59 **REPEAT SET 1**

6:43 Recovery

REPEAT

7:14 **REPEAT SET 2**

8:57 Recovery

TRACK SETUP

Repeater Tri Sets: 4 rounds of work, 3 moves in each round; move 1 for 30 seconds, move 2 for 30 seconds, then repeat move 1 with an explosive kicker to lift intensity for the final set.

COACHING TIP

The Tri Sets involve quick changes from standing to floor work and back again. To make these sets easier to follow, stay up the front of class for the first 2 rounds to demonstrate the changes. It will help if you get to know the music really well, so you know when the countdown is coming.

CONNECTION

Les Mills GRIT is hard, but it's also fun! Watch how Caley and Erin engage with the team, almost laughing about how hard the workout is. Praise in this workout environment is crucial – give members a boost by acknowledging all their hard work.

DRIVE

Tri Sets are tough with fast fatigue, so coaching correct posture and technique is essential for the first round of work to emphasize safety cues, especially for new moves. Dial up the motivation in the second round and push for speed in the final round.

HIIT SCIENCE

Steady state training is the enemy of HIIT – this track allows us to maintain a high level of intensity by constantly switching muscle targets in each block. These blocks are designed to deliver the spikes of intensity that deliver the changes specific to HIIT.

TECHNIQUE

NEW MOVE

DROP SQUAT WITH QUARTER-TURN

- Start facing the front
 - Alternate left to right with Quarter-Turn into Drop Squat
 - **Hands touch down with chest up**
 - Feet jump together in the middle with hands over head
 - **Feet wide in Drop Squat**
 - **Knees out**
 - **Butt to knee-height**
- OPTION: NO TOUCH DOWN

Layer 2 Coaching Focus

- How fast can you travel up and down, working explosive speed?



PUSHUP

- Hands slightly wider than shoulders
 - Chin tucked in
 - Chest to elbow-height
 - **Abs braced**
 - **Back long, strong and straight**
- OPTION: KNEES DOWN

Layer 2 Coaching Focus

- Drive out of the palms to generate more speed

DONKEY KICK

- Start in Plank position
 - Jump knees into chest then shoot feet back to Plank position
 - **Abs braced**
 - **Hips square to floor**
 - **Hands under shoulders**
- OPTION: FROG JUMP

Layer 2 Coaching Focus

- Use the core to pump the knees faster

NEW MOVE

AIR TAP

- Feet start wide, jump and tap feet together with hands over head, land in Wide Squat with hand tap to floor
 - **Chest up in Jump and floor Tap**
 - **Use Squat to absorb landing**
 - **Abs braced**
- OPTION: NO TAP TO FLOOR

Layer 2 Coaching Focus

- Move as if you have a resistance band around your legs – how fast can you stretch it to generate more leg power?



BUTT KICK

- Jump up and kick heels to butt
 - **Bent knee landing**
 - **Chest up**
- OPTION: SQUAT JUMP

Layer 2 Coaching Focus

- To move faster, imagine you're a moving target

NEW MOVE

LATERAL TOUCH DOWN

- Shift body weight side to side with outside arm and leg Tap down
- **Brace abs to keep hips square to front**
- **Chest up on Tap down**
- Hips back
- Bend knees to lower towards the floor

Layer 2 Coaching Focus

- Switch the legs fast to train agility



POWER BURPEE

- Starting in Plank position, jump feet wide outside hands. Land in a low Squat position
 - Hands back to floor as legs shoot back to Plank position
 - **Brace abs to jump the feet**
 - **Chest up in low squat**
- OPTION: WALK THE FEET IN AND OUT

Layer 2 Coaching Focus

- Reactive core training – use the abs to snap the legs in and out

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: WALK FEET IN AND OUT

Layer 2 Coaching Focus

- Drive the floor away to stabilize the upper body; this will give you more speed

LATERAL SQUAT JUMP

- Both feet take off and land
 - Squat Jump side to side
 - Feet stay wide
 - Butt down and back
 - **Chest up**
 - **Abs braced**
 - **Use Squat to absorb landing**
- OPTION: STAY WITH LATERAL STEP

Layer 2 Coaching Focus

- Move like you're jumping on hot lava, training speed and agility

04. TABATA

MUSIC 5:00 am/Games 4:52mins

0:00 Set up track and demo first set:
Sprint F (x4), Sprint B (x4), Tuck Jump (x2)

SET 1

0:29 **Sprint F** (x4), **Sprint B** (x4), **Tuck Jump** (x2)

1:00 Recovery. Set up second set: High Knee Run (x8), High Knee Sprint (x8)

SET 2

1:14 **High Knee Run** (x8), **High Knee Sprint** (x8)

1:44 Recovery

REPEAT

1:59 **REPEAT SET 1**

2:28 Recovery

REPEAT

2:44 **REPEAT SET 2**

3:13 Recovery

REPEAT

3:28 **REPEAT SET 1**

3:58 Recovery

REPEAT

4:15 **REPEAT SET 2**

4:43 Recovery

TRACK SETUP

Extended Tabata: 6 rounds, 2 moves, 30 seconds each move.

COACHING TIP

Tabata is a max-effort track. The goal is to push your team to their personal physical limits. When a member simply cannot do another rep and needs to stop and recover, they are genuinely pushing their limits. Acknowledge their success, then encourage them to jump straight back into the work.

CONNECTION

Great coaching will connect with the music and use it to motivate your team to drive harder. Know when to dial coaching down to create space and let the music do the work for you. Pull back in the recoveries, give praise and encourage your team to hold on. Floor-coaching should be genuine, so spend a solid amount of time with one person and show them your energy and positivity.

DRIVE

Kick into the intro of this track with a lift in energy and determination. The goal in every set is to push max effort, so treat each set like it is the very last one. GRIT coaches need to lead by example and go hard on a few sets in the training zone. Motivate your team by showing them what a true athlete can do. Your vibe attracts your tribe!

HIIT SCIENCE

30 second intervals followed by a recovery will give the team confidence to max out in each of these blocks. This is key to how HIIT training unlocks extreme fat burning potential.

TECHNIQUE

SPRINT F&B, TUCK JUMP

- **Chest up**
- **Abs braced**
- **Land with bent knees out of Tuck Jump**
- OPTION: 2X SQUAT JUMP INSTEAD OF TUCK

Layer 2 Coaching Focus

- Accelerate out of the Tuck Jump to drive speed

HIGH KNEE RUN/HIGH KNEE SPRINT

- 8x High Knee Run on the spot, followed by
- 8x High Knee Sprint on the spot
- **Chest up**
- **Abs braced**
- Knees to hip-height

Layer 2 Coaching Focus

- Jump-start your body in the Sprint, shift from second to fifth gear to drive up the intensity and work harder

05. BEEP TEST CHALLENGE

MUSIC Beep Test 3:23mins

0:00 Set up track and demo holding pattern and exercise: Loaded Shuffle, Burpee

0:29 **5x Burpee**

0:59 **6x Burpee**

1:29 **7x Burpee**

1:59 **8x Burpee**

2:29 **9x Burpee**

2:59 Recovery

TRACK SETUP

Beep Test: 5 rounds of work; 5 reps in 30 seconds in round 1, then the reps increase and the beeps get faster in each level. Stay in a holding pattern of Loaded Shuffle between reps.

COACHING TIP

It's back! A new Beep Test to wrap up Release 21. Two and a half minutes feels like a lifetime by this stage of the class, so keep energy levels up. Let your team know how many beeps to expect each round so they can focus on making it to the end of each set.

CONNECTION

Now is a great time to tap into the 4 styles used by GRIT coaches. Being able to motivate using different styles shows intelligent coaching, and diversity in motivational cues will allow more people to feel connected to the workout. Classes are made up of all types of personalities. Some participants need to be challenged, others like to know the aesthetic benefits gained in GRIT, and others need to know that they are going to feel really good about themselves if they finish this set.

DRIVE

You vs the beep is a great reactive training track to finish. The challenge is not only to hit a Burpee with every beep, but also to keep pre-fatigued legs loaded with a holding pattern. Short, punchy cues give the track great 'reactive' urgency. Use language that's going to get the team pushing hard from the first set. By the final couple of rounds, the team are just holding on, so effective language cues will make all the difference to their success.

HIIT SCIENCE

Working hard when fatigued produces a cascade of biochemical changes that shift our fitness and body composition. Pushing more out of muscles that are depleted of energy reserves will determine the extent of these changes.

TECHNIQUE

BURPEE

- Squat, jump back into Plank position, jump forward into Wide Squat
- Feet outside hip-width
- Butt down and back, just above knee-height
- **Use Squat to transition**
- **Chest up**
- **Abs braced as feet jump back**
- **Hands under shoulders**
- **Back long, strong and straight**

🔗 **OPTION: WALK FEET OUT AND IN**

Layer 2 Coaching Focus

- Snap the knees in and out for speed

SPEED FEET HOLDING PATTERN

- Feet wide, knees bent
- Fast light Shuffle on balls of feet
- **Chest up**
- Feet stay outside hip-width

Layer 2 Coaching Focus

- This is sports-inspired reactive training. Imagine you're playing defense in American football – stay light on your feet so you can react with lightning speed



06. CORE CHALLENGE

MUSIC Starwin 2:02mins

0:00 Set up track and demo first exercise:
Triple Pulse Crunch

0:14 **Triple Pulse Crunch**

0:28 **Triple Pulse Crunch with Arm and
Leg Extension**

0:55 **Walking Hover**

1:58 Recovery

TRACK SETUP

2-Minute Core Challenge

COACHING TIP

The 2 minutes starts as soon as the music begins, so set the team up quickly to get as many reps in as possible.

CONNECTION

The music is fun and sets the pace for coaching this track. Core tracks should have a similar feel to Warmup tracks, so increase energy levels to keep members engaged and working hard for the final 2 minutes.

DRIVE

The track is only 2 minutes long, but it's a hard 2 minutes at the end of a massive workout when the core is fatigued. Stop participants checking out early by reminding them of the HIIT science benefits of speed training.

TECHNIQUE

TRIPLE PULSE CRUNCH WITH ARM AND LEG EXTENSION

- Lie on back, knees in line with hips
- **Abs braced**
- **Crunch ribs to hips**
- Reach hands towards feet
- **Keep lower back towards floor when legs open to 45 degrees**
- **Chin tucked in slightly**

↓ OPTION: FEET STAY DOWN

NEW MOVE

WALKING HOVER

- Start in Hover position, elbows under shoulders
- **Back long, strong and straight**
- **Abs braced**
- Walk hands out forward of head; out, out, in, in
- Alternate between left and right leading arm
- **Hips and shoulders stay square to floor as arms walk**

↓ OPTION: HOVER ON KNEES



MUSIC

- 1 **Jealous (I Ain't With It) (DJ Hoodboi Remix)** (3:09)
Chromeo
© 2014 Parlophone Records Limited, a Warner Music Group Company.
Written by: Gemayel, Macklovitch, Goldstein
 - 2 **Stuck On Me** (3:09)
Any Given Day
© 2017 Les Mills Music Licensing Ltd.
Written by: Unknown
Renaissance (Kid Remix) (3:30)
Steve James feat. Clairity
© 2016 Seeking Blue Records, under exclusive license to Ultra Records, LLC.
Written by: Philbin, Wilkinson, Weber
 - 3 **Doppler** (2:13)
Madison Mars
© 2016 HEXAGON / Spinnin' Records BV.
Written by: Sillamo
Stoopid Rich (AwolTalk Remix) (2:17)
Crankdat & Havok Roth feat. Titus
© 2016 BREDNBUTTER.
Written by: Titus, Crankdat, Roth
Doppler (2:13)
Madison Mars
© 2016 HEXAGON / Spinnin' Records BV.
Written by: Sillamo
Stoopid Rich (AwolTalk Remix) (2:23)
Crankdat & Havok Roth feat. Titus
© 2016 BREDNBUTTER.
Written by: Titus, Crankdat, Roth
 - 4 **5:00 am** (1:00)
Not Your Dope
© 2016 Lowly Palace.
Written by: Unknown
Games (0:45)
WiDE AWAKE feat. Xam Volo
© 2016 Carrot Gang Entertainment.
Written by: Unknown
5:00 am (0:44)
Not Your Dope
© 2016 Lowly Palace.
Written by: Unknown
Games (0:44)
WiDE AWAKE feat. Xam Volo
© 2016 Carrot Gang Entertainment.
Written by: Unknown
5:00 am (0:46)
Not Your Dope
© 2016 Lowly Palace.
Written by: Unknown
Games (0:53)
WiDE AWAKE feat. Xam Volo
© 2016 Carrot Gang Entertainment.
Written by: Unknown
 - 5 **Beep Test** (3:23)
Noise
© 2015 Les Mills Music Licensing Ltd.
Written by: Langeveld, van de Geer
 - 6 **Starwin (Bounce Version)** (2:02)
Boys Noize
© Boysnoize Records.
Written by: R. Gibb, M. Gibb, A. Gibb, B. Gibb, Riha
- OUTRO
- Right Now** (0:43)
Taska Black
© 2015 bitbird.
Written by: Unknown

CREDITS

Creative Director – Les Mills Jnr
Presenting Team – Caley Jack | Erin Maw
Workout – Corey Baird
Technical Consultant – Bryce Hastings
Research & Technical Advisor – Dr Jinger Gottschall
Program Coach – Erin Maw
Program Planner – Hannah Brooking
Music Input – Erin Maw
Thanks to – Dr Boris Rebolledo and the team at Fitology