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01. WARMUP

MUSIC Express Yourself 3:07mins

SETUP No risers

0:00 **Lateral Squat on Bench** (L+R)

0:25 **Lateral Squat Jump on Bench** (L+R)

0:55 **Burpee (x1) with Jump On/Off Bench (x2)**

1:35 **Backward-Stepping Lunge** (L+R)

1:45 **Scissor Lunge** (L+R)

1:54 **Side Climber** (L+R)

2:25 **Plyo Sumo Bench Jump**

3:03 Recovery

CLASS SETUP

Make sure participants have all the correct equipment for GRIT Plyo. They will need one medium weight plate, and a couple of risers off to the side of their bench to add on in the next tracks.

COACHING TIP

This Warmup requires quick changes. Be ready to set up each new move with all necessary technique cues.

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

LATERAL SQUAT ON BENCH

- Set up bench vertically, facing forward
- Feet hip-width apart; one foot on bench, the other on floor
- **Squat with chest up, knees out and hips back**
- Step over bench and repeat Squat on other side

LATERAL SQUAT JUMP ON BENCH

- Keep feet wide
- **Use Squat to absorb landing**
- **Brace abs to jump**

🔗 OPTION: NO JUMP

BURPEE WITH JUMP ON/OFF BENCH

- Hands on bench. Squat, jump back into Plank position, jump forward into Wide Squat
- **Whole feet land on bench with soft knees**
- **Feet outside hip-width in Burpee**
- **Butt down and back, just above knee-height**
- **Use Squat to transition**
- **Chest up in Bench Jump**
- **Abs braced as feet jump back**
- **Hands under shoulders on bench**
- **Back long, strong and straight**

🔗 OPTION: WALK FEET OUT AND IN FOR BURPEE

BACKWARD-STEPPING LUNGE

- Start by standing on bench, feet under hips
- Step alternating legs into long Lunge on floor
- **Hips square to the front**
- **Long step backwards**
- Bend back knee towards the floor
- **Chest up**
- **Abs braced**

SCISSOR LUNGE

- Start on bench, alternating legs jump backwards, then come together on top of bench
- **Soft knee landing**
- **Front knee out over toes**
- **Long Lunge**
- **Chest up**
- **Abs braced**

🔗 OPTION: BACKWARD-STEPPING LUNGE

SIDE CLIMBER

- **Hands on bench under shoulders**
- Feet start in Plank position
- **Jump knees to 90 degrees, in line with hips**
- **Jump back to Plank with strong ab brace**
- **Hips square to floor in Plank position**
- Butt down
- **Back long, strong and straight in Plank**

🔗 OPTION: ALTERNATING LEG TAP

PLYO SUMO BENCH JUMP

- Start in middle of bench, feet either side of bench on floor
- Jump feet onto bench
- Jump high off bench and **land in Wide Squat** back on floor
- **Chest up**
- **Abs braced to jump**
- **Use Squat to absorb landing**

🔗 OPTION: JUMP WITH NO BENCH

02. GIANT SETS

MUSIC Never Stop/Stoopid Rich 6:36mins

SETUP No risers, a medium plate

0:00 Set up track and demo first exercise:
Lateral Squat Jump On/Off Bench with Plate Press
F (L+R)

SET 1

0:19 **Lateral Squat Jump on Bench with Plate Press F** (L+R)

1:04 **Bench Power Burpee**

1:49 **Jump On/Off Bench with Plate at Collarbones (x2), Squat Jump on floor with Overhead Plate Press (x2)**

2:35 **Plyo Sumo Bench Jump**

3:07 Recovery

REPEAT

3:39 **REPEAT SET 1**

6:29 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 Bench Power Burpee.

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 power-focused intensity cues and get participants working more explosively 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

LATERAL SQUAT JUMP WITH PLATE PRESS F

- Set up bench vertically, facing forward
- Feet hip-width apart; one foot on bench, the other on floor
- Plate to chest
- **Squat with chest up, knees out and hips back**
- Jump over bench and punch plate out forward from chest
- **Keep feet wide**
- **Use Squat to absorb landing**
- **Brace abs to jump**

🔗 OPTION: JUMP WITH NO BENCH

Layer 2 Coaching Focus

- Get low and erupt out of the bench; sink deep to push high
- Use your bench like a trampoline; drive with your legs to build strength

NEW MOVE

BENCH POWER BURPEE

- **Hands on bench, shoulder-width apart**
 - Jump feet back to Plank with long, straight spine
 - Push off bench, feet drive forward and land in **Wide Squat** on bench
 - **Chest up**
 - **Abs braced to jump on/off bench**
 - Heels down on bench
- 🔗 OPTION: FEET LAND IN WIDE SQUAT ON FLOOR

Layer 2 Coaching Focus

- Explode off the bench to increase core strength



JUMP ON/OFF BENCH

- Face bench, both feet take off and land fully on bench
 - **Soft knee landing**
 - **Chest up**
 - **Abs braced in Jump**
- 🔗 OPTION: SQUAT JUMP ON FLOOR

SQUAT JUMP ON FLOOR WITH OVERHEAD PLATE PRESS

- Knees out on Squat
 - **Chest up**
 - **Butt drops just above knee-height**
 - **Use Squat to absorb landing**
 - **Brace abs to punch plate over head**
 - **Elbows slightly forward**
- 🔗 OPTION: NO JUMP

Layer 2 Coaching Focus

- Drive the plate through the roof with power, to build and shape upper body muscles

PLYO SUMO BENCH JUMP

- Start in middle of bench, feet on either side of bench on floor
 - Jump feet onto bench
 - Jump high off bench and **land in Wide Squat** back on floor
 - **Chest up**
 - **Abs braced to jump**
 - **Use Squat to absorb landing**
- 🔗 OPTION: JUMP WITH NO BENCH

Layer 2 Coaching Focus

- Use your bench like a trampoline; drive with your legs to build strength

03. REPEATER TRI SETS

MUSIC Come Get It/Someone To Hold 9:11mins

SETUP One or two risers each side

0:00 Set up track and demo first exercise:
Jump On/Off Bench (x4), Butt Kick (x4)

SET 1

0:34 **Jump On/Off Bench** (x4), **Butt Kick** (x4)

1:08 **Push Back Pushup** (x4), **Side Climber** (x4)
(L+R)

1:45 **Jump On/Off Bench** (x4), **Butt Kick** (x4)

2:19 Recovery. Set up second set: Alternating Leap
Over Bench (x4) (L+R), Tuck Jump (x1)

SET 2

2:50 **Alternating Leap Over Bench** (x4) (L+R),
Tuck Jump (x1)

3:24 **Offset Donkey Kick** (x1) (R), **Plank Walk
Across Bench, Offset Donkey Kick** (x1) (L)

3:58 **Alternating Leap Over Bench** (x4) (L+R),
Tuck Jump (x2)

4:33 Recovery

REPEAT

5:05 **REPEAT SET 1**

6:49 Recovery

REPEAT

7:21 **REPEAT SET 2**

9:03 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. There is an extra 5 seconds in this intro to set up the risers.

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 Ben and Romain 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

JUMP ON/OFF BENCH

- Face bench, both feet take off and land fully on bench
- **Soft knee landing**
- **Chest up**
- **Brace abs to jump**

[🔗](#) OPTION: SQUAT JUMP ON FLOOR

Layer 2 Coaching Focus

- Use your legs like a spring – that's how to become more explosive
- and get a mean six-pack

BUTT KICK

- Face bench, both feet take off and heels kick to butt
- **Soft knee landing**
- **Brace abs to jump**
- **Chest up**

[🔗](#) OPTION: SQUAT JUMP

Layer 2 Coaching Focus

- Jump as high as you can, to recruit more leg muscle_

NEW MOVE

PUSH BACK PUSHUPS

- Start in Plank position, horizontally over bench
- **Back long, strong and straight**
- **Hands shoulder-width apart**
- **Pushup, chest to elbow-height**
- Palms push off floor and land on bench, knees bend to finish in Bear Crawl position
- Walk hands back out to Plank

- **Brace abs tightly to jump and walk into Plank**
 - Hips and shoulders square to floor
- [🔗](#) OPTIONS: KNEES DOWN, WALK HANDS ON/OFF BENCH

Layer 2 Coaching Focus

- Brace abs to generate power



SIDE CLIMBER

- Start in Plank position, **hands on bench under shoulders**
 - Jump knees to 90 degrees, in line with hips
 - **Jump back to Plank with strong ab brace**
 - Butt down
 - **Back long, strong and straight in Plank**
- [🔗](#) OPTION: ALTERNATING LEG TAP

Layer 2 Coaching Focus

- This is Reactive Core Training – shoot the knees back to Plank

NEW MOVE

ALTERNATING LEAP OVER BENCH

- Begin parallel to bench, inside leg lifted
- Jump over bench, land on outside leg
- **Knees out on landing**
- Hips back
- **Chest up**
- **Abs braced**

[🔗](#) OPTION: LEAP, NO BENCH

Layer 2 Coaching Focus

- The higher you jump, the more muscle you recruit



TUCK JUMP

- **Chest up**
 - **Bent knee landing**
 - Knees wide in Tuck Jump
- [🔗](#) OPTION: SQUAT JUMP

Layer 2 Coaching Focus

- Use your abs to pump the knees up for more height

OFFSET DONKEY KICK/PLANK WALK ACROSS BENCH

- Start in Plank position – one hand on bench, one hand on floor
 - Jump knees into chest then shoot feet back to Plank position
 - **Abs braced**
 - **Hips square to floor**
 - **Hands under shoulders**
 - Walk across bench with **back long, strong and straight**
 - Repeat Donkey Kick on other side
- [🔗](#) OPTION: FROG JUMP

Layer 2 Coaching Focus

- Explode the legs back to work the core and get a mean six-pack

04. TABATA

MUSIC 5:00 am/Gamma 4:51mins

SETUP One or two risers each side, a medium plate

0:00 Set up track and demo first set:
Long Jump (x1), Heel Kick (x1), 180° Turn with
Plate at Collarbones (x1) (F+B)

SET 1

0:29 **Long Jump (x1), Heel Kick (x1), 180° Turn with Plate at Collarbones (x1) (F+B)**

0:59 Recovery. Set up second set: Bench Jump, 180° Turn

SET 2

1:14 **Bench Jump, 180° Turn**

1:44 Recovery

REPEAT

1:59 **REPEAT SET 1**

2:29 Recovery

REPEAT

2:44 **REPEAT SET 2**

3:14 Recovery

REPEAT

3:29 **REPEAT SET 1**

3:59 Recovery

REPEAT

4:14 **REPEAT SET 2**

4:44 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 the 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

NEW MOVE

LONG JUMP, HEEL KICK, 180° TURN WITH PLATE AT COLLARBONES

- Start standing beside bench, plate to collarbones
 - Both feet take off, jump forward and land in low Squat
 - **Soft knee landing with feet wide, knees out slightly**
 - Jump out of Squat and kick heels together
 - **Brace abs in 180-degree Turn**
 - **Chest up**
- [🔗](#) OPTION: NO PLATE

Layer 2 Coaching Focus

- Imagine your feet are glued together – this forces you to jump higher



BENCH JUMP, 180° TURN

- Jump over bench vertically or horizontally
 - Both feet take off and land
 - **Use Squat to absorb landing**
 - **Brace abs as whole body turns**
- [🔗](#) OPTION: JUMP WITH NO BENCH

Layer 2 Coaching Focus

- Push for length as if the floor is ripping in half; this is how we activate fast-twitch muscle fibers

05. BEEP TEST CHALLENGE

MUSIC Beep Test 3:23mins

SETUP One or two risers each side

0:00 Set up track and demo holding pattern and exercise: Burpee (x1), Plyo Sumo Squat Jump (x1)

0:29 **5x Burpee** (x1), **Plyo Sumo Bench Jump** (x1)

0:59 **6x Burpee** (x1), **Plyo Sumo Bench Jump** (x1)

1:29 **7x Burpee** (x1), **Plyo Sumo Bench Jump** (x1)

1:59 **8x Burpee** (x1), **Plyo Sumo Bench Jump** (x1)

2:29 **9x Burpee** (x1), **Plyo Sumo Bench Jump** (x1)

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.

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. Short, punchy cues give the track great 'reactive' urgency and get the team pushing hard from the start. Tweak the language to give it more intensity; for example, rather than saying "jump high off the bench" in the Plyo Sumo Bench Jump, say "explode off the bench" or "hit the bench with power". 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

- Face forward with hands on bench
 - Squat, jump back into Plank position, jump forward into Wide Squat
 - **Feet outside hip-width in Burpee**
 - **Butt down and back, just above knee-height**
 - **Use Squat to transition**
 - **Abs braced as feet jump back**
 - **Chest up**
 - **Hands under shoulders on bench**
 - **Back long, strong and straight**
- [↪](#) OPTION: WALK FEET OUT AND IN

Layer 2 Coaching Focus

- Hit the bench with force, to activate explosive muscle fibers

PLYO SUMO BENCH JUMP

- Start in middle of bench, feet either side of bench on floor
 - Jump feet onto bench
 - Jump high off bench and **land in Wide Squat** back on floor
 - **Chest up**
 - **Abs braced to jump**
 - **Use Squat to absorb landing**
- [↪](#) OPTION: JUMP WITH NO BENCH

Layer 2 Coaching Focus

- Build a stronger core by shooting the legs in and out as fast as you can

06. CORE CHALLENGE

MUSIC So Fresh, So Clean 2:02mins

SETUP No risers

0:00 Set up track and demo first exercise:
Hip Lift (x2), Cross Crawl (x2)

0:12 **Hip Lift** (x2), **Cross Crawl** (x2) (L+R)

1:09 **Hover Jack with Feet On/Off Bench**

1:58 Recovery

TRACK SETUP

2-Minute Core Challenge

COACHING TIP

The 2 minutes starts as soon as the music begins, so set your 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 plyometric training.

TECHNIQUE

HIP LIFT/CROSS CRAWL

- Lie with back on bench, hands over head, hooked into end of bench
- 2x Hip Lift to Cross Crawl (L+R)
- Knees in line with hips
- **Brace abs to lift tail bone**
- Knees lift towards ceiling
- Elbows back in Cross Crawl
- **Shoulder towards opposite knee**

📌 OPTION: CROSS CRAWL WITH FOOT TAP DOWN

HOVER JACK WITH FEET ON/OFF BENCH

- Start in Hover position with feet on bench and elbows on floor
- Feet jump on/off bench
- **Hips and shoulders stay square to bench**
- **Brace abs to jump feet**
- **Back long, strong and straight**
- **Elbows under shoulders**

📌 OPTIONS: WALK FEET ON/OFF BENCH OR JUMP WITH NO BENCH

MUSIC

- 1 **Express Yourself (Extended Mix)** (3:07)
N.W.A
Courtesy of the Universal Music Group.
Written by: Wright, Jackson
 - 2 **Never Stop** (3:08)
KRNE
© 2015 KRNE
Written by: Krane
Stoopid Rich (Awoltalk Remix) (3:28)
Crankdat & Havok Roth feat. Titus
© 2016 BREDNBUTTER.
Written by: Titus, Crankdat, Roth
 - 3 **Come Get It** (2:20)
Tommy Trash, Gladiator
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dvsn of MOS AUS.
Written by: Unknown
Someone To Hold (2:14)
Myrne
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Written by: Unknown
Come Get It (2:16)
Tommy Trash, Gladiator
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dvsn of MOS AUS.
Written by: Unknown
Someone To Hold (2:21)
Myrne
© 2016 Artisane.
Written by: Unknown
 - 4 **5:00 am** (1:00)
Not Your Dope
© 2016 Lowly Palace.
Written by: Unknown
Gamma (0:44)
HWLS, ShockOne
© 2016 Future Classic.
Written by: Elwin, Thomas
5:00 am (0:46)
Not Your Dope
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Written by: Unknown
Gamma (0:44)
HWLS, ShockOne
© 2016 Future Classic.
Written by: Elwin, Thomas
5:00 am (0:46)
Not Your Dope
© 2016 Lowly Palace.
Written by: Unknown
Gamma (0:51)
HWLS, ShockOne
© 2016 Future Classic.
Written by: Elwin, Thomas
 - 5 **Beep Test** (3:23)
Noise
© 2015 Les Mills Music Licensing Ltd.
Written by: Langeveld, van de Geer
 - 6 **So Fresh, So Clean** (2:02)
Outkast
© 2000 Arista Records, LLC. Under license from Sony Music Commercial
Music Group, a division of Sony Music Entertainment.
Written by: Noize, Benjamin, Patton
- CUTRO
- Right Now** (0:43)
Taska Black
© 2015 bitbird.
Written by: Unknown

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