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01. WARMUP

MUSIC Bounce Trumpet 3:08mins

SETUP A medium bar

0:11 **Squat** (x1), **Half Squat** (x1) **Combo with Bar on Back**

0:29 **Squat with Bar on Back**

0:41 **Squat** (x1), **Half Squat** (x1) **Combo with Bar on Back**

0:53 **Squat with Bar on Back**

1:04 **Narrow Row** (x1), **Bar Clean** (x1)

1:29 **Narrow Row** (x1), **Jump Squat Clean** (x1)

1:53 **Squat Burpee**

2:17 **Pushup**

2:41 **Backward-Stepping Lunge** (L+R)

2:53 **Jump Lunge** (L+R)

3:05 Recovery

CLASS SETUP

Make sure participants have the correct equipment for GRIT Strength. They need a medium weight on the bar and a medium plate. Medium weight will ensure members perform all moves successfully, safely and with correct technique – particularly in the explosive bar work in the last few tracks.

COACHING TIP

New moves, right from the start! Welcome your team and get them excited for the workout with a fun positive attitude. Set up the Squat, Half Squat Combo to get members moving as soon as the beat drops. Get to know the music well to nail all the choreography and quick changes in the first half of the track.

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

NEW MOVE

SQUAT, HALF SQUAT COMBO

- Bar on meaty part of back
- One full-range Squat, come up halfway, drop back down to full range then stand up
- **Chest up**
- **Abs braced**
- **Hips back to just above knee line**
- **Feet just outside hip-width**
- **Knees track out over toes**

NARROW ROW

- **Chest up**
- **Tip forward from the hips**
- **Pull bar from knees to belly**
- Elbows in, close to body
- Grip bar just outside thighs

BAR CLEAN

- **Bar close to body**
- Lead with the elbows
- **Abs braced**
- **Chest up**
- **Bend knees to catch bar at collarbones**

🔗 OPTION: BACKWARD-STEPPING LUNGE

JUMP SQUAT CLEAN

- Feet jump into Wide Squat as bar is cleaned to collarbones
- Jump feet wide
- **Abs braced**
- **Chest up**
- **Knees to 90 degrees**
- **Butt back and down**

🔗 OPTION: NO JUMP

SQUAT 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

PUSHUP

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

🔗 OPTION: ON KNEES

BACKWARD-STEPPING LUNGE

- **Hips square to the front**
- **Long step backwards**
- **Front thigh parallel to the floor**
- Back knee bends towards the floor
- **Chest up**
- **Abs braced**

JUMP LUNGE

- **Long Lunge**
- **Soft knee landing**
- Take off and land in the heel of the front foot
- **Front knee out over toes**
- **Chest up**
- **Abs braced**

🔗 OPTION: BACKWARD-STEPPING LUNGE

02. GIANT SETS

MUSIC Hype/Ready 6:36mins

SETUP A medium bar and a medium plate

0:00 Set up track and demo first exercise:
Jump Squat Clean

SET 1

0:19 **Jump Squat Clean**

1:04 **Scissor Lunge with Overhead
Plate Press** (L+R)

1:49 **Plate Squat Jump with 180° Turn**

2:24 **Jump Lunge with Plate Rotation** (L+R)

3:07 Recovery

REPEAT

3:40 **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.

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 strength-focused intensity cues and get participants working harder 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

JUMP SQUAT CLEAN

- Feet jump into Wide Squat as bar is cleaned to collarbones
- **Abs braced**
- **Chest up**
- **Knees to 90 degrees**
- **Butt back and down**
- ↳ OPTION: BAR CLEAN

Layer 2 Coaching Focus

- To load all the muscles properly, go for range and keep butt just above knee line in every rep

SCISSOR LUNGE WITH OVERHEAD PLATE PRESS

- **Long jump back** with back knee towards floor, alternate legs
- Feet jump together between Lunges
- **Hips square to front**
- **Chest up**
- **Elbows slightly forward in Press**
- **Abs braced**
- **Front knee out**
- **Front thigh parallel to floor**

↳ OPTION: BACKWARD-STEPPING LUNGE WITH OVERHEAD PRESS

Layer 2 Coaching Focus

- Punch the plate in the air to work the shoulders and lats

PLATE SQUAT JUMP WITH 180° TURN

- Keep feet wide and turn whole body as one
- Lock in elbows to keep plate straight
- **Abs braced**
- **Chest up**
- **Soft knee landing**

↳ OPTION: NO TURN

Layer 2 Coaching Focus

- Get low and drive up out of the floor to work explosive power

JUMPING LUNGE WITH PLATE ROTATION

- **Chest up**
- **Abs braced**
- **Long Lunge**
- Plate close to chest, rotate over front thigh
- **Front thigh parallel to floor**
- **Use Lunge to absorb landing**

↳ OPTION: BACKWARD-STEPPING LUNGE WITH PLATE ROTATION

Layer 2 Coaching Focus

- Stay low, hold head at one height to keep the leg muscles loaded

03. REPEATER TRI SETS

MUSIC Love You More/Heater 9:06mins

SETUP A medium bar and a medium plate

0:00 Set up track and demo first exercise:

Narrow Row (x4), Backward-Stepping Lunge with Bar Clean (x4) (L+R)

SET 1

0:29 **Narrow Row** (x4), **Backward-Stepping Lunge with Bar Clean** (x4) (L+R)

1:04 **Pushup** (x4), **Donkey Kick** (x4)

1:38 **Narrow Row** (x4), **Scissor Lunge with Bar Clean** (x4) (L+R)

2:15 Recovery. Set up second set: Squat with Plate Press F (x4), Squat Jump with Plate at Collarbones (x4)

SET 2

2:44 **Squat with Plate Press F** (x4), **Squat Jump with Plate at Collarbones** (x4)

3:19 **Pushup** (x4), **Side Climber** (x4)

3:54 **Squat Jump with Plate Press F** (x4), **Squat Jump with Plate at Collarbones** (x4)

4:29 Recovery

REPEAT

4:59 **REPEAT SET 1**

6:45 Recovery

REPEAT

7:14 **REPEAT SET 2**

8:59 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 Tash and Tau 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 range 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

NARROW ROW

- Row bar down thigh, up towards belly, back down thigh, then rise
- Chest up
- Abs braced
- Tip forward from the hips
- Elbows in narrow
- Grip bar just outside thighs

Layer 2 Coaching Focus

- Bend the bar around the body to activate the back muscles

BACKWARD-STEPPING LUNGE/SCISSOR LUNGE WITH BAR CLEAN

- Feet together, grip bar just outside thighs
- Step/Jump into a long Lunge as bar is cleaned to collarbones
- Step/Jump feet back together as bar cleans back down to thighs
- Chest up
- Abs braced
- Front knee out
- Bend knees to absorb landing
- Long Lunge

Layer 2 Coaching Focus

- Maintain depth in the Lunge to build powerful strong legs

PUSHUP

- Hands slightly outside shoulder-width
 - Chin tucked in
 - Chest to elbow-height
 - Abs braced
 - Back long, strong and straight
- [🔗](#) OPTION: ON KNEES

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

SQUAT/SQUAT JUMP WITH PLATE PRESS FORWARD

- Start with plate at chest-height
 - In Squat, plate punches at bottom of Squat
 - In Squat Jump, plate punches at top of Jump
 - Feet wide
 - Chest up
 - Abs braced
 - Use Squat to absorb landing in Jump
- [🔗](#) OPTION: NO PLATE

Layer 2 Coaching Focus

- Punch the plate forward to generate more work from the upper body



SQUAT JUMP WITH PLATE AT COLLARBONES

- Keep feet wide
 - Lock in elbows to keep plate straight
 - Abs braced
 - Chest up
 - Soft knee landing
- [🔗](#) OPTION: SQUAT WITH NO JUMP

Layer 2 Coaching Focus

- Sink low and jump as high as possible to build powerful explosive muscles

SIDE CLIMBER

- Start in Plank position with hands under shoulders
 - Back long, strong and straight
 - Abs braced
 - Jump both feet forward to land just outside hands
 - Knees to 90 degrees
- [🔗](#) OPTION: SQUAT WITH NO JUMP

Layer 2 Coaching Focus

- Engage the core to drive the legs in and out faster

04. TABATA

MUSIC 5:00 am/Old Skool 4:51mins

SETUP A medium plate

0:00 Set up track and demo first set:
Plate Snatch (x1), Jumping Lunge with Plate at
Collarbones (x2)

SET 1

0:29 **Plate Snatch** (x1), **Jumping Lunge with Plate
at Collarbones** (x2)

0:59 Recovery. Set up second set: Burpee Pushup
with 90° Snowboarder (L+R)

SET 2

1:14 **Burpee Pushup with 90°
Snowboarder** (L+R)

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

PLATE SNATCH, JUMPING LUNGE WITH PLATE AT COLLARBONES

- Both feet jump forward and **land in Wide Squat**
as plate is snatched up
- **Soft landing**
- **Chest up – abs braced**
- **Arms straight – elbows forward**
- Front thigh parallel to floor – front knee slightly
out in Lunge

↓ OPTION: SQUAT WITH PLATE RAISE/
BACKWARD-STEPPING LUNGE

Layer 2 Coaching Focus

- Cut through the air with the plate to drive
intensity



NEW MOVE

BURPEE PUSHUP WITH 90° SNOWBOARDER

- Squat, jump feet back to Plank position, Pushup,
jump wide to Squat and finish with a 90 degree
Snowboarder (alternating L+R)
- **Chest up in Squat**
- **Abs braced to jump back**
- **Chest to elbow-height in Pushup**
- **Feet wide**
- **Abs braced with arms high in Snowboarder**
- **Bend knees to absorb landing**

↓ OPTIONS: STEP BACK TO BURPEE/PUSHUP
ON KNEES/NO SNOWBOARDER

Layer 2 Coaching Focus

- Reactive core training – use the abs to snap the
knees in and out of the Burpee



05. BEEP TEST CHALLENGE

MUSIC Beep Test 3:23mins

SETUP A medium bar

0:00 Set up track and demo move: Row (x1),
Clean (x1), Drop Squat Press (x1)

0:29 **5x Row (x1), Clean (x1), Drop Squat Press (x1)**

0:59 **6x Row (x1), Clean (x1), Drop Squat Press (x1)**

1:29 **7x Row (x1), Clean (x1), Drop Squat Press (x1)**

1:59 **8x Row (x1), Clean (x1), Drop Squat Press (x1)**

2:29 **9x Row (x1), Clean (x1), Drop Squat Press (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 and push the bar up" in the Drop Squat Press, say "drop under the weight" or "drive the bar". By the last 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

ROW, CLEAN

- Chest up
- Bar rows from knees to belly
- Bar close to body in Clean

Layer 2 Coaching Focus

- Rip the bar and bend it around your waist to drive power



DROP SQUAT PRESS

- Bar at collarbones, jump into Wide Squat and press bar above head
- Jump feet together and catch bar at collarbones
- Clean bar back down the body
- Drop butt just above knee-height in Squat
- Elbows slightly forward in Press
- Abs braced as bar moves over head

Layer 2 Coaching Focus

- Snap elbows under bar to generate speed



06. CORE CHALLENGE

MUSIC Miss Right 2:04mins

SETUP No weight

0:00 Set up track and demo first exercise:
Cross Crawl (slow) (L+R)

0:10 **Cross Crawl** (slow) (L+R)

0:40 **Fast Cross Crawl** (fast) (L+R)

1:00 **C-Crunch**

1:40 **Fast Cross Crawl, Single Time** (fast) (L+R)

1:59 Recovery

TRACK SETUP

2-Minute Core Challenge

COACHING TIP

There's a funky rhythm to the Cross Crawl and C-Crunch, which are great moves to work the core harder, create more tension and demand a stronger ab brace.

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

CROSS CRAWL

- Lie on back, alternate Leg Extensions
- **Shoulder to opposite knee**
- **Brace the abs as shoulders rotate**
- Elbows open

📌 OPTION: TAP FEET DOWN

C-CRUNCH

- Crunch ribs to hips, then extend arms and legs open to 45 degrees
- **Keep lower back towards the floor when legs extend**
- **Abs braced super tight on Crunch**
- **Ribs to hips in Crunch**
- **Chin slightly tucked in**

📌 OPTION: TAP FEET DOWN

MUSIC

- 1 **Bounce Trumpet** (3:08)
Zephyr, Patricia Edwards
© 2015 Alex Channelle.
Written by: Channelle, Edwards
 - 2 **Hype** (3:08)
Not On A Monday
© 2017 Les Mills Music Licensing Ltd.
Written by: Fairley
Ready (3:28)
Wide Awake
© 2016 Trap Nation.
Written by: Koronowska, Tendayi, Crisp, Joseph
 - 3 **Love You More (Rafik Remix)** (2:16)
Ben Esser, Rafik
© 2016 Crispy Crust Records.
Written by: Esser
Heater (2:14)
Flume
© 2016 Future Classic.
Written by: Streten
Love You More (Rafik Remix) (2:16)
Ben Esser, Rafik
© 2016 Crispy Crust Records.
Written by: Esser
Heater (2:20)
Flume
© 2016 Future Classic.
Written by: Streten
 - 4 **5:00 am** (1:00)
Not Your Dope
© 2016 Lowly Palace.
Written by: Unknown
Old Skool (0:45)
Dabow, TWERL
© 2016 Elysian Records.
Written by: Unknown
5:00 am (0:45)
Not Your Dope
© 2016 Lowly Palace.
Written by: Unknown
Old Skool (0:45)
Dabow, TWERL
© 2016 Elysian Records.
Written by: Unknown
5:00 am (0:45)
Not Your Dope
© 2016 Lowly Palace.
Written by: Unknown
Old Skool (0:51)
Dabow, TWERL
© 2016 Elysian Records.
Written by: Unknown
 - 5 **Beep Test** (3:23)
Noise
© 2015 Les Mills Music Licensing Ltd.
Written by: Langeveld, van de Geer
 - 6 **Miss Right** (2:04)
Anderson Paak
© 2014 Steel Wool / OBE.
Written by: Paak
- OUTRO
- Right Now** (0:43)
Taska Black
© 2015 bitbird.
Written by: Unknown

CREDITS

Creative Director – Les Mills Jnr

Presenting Team – Tau Siolo | Natasha Vincent

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

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