

LES MILLS
GRIT

CARDIO

22



GRIT CARDIO 22

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01. WARMUP

MUSIC Push It Up 3:09mins

0:00 **Jog OTS**

0:19 **Jog OTS, Heels Up**

0:32 **High Knee Run**

0:46 **Shuffle Tap** (x2) (L+R)

1:00 **Shuffle Tap with Leg B (x2) (L+R)**

1:14 Squat Burpee Jump

1:45 **Pushup**

2:00 **Jumping Switch Climber** (L+R)

2:27 Long Jump F, Shuffle B

2:41 Long Jump F, High Knee Run B

3:05 Recovery

01. WARMUP

CLASS SETUP

Remember, energy doesn't lie, and your vibe attracts your tribe. The more relaxed, excited and welcoming you are, the more comfortable and excited your class will be for the workout ahead.

COACHING TIP

Use the Jog OTS to introduce the class and the workout ahead. Keep the workout focus simple, eg "today we are going to focus on speed training and moving fast". Break down the new move Jumping Switch Climber carefully. Clear coaching and a good explanation like Ren  s in the masterclass will ensure everyone is successful, especially as this move is repeated.

CONNECT

The music really sets the tone of the class – upbeat and cool. Try to match your energy to the feel of this track. If you can't find the right words at the start, just let the music speak and it will lift the energy of the room for you.

TECHNIQUE

JOG OTS

- Knees soft
- Chest up

JOG OTS, HEELS UP

- Knees soft
- Chest up
- Abs braced

⬇ OPTION: JOG OTS

HIGH KNEE RUN

- Chest up
- Abs braced

⬇ OPTION: JOG OTS

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

SHUFFLE TAP WITH LEG BACK

- Two Lateral Shuffles, outside hand taps floor as inside leg steps back (L+R)
- Chest up in the Tap
- Push hips back in the Tap
- Abs braced

⬇ OPTION: SHUFFLE WITH NO TAP

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

NEW MOVE

JUMPING SWITCH CLIMBER

- Start in Plank position, hands under shoulders
 - Back long, strong and straight
 - Abs braced
 - One knee bends in towards chest as other leg extends straight back in the air
 - Two feet take off and two feet land
 - Hips and shoulders square to ground
- ⬇ OPTION: SWITCH CLIMBER



LONG JUMP FORWARD, SHUFFLE BACK

- Both feet take off, jump forward and land in Squat position
- Feet stay wide, knees soft in Shuffle Back
- Abs braced
- Land in Squat position
- Chest up

LONG JUMP FORWARD, HIGH KNEE RUN BACK

- Both feet take off, jump forward and land in Squat position
- Chest up
- Abs braced
- Land in Squat position

02. CONTRAST TRAINING

MUSIC Dreamers Highway/Unleash 8:05mins

0:00 Set up track and demo first exercise:
High Knee Run (x8), Speed Squat Jack (x4)

SET 1

0:30 **High Knee Run** (x8), **Speed Squat Jack** (x4)

1:00 **Jumping Switch Climber** (L+R)

1:28 **High Knee Run** (x8), **Air Tap** (x4)

1:58 Recovery. Set up second set: Lateral Leap (x1,) Block Jump (x1) (L+R)

SET 2

2:28 **Lateral Leap** (x1), **Block Jump** (x1) (L+R)

3:00 **Single-Leg Frog Jump** (L+R)

3:30 **Lateral Leap** (x1) **Tuck Jump** (x1) (L+R)

3:59 Recovery

REPEAT

4:29 **REPEAT SET 1**

5:59 Recovery

REPEAT

6:29 **REPEAT SET 2**

8:00 Recovery

02. CONTRAST TRAINING

TRACK SETUP

4 rounds, 90 seconds each. First move 30 seconds, second move 30 seconds, then the first move is repeated with a kicker to lift the intensity.

COACHING TIP

Demo the first 2 moves during the track intro so that members won't need to stop in the middle of the set to learn the second move. Every time participants try a move for the first time it's really important that all safety, technique and options are given from the start. Moving safely before bringing the intensity is vital, so avoid tapping into a height focus while members are still trying to nail the technique.

CONNECT

This is the first big working set with everything you expect from a GRIT workout – fast fatigue, challenging dynamic movement and multiple changes. There are a lot of elements within this one track, so avoid overwhelming members with information. Keep the tone light for the first two rounds; be positive and encouraging, and explain moves with clarity. The more supported members feel in the first track the better they will perform throughout the set.

MOTIVATE

Use the first round in this set as a taster for the rest of the workout. The drive in this track comes in the second block of work; by the time it hits, members should be moving well, so use this set to start hammering intensity cues to get participants working harder.

HIIT SCIENCE

The combination of moves in each set activates the big muscle groups. These are fat burners, which trigger the changes in body composition specific to HIIT.

TECHNIQUE

HIGH KNEE RUN

- Chest up
- Abs braced
- ↓ OPTION: JOG OTS

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

JUMPING SWITCH CLIMBER

- Start in Plank position, hands under shoulders
- Back long, strong and straight
- Abs braced
- One knee bends in towards chest as other leg extends straight back in the air
- Two feet take off and two feet land
- Hips and shoulders square to ground
- ↓ OPTION: SWITCH CLIMBER

Layer 2 Coaching Focus

- Reactive core training – use the abs to pump the knees in and out



AIR TAP

- Feet wide, outside hip-width
- Jump up and tap heels together
- Land back in Wide Squat
- Use Squat to absorb landing
- Chest up
- Abs braced
- ↓ OPTION: SPEED SQUAT JACK

Layer 2 Coaching Focus

- Get low and erupt out of the floor, sink deep to push high

LATERAL LEAP/BLOCK JUMP

- Take off on one foot for Lateral Leap, both feet for Block Jump
- Bent knee landing
- Chest up
- Abs braced
- ↓ OPTION: HEEL RAISE INSTEAD OF BLOCK JUMP

Layer 2 Coaching Focus

- Reaction training – be faster than the person in front of you

NEW MOVE

SINGLE-LEG FROG JUMP

- Start in Plank position, hands under shoulders
- Back long, strong and straight
- Abs braced
- Both feet take off, one foot lands with knees in line with hips (alternate L+R)
- Knee jumps forward to 90 degrees
- Both feet jump back to Plank
- Hips and shoulders square to ground
- ↓ OPTION: TWO LEG FROG JUMP

Layer 2 Coaching Focus

- Screw your palms into the floor to stabilize your upper body



TUCK JUMP

- Chest up
- Arms driving forward
- Knees wide in Tuck Jump
- Use Squat to absorb landing
- ↓ OPTION: SQUAT JUMP

Layer 2 Coaching Focus

- Minimize time on floor to maximize speed training

03. 10/10/KICKER

MUSIC Peanut Butter Jelly/Are You Gonna Be My Girl
5:40mins

0:00 Set up track and demo first set:
Butt Kick, Wide Squat (x10), Bear Crawl to
Double Jack Pushup (x10)

KICKER: Long Jump F, High Knee Run B

SET 1

0:29 **Butt Kick, Wide Squat** (x10), **Bear Crawl to Double Jack Pushup** (x10)

KICKER: **Long Jump F, High Knee Run B**

1:29 Recovery. Set up second set: Tuck Jump Lunge (x10) (L+R), Squat Burpee (x1), Run F+B (x10)

KICKER: Snowboarder (L+R)

SET 2

1:49 **Tuck Jump Lunge** (x10) (L+R), **Squat Burpee** (x1), **Run F+B** (x10)

KICKER: **Snowboarder** (L+R)

2:49 Recovery

REPEAT

3:10 **REPEAT SET 1**

4:10 Recovery

REPEAT

4:30 **REPEAT SET 2**

5:29 Recovery

03. 10/10/KICKER

TRACK SETUP

4 rounds, 1 minute each. First move 10 reps, second move 10 reps, then a kicker to finish the minute.

COACHING TIP

Demo all 3 moves in the set. Your class will be finishing moves at different times, so it's easier for them to know all 3 exercises from the start. However, it doesn't hurt to repeat move 2 and the kicker a second time.

CONNECT

This track is designed to drive the heart rate up. The kicker is just as hard as the first 2 moves, making these sets 1 minute of pure max effort. The essence of Les Mills GRIT is tough, but fun! In this track find moments to be the friend as well as the teacher. Be there to support, laugh and encourage the team to make it to the kicker.

MOTIVATE

This is a great track to challenge the class with a bit of friendly competition. In set 2, tap into people's competitive nature and see who can make it to the kicker first in each round.

HIIT SCIENCE

The main training factor in this sequence is pre-fatigue. The first 10 reps of each move deplete energy stores, then the kicker move increases intensity. This is a great way to break through the anaerobic threshold and get fit, fast.

TECHNIQUE

NEW MOVE

BUTT KICK WIDE SQUAT

- Start with feet together
- Jump up, kick heels towards butt
- **Land in Wide Squat**
- **Chest up**
- **Use Squat to absorb landing**
- **Abs braced**

⬇️ OPTION: SQUAT JUMP

Layer 2 Coaching Focus

- Reduce contact time on the floor for more speed

BEAR CRAWL TO DOUBLE JACK PUSHUP

- Start on toes and hands – knees in line with hips, shoulders in line with hands
- Knees slightly off floor
- Jack hands and feet at the bottom of the Pushup
- **Abs braced**
- **Chest to elbow-height in Pushup**
- **Back long, strong and straight**

⬇️ OPTION: JACK HANDS ONLY

Layer 2 Coaching Focus

- Drive palms out of the floor to generate power

LONG JUMP FORWARD, HIGH KNEE BACK

- Both feet take off, jump forward and land in Squat position
- **Chest up – abs braced**
- **Use Squat to absorb landing**

Layer 2 Coaching Focus

- Launch across the floor in the Long Jump, go for distance to work more leg muscles

NEW MOVE

TUCK JUMP LUNGE

- Jump Lunge (alternating L+R) with Tuck Jump to switch
- **Use Lunge to absorb landing**
- **Chest up**
- **Abs braced**
- Drive out of front heel
- Back knee down

⬇️ OPTION: STRAIGHT JUMP INSTEAD OF TUCK JUMP

Layer 2 Coaching Focus

- Drive the floor away to switch the legs fast

SQUAT BURPEE, RUN FORWARD + BACK

- 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 FOR SQUAT BURPEE

Layer 2 Coaching Focus

- Drive out of legs to accelerate body and heart rate

SNOWBOARDER

- Rotate 180 degrees in turning Squat Jump (L+R)
- **Feet wide**
- **Knees soft**
- **Use Squat to absorb landing**
- **Abs braced to turn**

Layer 2 Coaching Focus

- Whip the hips to move faster

04. SUPERSETS

MUSIC World/Say It 2:58mins

0:00 Split room in half, set up track and demo exercises:

Squat Tuck Jump, Chimp Walk

SET 1

0:29 TEAM A: **Squat Tuck Jump**, TEAM B: **Chimp Walk**

0:59 TEAM A: **Chimp Walk**, TEAM B: **Squat Tuck Jump**

1:30 Recovery

REPEAT

1:50 TEAM A: **Chimp Walk**, TEAM B: **Squat Tuck Jump**

2:20 TEAM A: **Squat Tuck Jump** TEAM B: **Chimp Walk**,

2:50 Recovery

04. SUPERSETS

TRACK SETUP

Supersets: 2 moves, 30 seconds each, back to back.

COACHING TIP

Coaches need to be on the ball for this setup. Spilt the room quickly and explain the moves clearly to each side. Demonstrate the Chimp Walk by going to the middle, turning around and going back. Always face the way you are traveling.

CONNECT

This is a busy track, so a dominant presence and quick sharp cues are the best way to teach the moves. Remember that members will be looking at the floor in the Chimp Walk, so they will be relying on your voice to guide them.

MOTIVATE

Dial up the motivation and praise for this stage of the class. Legs will blow out in the Chimp Walk, and the Squat Tuck Jump will make the heart rate go through the roof, so this is where fatigue is really going to kick in. Find emotive language that will hit home to keep members in the workout.

HIIT SCIENCE

Supersets maintain higher training intensity for the full minute. Switching target muscles and recruitment patterns pushes a top end training zone for the full interval.

TECHNIQUE

SQUAT TUCK JUMP

- Squat, Tuck Jump, then land back in Squat
- **Knees wide in Tuck Jump**
- **Chest up**
- **Use Squat to absorb landing**
- **Abs braced**

↓ OPTION: SQUAT JUMP

Layer 2 Coaching Focus

- Minimize time on the floor to get heart rate up

NEW MOVE

CHIMP WALK

- Hands and feet on floor
- Both hands extend forward on floor, then both feet jump forward
- **Feet wide**
- **Hips lifted**
- **Back long, strong and straight**
- **Knees to 90 degrees**

Layer 2 Coaching Focus

- Integrate upper and lower abs by keeping the hips high



05. EVERY 30 SECONDS

MUSIC New Mantra/What You Do To Me 4:05mins

0.00 Set up track and demo first set:
Pushup, Half Squat, Speed Squat Jack (x8)

SET 1

0:29 **Pushup, Half Squat, Speed Squat Jack**
(x8)

0:58 **Pushup, Half Squat, Speed Squat Jack**
(x8)

1:30 **Pushup, Half Squat, Speed Squat Jack**
(x8)

1:58 Recovery. Set up second set: Squat
Burpee Jump with Clap O/H (x8)

SET 2

2:30 **Squat Burpee Jump with Clap O/H** (x8)

3:00 **Squat Burpee Jump with Clap O/H** (x8)

3:29 **Squat Burpee Jump with Clap O/H** (x8))

3:59 Recovery

05. EVERY 30 SECONDS

TRACK SETUP

Rep challenge: 90 seconds, 3 rounds of 30 seconds, 8 reps in each round.

COACHING TIP

Make sure everyone understands that the faster they move, the more recovery time they will have. After 8 reps they have a break until the count down hits, then it's back into the work!

CONNECT

Members are going to be focused on counting their reps to earn recovery, so let them concentrate. The best way to connect in this track is to praise members when they finish each round before the countdown.

MOTIVATE

Members can choose to race the clock to earn recovery time, or go slow and steady for the full 90 seconds. Either way, their heart rates will be through the roof by the end of the set. The role of an instructor is to facilitate the competitive environment and encourage participants to hit 8 reps every round.

HIIT SCIENCE

Encouraging participants to keep their feet wide and use a Squat pattern to execute the Burpee enables them to maintain trunk control. This helps to keep load in the target muscles, and out of the joints and spine.

TECHNIQUE

NEW MOVE

PUSHUP, HALF SQUAT, SPEED SQUAT JACK

- Pushup, jump feet forward into Half Squat, Speed Squat Jack
- **Chest to elbow height in Pushup**
- **Feet outside shoulder-width in Half Squat**
- **Chest up – abs braced on transition**
- **Knees out in line with toes in Jack**

⚡ OPTION: PUSHUP ON KNEES

Layer 2 Coaching Focus

- Drive the floor away so that you can thrust your hips forward

SQUAT BURPEE JUMP WITH CLAP OVERHEAD

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

⚡ OPTIONS: WALK FEET OUT AND IN, NO JUMP

Layer 2 Coaching Focus

- Minimize floor time to hit fast fatigue

06. COACH CALLS

MUSIC Holding On To You 2:52mins

0.00 Set up track and demo exercises:
1: Drop Squat
2: Plyo Sumo Squat Jump
3: Mountain Climber
0:30 **Drop Squat, Plyo Sumo Squat Jump, Mountain Climber**, then alternate between the three moves
2:30 Recovery

06. COACH CALLS

TRACK SETUP

Coach Calls: 2 minutes of reactive training. The coach calls out 1 of 3 moves at random.

COACHING TIP

There's not a lot of setup time so be really simple and quick with demos. Technique and options can be covered during the first reps of each move after the countdown.

CONNECT

Although it's a tough track, this is essentially a fun training style. Be a little playful and challenge members to react as quickly as they can. Acknowledge those who are the fastest and focus on speed to keep the energy up.

MOTIVATE

The great thing about Coach Calls is that it keeps members in the workout and switched on to what the instructor says. Don't let members check out so close to the end! Keep the intensity up with some great motivation and lift in your voice to drive it home.

HIIT SCIENCE

Transitioning quickly between different movement patterns develops agility. Training with intensity under fatigue drains energy reserves, triggering the biochemical responses specific to HIIT.

TECHNIQUE

DROP SQUAT

- Feet start together, jump into Drop Squat then back to centre
- Hands touch down towards floor with **chest up in Squat**
- **Feet wide – knees out over toes in Squat**
- **Butt to knee-level in Squat**

⇓ OPTION: NO TOUCH DOWN

Layer 2 Coaching Focus

- Fast feet in and out – minimize floor contact time

PLYO SUMO SQUAT JUMP

- Start feet together
- Jump up, then land in Wide Squat
- **Chest up**
- **Use Squat to absorb landing**
- **Abs braced**

⇓ OPTION: SQUAT JACK

Layer 2 Coaching Focus

- Launch off the ground to tap into explosive power

MOUNTAIN CLIMBER

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

⇓ OPTION: WALK KNEES IN AND OUT

Layer 2 Coaching Focus

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

07. CORE CHALLENGE

MUSIC Unique 2:00mins

0:00 Set up track and demo first exercise:
Alternating Leg Extension (L+R)

0:01 **Pike with Alternating Knee Bend** (L+R)

0:35 **Oblique Crunch** (L+R)

1:25 **Walking Hover**

1:59 Recovery

07. CORE CHALLENGE

TRACK SETUP

2-Minute Core Challenge.

COACHING TIP

There's not a lot of setup time for this track, so get everyone down to the ground quickly to maximize the whole 2 minutes of work.

CONNECT

In this final track, coaches should acknowledge how hard the team has worked. End the workout on a high, with plenty of congratulations.

MOTIVATE

Core training is essential for successful HIIT training – how many times do we say “brace your abs” in a GRIT class? Exactly! Remind members of the great benefits of having a strong core to keep them in the workout for the final 2 minutes.

TECHNIQUE

NEW MOVE

PIKE WITH ALTERNATING KNEE BEND

- **Keep lower back towards floor**
 - **Head down**
 - Legs extend to 45 degrees
 - Alternating knee towards body
 - Alternating knee in line with hips
- ⇓ OPTIONS: LEGS HIGHER THAN 45 DEGREES



OBLIQUE CRUNCH

- Legs at 45 degrees
 - Crunch shoulder to opposite knee (alternate L+R)
 - **Chin tucked**
- ⇓ OPTION: TAP FOOT DOWN

WALKING HOVER

- Elbows under shoulders
 - **Back long, strong and straight**
 - **Abs braced**
 - Walk feet out, out, in, in
 - **Hips and shoulders stay square to floor as feet walk**
- ⇓ OPTION: HOVER ON KNEES

MUSIC

- 1 **Push It Up** (3:09)
Cookin' On 3 Burners feat. Kylie Auldist
© Cookin' On 3 Burners 2009.
Written by: Mason, Jake, Ferguson, Lance, Khatchoyan, Ivan
 - 2 **Dreamers Highway** (2:00)
Atman
© 2016 Youth Energy.
Written by: Unknown
Unleash (2:00)
Kozah feat. Otherside
© 2016 Artist Intelligence Agency.
Written by: Unknown
Dreamers Highway (2:00)
Atman
© 2016 Youth Energy.
Written by: Unknown
Unleash (2:05)
Kozah feat. Otherside
© 2016 Artist Intelligence Agency.
Written by: Unknown
 - 3 **Peanut Butter Jelly (Jacques lu Cont Remix)** (1:30)
Galantis
© 2015 Atlantic Recording Corporation.
Written by: Jonback, Hurtt, Bell, Eklow, Koitzsch, Karlsson, Sorbara
Are You Gonna Be My Girl (1:20)
Airplay
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Are You Gonna Be My Girl (1:30)
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Written by: Cester, Muncey
 - 4 **World** (1:32)
Kicks n Licks feat. RULS
© 2017 Lowly Palace.
Written by: Unknown
Say It (Illenium Remix) (1:26)
Flume feat. Tove Lo
© 2017 Future Classic.
Written by: Streten, Johns, Nilsson, Hamilton
 - 5 **New Mantra** (2:00)
AWOLTALK
© 2016 BREDNBUTTER.
Written by: Unknown
What You Do To Me (2:05)
Not Your Dope feat. Oly
© 2016 Spinnin' Premium / SpinninRecords.com.
Written by: Unknown
 - 6 **Holding On To You (Gianni Marino Remix)** (2:52)
Two Can & Savoi
© 2016 Two Can Music.
Written by: Unknown
 - 7 **Unique (Louis Futon Remix)** (2:00)
Gold Link feat. Anderson Paak
© 2016 RCA Records, a division of Sony Music Entertainment.
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Written by: Carlos, Ben-Abdallah, Paak
- OUTRO
- ATLiens** (0:42)
Outkast
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Written by: Benjamin, Patton

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