

LES MILLS
GRIT

PLYO

22



GRIT PLYO 22

CONTENTS

- 01. WARMUP
- 02. CONTRAST TRAINING
- 03. 10/10/KICKER
- 04. SUPERSETS
- 05. EVERY 30 SECONDS
- 06. COACH CALLS
- 07. CORE CHALLENGE
- MUSIC & CREDITS

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01. WARMUP

MUSIC Origami 3:07mins

SETUP Bench with no risers

0:00 **Backward-Stepping Lunge** (L+R)
0:28 **Backward-Stepping Lunge** (faster) (L+R)
0:39 **Scissor Lunge** (L+R)
0:50 **Jump Lunge On Bench** (L+R)
1:02 **Lateral Bench Jump** (L+R)
1:07 **Lateral Bench Jump** (higher) (L+R)
1:30 **Single-Leg Frog Jump** (L+R)
1:41 **Single-Leg Frog Jump** (faster) (L+R)
1:52 **Pushup with Hands on Bench**
2:04 **Pushup with Hands on Bench** (faster)
2:15 **Burpee with V Jump** (L+R)
2:38 **Plyo Sumo Bench Jump**
2:49 **Plyo Sumo Butt Kick**
3:00 Recovery

01. WARMUP

CLASS SETUP

No boosters for this one, but don't worry – the workout will still be really tough! 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

Break down the new move Single-Leg Frog Jump carefully. Clear coaching and a good explanation like Bas'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

BACKWARD-STEPPING LUNGE

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

SCISSOR LUNGE

- Stand on bench, feet under hips
- Jump alternating legs into long Lunge
- Feet jump together on top of bench between Lunges
- **Soft knee landing**
- **Front knee out over toes**
- **Hips square to the front**
- **Long Lunge backwards**
- Bend back knee towards the floor
- **Chest up**
- **Abs braced**

↓ OPTION: BACKWARD-STEPPING LUNGE

JUMP LUNGE ON BENCH

- Front foot on bench, back foot on floor
- Jump to switch legs (alternate L+R)
- **Soft knee landing**
- **Front knee out over toes**
- **Hips square to the front**
- **Long Lunge backwards**
- Bend back knee towards the floor
- **Chest up**
- **Abs braced**

↓ OPTION: BACKWARD-STEPPING LUNGE

LATERAL BENCH JUMP

- Feet hip-width apart – one foot on bench, the other on floor
- Jump laterally over bench (alternate L+R)
- **Chest up**
- **Abs braced**
- **Bent knee landing**
- Step over bench and repeat Squat on other side

↓ OPTION: LATERAL JUMP ON FLOOR

NEW MOVE

SINGLE-LEG FROG JUMP

- Start in Plank position, hands under shoulders on bench
- **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



PUSHUP WITH HANDS ON BENCH

- **Hands on bench, just outside shoulder-width**
- Chin tucked
- **Chest to elbow-height**
- **Abs braced**
- **Back long, strong and straight**

↓ OPTION: ON KNEES

NEW MOVE

BURPEE WITH V JUMP

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

↓ OPTION: WALK FEET OUT AND IN FOR BURPEE

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: PLYO SUMO JUMP WITH NO BENCH

NEW MOVE

PLYO SUMO BUTT KICK

- Feet start together on bench
- Jump up, heels kick up towards butt
- **Land in Wide Squat on floor**
- **Chest up**
- **Use Squat to absorb landing**
- **Abs braced**

↓ OPTIONS: NO BUTT KICK/JUMP ON FLOOR

02. CONTRAST TRAINING

MUSIC Feels Right/New Mantra 8:07mins

SETUP Bench with no risers, a medium plate

0:00 Set up track and demo first exercise:
Drop Squat On/Off Bench with Plate Press
O/H

SET 1

0:29 **Drop Squat On/Off Bench with Plate
Press O/H**

1:01 **Single-Leg Frog Jump** (L+R)

1:29 **Squat Jump On/Off Bench with Plate
Press O/H**

2:00 Recovery. Set up second set: Scissor
Lunge (L+R) with Plate O/H

SET 2

2:29 **Scissor Lunge** (L+R) **with Plate O/H**

2:58 **Bear Crawl over Bench** (F+B)

3:28 **Jump Lunge** (L+R)

4:00 Recovery

REPEAT

4:29 **REPEAT SET 1**

5:59 Recovery

REPEAT

6:30 **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

NEW MOVE

DROP SQUAT ON/OFF BENCH WITH PLATE PRESS OVERHEAD

- Start with both feet on bench
- Plate high on collarbones
- **Knees out on Squat**
- **Chest up**
- **Drop butt down to just above knee-height**
- **Use Squat to absorb landing**
- **Abs braced to punch plate overhead**
- Elbows slightly forward of face

⇓ OPTION: NO PLATE

Layer 2 Coaching Focus

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



NEW MOVE

SINGLE-LEG FROG JUMP

- Start in Plank position, hands under shoulders on bench
 - **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

- Shoot the legs in and out for reactive core training



NEW MOVE

SQUAT JUMP ON/OFF WITH PLATE PRESS OVERHEAD

- Straddle bench
 - **Plate high on collarbones**
 - **Jump feet onto bench into a high jump**
 - **Land in Wide Squat back on floor**
 - **Chest up**
 - **Abs braced**
 - **Use Squat to absorb landing**
 - Plate punches overhead in Jump
 - **Elbows slightly forward in Press**
- ⇓ OPTION: NO PLATE

Layer 2 Coaching Focus

- Launch into the air like a rocket to activate fast twitch muscle fibres

SCISSOR LUNGE WITH PLATE OVERHEAD

- Stand on bench, feet under hips
- Jump alternating legs into long Lunge
- Feet jump together on top of bench between Lunges
- Hold plate over head, elbows slightly forward of face
- **Soft knee landing**
- **Front knee out over toes**
- **Long Lunge**
- **Chest up**
- **Abs braced**

⇓ OPTION: BACKWARD-STEPPING LUNGE

Layer 2 Coaching Focus

- Stay low to load the legs and recruit more muscle fibre

NEW MOVE

BEAR CRAWL OVER BENCH

- Bear Crawl over bench (F+B)
- **Hands under shoulders**
- **Knees in line with hips**
- Butt down
- **Abs braced**
- **Back long, strong and straight**
- **Hips and shoulders square to floor**

⇓ OPTION: BEAR CRAWL ON FLOOR

Layer 2 Coaching Focus

- Sprint on your hands and feet, the faster you go with control the harder you work the core

JUMP LUNGE

- Front foot on bench, back foot on floor
- Jump to switch legs (alternate L+R)
- **Soft knee landing**
- **Front knee out over toes**
- **Long Lunge**
- **Chest up**
- **Abs braced**

⇓ OPTION: BACKWARD-STEPPING LUNGE

Layer 2 Coaching Focus

- Try to touch the ceiling for explosive jump training

03. 10/10/KICKER

MUSIC Exhale/Pump It Up 5:37mins

SETUP Bench with no risers, a medium plate

0:00 Set up track and demo first set:
V Jump with Plate Push (L+R) (x10), Dorothy
Squat Jump (x10)

KICKER: Surfer On/Off Bench (L+R)

SET 1

0:30 **V Jump with Plate Push** (L+R) (x10),
Air Tap (x10)

KICKER: **Surfer On/Off Bench** (L+R)

1:30 Recovery. Set up second set: Plyo Sumo
Tuck Jump (x10), Bench Power Burpee (x10)

KICKER: Snowboarder (L+R)

SET 2

1:48 **Plyo Sumo Tuck Jump** (x10), **Bench
Power Burpee** (x10)

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

2:50 Recovery

REPEAT

3:10 **REPEAT SET 1**

4:09 Recovery

REPEAT

4:28 **REPEAT SET 2**

5:28 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

V JUMP WITH PLATE PUSH

- Jump one foot onto bench, one on floor (alternate L+R), then back together in center on floor
- Plate punches forward from chest
- **Land in Squat**
- **Chest up, knees out and hips back in Squat**
- **Abs braced**

⬇️ OPTION: NO PLATE

Layer 2 Coaching Focus

Punch the plate away from the chest to engage the upper body more

NEW MOVE

AIR TAP

- Feet on floor, either side of bench
- Jump up and tap heels together
- Land back in Wide Squat, feet either side of bench
- **Use Squat to absorb landing**
- **Chest up**
- **Abs braced**

Layer 2 Coaching Focus

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



SURFER ON/OFF BENCH

- Two feet on bench outside hips
- Alternate jumping between the floor and the bench (L+R)
- **Chest up**
- **Abs braced to turn**
- **Knees out**
- ⬇️ OPTION: NO BENCH

Layer 2 Coaching Focus

- This is agility training – teaching the body to stay low and switch directions fast

NEW MOVE

PLYO SUMO TUCK JUMP

- Start with feet together on bench
- Tuck Jump, then land in Wide Squat on floor
- **Knees wide in Tuck Jump**
- **Chest up**
- **Use Squat to absorb landing**
- **Abs braced**
- ⬇️ OPTION: PLYO SUMO BENCH JUMP

Layer 2 Coaching Focus

- Use the bench like a trampoline to get more height and work the body harder

BENCH POWER BURPEE

- Hands on bench, shoulder-width apart
- Jump feet back to Plank, then Pushup
- **Back long, strong and straight in Plank and Pushup**
- **Chest to elbow-height in Pushup**
- Push off bench, drive feet forward and land in **Wide Squat** on bench
- **Chest up in Squat**
- **Abs braced to jump on/off bench**
- Heels down on bench
- ⬇️ OPTION: FEET LAND ON FLOOR/KNEES DOWN IN PUSHUP

Layer 2 Coaching Focus

- Explode off the bench to increase core strength

SNOWBOARDER

- Alternating feet land on bench, rotate 180 degrees in turning Squat Jump (L+R)
- **Feet wide**
- **Knees soft**
- **Use Squat to absorb landing**
- **Abs braced to turn**
- ⬇️ OPTION: NO BENCH

Layer 2 Coaching Focus

- Use your legs like springs to get more explosive power

04. SUPERSETS

MUSIC Spirals/Activate Me 2:57mins

SETUP Bench with no risers, a medium plate

0:00 Set up track and demo exercises:
Lateral Squat Jump across Bench with Plate
Arc (L+R) Drop Squat ¼ Turn (L+R)

SET 1

0:29 **Lateral Squat Jump across Bench with Plate Arc** (L+R)

0:59 **Drop Squat ¼ Turn** (L+R)

1:29 Recovery

REPEAT

1:50 **REPEAT SET 1**

2:48 Recovery

04. SUPERSETS

TRACK SETUP

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

COACHING TIP

The Plate Arc is technically difficult, so coach this move carefully. Ensure that both knees are out over toes in the Squat, arms are straight when arcing, and the plate stops at hip-height without over-rotating. The bench can be a little intimidating, so give the option to do the movement on the floor.

CONNECT

This combo is a killer, so praise in this environment is key! Watch how warm and encouraging Cayley is as she provides quality floor coaching. The music is really banging so let it motivate members to the end of each set, or tap into the lyrics and have a bit of fun!

MOTIVATE

Dial up the motivation and praise for this stage of the class. The Plate Arc is integrated training to smash the whole body, and the Drop Squat will send the heart rate 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

NEW MOVE

LATERAL SQUAT JUMP ACROSS BENCH WITH PLATE ARC

- One foot on bench, other on floor at end of bench
- Lateral Jump across bench (alternate L+R)
- Plate arcs overhead and down to hip-height
- **Feet wide, knees out over toes in Squat**
- **Chest up**
- **Abs braced**
- **Plate stops outside hip**

⬇️ OPTION: NO PLATE/NO BENCH

Layer 2 Coaching Focus

- Big circle with the plate to fire up the obliques



DROP SQUAT QUARTER TURN

- Start with both feet on bench facing front of room – arms overhead
- Jump a quarter turn into Drop Squat (alternate L+R), then back to center
- Hands touch down towards bench with **chest up in Squat**
- **Feet wide – knees out over toes in Squat**
- **Butt to knee-level in Squat**

⬇️ OPTION: NO BENCH

Layer 2 Coaching Focus

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

05. EVERY 30 SECONDS

MUSIC Kill Room Pt. 2/Needin' U So 4:08mins

SETUP Bench with no risers

0:00 Set up track and demo first set:
Lateral Jump over Bench (x1), Jump F+B (x1)
(L+R)

SET 1

0:28 **Lateral Jump over Bench** (x1),
Jump F+B (x1) (x12) (L+R)

0:58 **Lateral Jump over Bench** (x1),
Jump F+B (x1) (x12) (L+R)

1:28 **Lateral Jump over Bench** (x1),
Jump F+B (x1) (x12) (L+R)

1:58 Recovery. Set up second set: Plyo Sumo
Butt Kick

SET 2

2:29 **Plyo Sumo Butt Kick** (x12)

2:59 **Plyo Sumo Butt Kick** (x12)

3:29 **Plyo Sumo Butt Kick** (x12)

4:00 Recovery

05. EVERY 30 SECONDS

TRACK SETUP

Rep challenge: 90 seconds, 3 rounds of 30 seconds, 12 reps in each round.

COACHING TIP

Make sure everyone understands that the faster they move, the more recovery time they will have. After 12 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 12 reps every round.

HIIT SCIENCE

When plyometric training, it is key to keep the load in the muscles and minimize joint stress. Landing with the feet wide and using a Squat pattern to absorb impact helps to achieve this.

TECHNIQUE

LATERAL JUMP OVER BENCH, JUMP FORWARD + BACK

- Stand beside bench, facing side of room
- Jump laterally over bench (alternate L+R)
- **Bent knee landing**
- Jump forward and back with **soft knees to absorb landing**
- **Chest up**
- **Abs braced**

↓ OPTION: LATERAL JUMP WITH ONE FOOT ON BENCH

Layer 2 Coaching Focus

- Focus on height over bench to build strong explosive legs

NEW MOVE

PLYO SUMO BUTT KICK

- Start with feet together on bench
- Jump and kick heels towards butt, then land in Wide Squat on floor
- **Chest up**
- **Use Squat to absorb landing**
- **Abs braced**

↓ OPTION: NO BUTT KICK JUMP/NO BENCH

Layer 2 Coaching Focus

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

06. COACH CALLS

MUSIC Brighter Future 2:52mins

SETUP Bench with no risers

0.00 Set up track and demo exercises:

1: Burpee with Single-Leg Jump On/Off Bench (L+R)

2: Offset Pushup (L+R)

3: Tuck Jump, Jump On/Off Bench

0:29 **Burpee with Single-Leg Jump On/Off Bench (L+R), Offset Pushup (L+R), Tuck Jump, Jump On/Off Bench**, then alternate between the three moves

2:29 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 and there are some complex movements, so follow Cayley's example. Demonstrate move 1 first, then slowly introduce moves 2 and 3 with quick technique setup and safety options to keep all members moving.

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

NEW MOVE

BURPEE WITH SINGLE-LEG JUMP ON/OFF BENCH

- Squat, jump back into Plank position, jump forward into Wide Squat
 - Jump onto bench landing on single leg (alternate L+R)
 - **Abs braced as feet jump back**
 - **Hands under shoulders on bench**
 - **Whole foot lands on bench with soft knee**
- ↕ OPTION: WALK FEET OUT AND IN FOR BURPEE

Layer 2 Coaching Focus

- Shoot legs in and out of Burpee to spark up the core

OFFSET PUSHUP

- One hand on bench, one on floor
 - Pushup, then walk or jump hands to other side of bench
 - Chin tucked in
 - **Chest to elbow-height**
 - **Abs braced**
 - **Back long, strong and straight**
- ↕ OPTION: ON KNEES

Layer 2 Coaching Focus

- Drive the shoulders up to maximize upper body output

TUCK JUMP, JUMP ON/OFF BENCH

- Tuck Jump on floor, then Jump on and off bench
 - Knees wide in Tuck Jump
 - **Whole feet land on bench**
 - **Bend knees to absorb landing**
 - **Chest up**
 - **Abs braced to Jump**
 - **Feet stay hip-width apart**
- ↕ OPTION: SQUAT INSTEAD OF TUCK JUMP

Layer 2 Coaching Focus

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

07. CORE CHALLENGE

MUSIC Because I'm Me 2:03mins

SETUP Bench with no risers

0:00 Set up track and demo first exercise:
C-Crunch

0:02 **C-Crunch**

0:25 **Pike with Alternating Knee Bend** (L+R)

0:47 **C-Crunch**

1:17 Set up Walking Plank On/Off Bench

1:20 **Walking Plank On/Off Bench** (R Hand
Lead)

1:40 **Walking Plank On/Off Bench** (L Hand
Lead)

2:00 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

C-CRUNCH

- Crunch ribs to hips, 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**

⬇️ OPTIONS: TAP FEET DOWN

NEW MOVE

PIKE WITH ALTERNATING KNEE BEND

- **Keep lower back towards floor**
- **Arms overhead – chin tucked in**
- Legs extend to 45 degrees
- Alternating knee towards body
- Alternating knee in line with hips

⬇️ OPTION: TAP FOOT DOWN



WALKING PLANK ON/OFF BENCH

- Start in Plank position, hands under shoulders
- **Back long, strong and straight**
- **Abs braced**
- Walk hands onto bench; on, on, off, off
- **Hips and shoulders stay square to floor as arms walk**

⬇️ OPTION: PLANK ON KNEES

MUSIC

- 1 **Origami** (3:07)
The Geek x Vrv
© 2016 Embrace Records.
Written by: Rondeau, Teoule
- 2 **Feels Right** (2:00)
JPB & MYRNE feat. Yung Fusion
© 2016 NCS Ltd. under exclusive license to AEI Recordings.
Written by: Echouaf, Lim
New Mantra (2:00)
AWOLTALK
© 2016 BREDNBUTTER.
Written by: Unknown
Feels Right (2:00)
JPB & MYRNE feat. Yung Fusion
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Written by: Echouaf, Lim
New Mantra (2:07)
AWOLTALK
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Written by: Unknown
- 3 **Exhale** (1:30)
Snavs & Fabian Mazur
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Written by: Holdoe, Mazur
Pump It Up (1:20)
Joe Budden
Courtesy of the Universal Music Group.
Written by: Smith
Exhale (1:20)
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Written by: Holdoe, Mazur
Pump It Up (1:27)
Joe Budden
Courtesy of the Universal Music Group.
Written by: Smith
- 4 **Spirals** (1:30)
Vindata
© 2015 OWSLA.
Written by: Poythress, Ratcliff
Activate Me (Hoodboi Remix) (1:27)
ASTR
© 2016 300 Entertainment.
Written by: Unknown
- 5 **Kill Room Pt. 2** (2:00)
Ayleen
© 2014 Arkatone Music, LLC.
Written by: Unknown
Needin' U So (Mark Villa Remix) (2:08)
Inpetto
© 2016 Mixmash Records.
Written by: M. Duderstadt, D. Duderstadt
- 6 **Brighter Future** (2:52)
Big Gigantic feat. Naaz
© 2016 Big Gigantic.
Written by: Lalli
- 7 **Because I'm Me** (1:20)
PTO The Avalanches
Courtesy of the Universal Music Group.
Written by: Johnson, Perry, Perkins, Chater, Blasi
- 7 **Because I'm Me** (0:43)
PTO The Avalanches
Courtesy of the Universal Music Group.
Written by: Johnson, Perry, Perkins, Chater, Blasi
- OUTRO
ATLiens (0:42)
Outkast
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Written by: Benjamin, Patton

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