

LES MILLS
GRIT

STRENGTH

22



GRIT STRENGTH 22

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01. WARMUP

MUSIC James Baby 3:08mins

SETUP A medium bar and a medium plate

0:00 **Single Squat**

0:22 **Triple Pulse Squat**

0:56 **Slow Backward-Stepping Lunge** (L+R)

1:14 **Backward-Stepping Lunge** (faster) (L+R)

1:31 **Jumping Switch Climber** (L+R)

1:48 **Jumping Switch Climber** (faster) (L+R)

2:06 **Jumping Switch Climber** (x1), **Pushup** (x1)

2:14 **Narrow Row** (x1), **Bar Clean** (x1)

2:31 **Row** (x1), **Jump Squat Clean** (x1)

2:49 **Squat Jump with Plate at Collarbones**

3:06 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

Encourage medium, not heavy weights for this class – there is a lot of explosive bar work. Break down the new move Jumping Switch Climber carefully. Clear coaching and a good explanation like Ben'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

SQUAT

- Bar on meaty part of back
- **Chest up**
- **Abs braced**
- **Hips back to just above knee line**
- **Feet outside hip-width**
- **Knees track out over toes**

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**

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



PUSHUP

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

NARROW ROW

- Row bar down thighs, up towards belly, back down thighs, then rise
- **Chest up**
- **Abs braced**
- **Tip forward from the hips**
- Elbows to the rear
- 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**

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 JUMP WITH PLATE AT COLLARBONES

- **Feet outside hip-width, knees out over toes**
 - **Chest up – abs braced**
 - Plate at collarbones
 - **Elbows locked in under plate**
 - **Use Squat to absorb landing**
- ↓ OPTION: NO PLATE

02. CONTRAST TRAINING

MUSIC Quartzz/Coleen 8:06mins

SETUP A medium bar and a medium plate

0:00 Set up track and demo first exercise:
Alternating Squat (L+R) with Push Press

SET 1

0:29 **Alternating Lateral Squat** (L+R) **with Push Press**

0:58 **Wide Row** (x1), **High Pull** (x1)

1:30 **Alternating Lateral Squat Jump** (L+R) **with Plate Press O/H**

1:59 Recovery. Set up second set: Double
Pulse Jump Lunge (L+R) with Plate at
Collarbones

SET 2

2:28 **Double Pulse Jump Lunge** (L+R) **with Plate at Collarbones**

3:00 **Jumping Switch Climber** (L+R)

3:29 **Double Pulse Jump Lunge** (L+R)

4:00 Recovery

REPEAT

4:30 **REPEAT SET 1**

6:00 Recovery

REPEAT

6:29 **REPEAT SET 2**

7:58 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

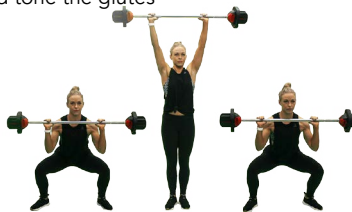
ALTERNATING LATERAL SQUAT WITH PUSH PRESS

- Bar at collarbones as one foot steps out into Squat (alternate L+R)
- Push Press overhead as foot steps back in
- **Knees out over toes in Squat**
- **Hips back in Squat**
- **Chest up**
- **Abs braced**

⬇️ OPTION: NO PRESS OR USE PLATE

Layer 2 Coaching Focus

- Keep hitting knee-height every time in the Squat to load the legs – this will strengthen and tone the glutes



WIDE ROW, HIGH PULL

- **Wide grip on bar**
- **Chest up – tip forward from the hips**
- **Pull bar up body from knees to lower chest**
- Elbows above the bar
- Slight pause and reset after High Pull
- Drive hips under shoulders on High Pull

Layer 2 Coaching Focus

- Keep the bar close to the body, moving like this builds athletic strength

NEW MOVE

ALTERNATING LATERAL SQUAT JUMP WITH PLATE PRESS O/H

- Both feet take off and land, jumping laterally (alternate L+R)
- **Feet stay wide**
- **Knees out over toes**
- **Use Squat to absorb landing**
- Plate at collarbones in Squat
- **Elbows locked in under plate**
- **Abs braced to Press at top of Jump**

⬇️ OPTION: NO JUMP

Layer 2 Coaching Focus

- Using the plate enhances our ability to jump higher



DOUBLE PULSE JUMPING LUNGE WITH PLATE AT COLLARBONES

- Alternating Jumping Lunges (L+R) with plate at collarbones
- **Chest up**
- **Abs braced**
- **Front thigh parallel to floor**
- **Use Lunge to absorb landing**
- **Front knee out over toes**
- **Elbows locked in under plate**

⬇️ OPTION: BACKWARD-STEPPING LUNGE WITH PLATE AT COLLARBONES

Layer 2 Coaching Focus

- Get down in the legs to recruit more muscle fibre

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

- Push hard into the floor to stabilize the upper body, and improve balance and stability



DOUBLE PULSE JUMPING LUNGE

- Alternating Jumping Lunges (L+R)
- **Chest up**
- **Abs braced**
- **Front thigh parallel to floor**
- **Use Lunge to absorb landing**
- **Front knee out over toes**
- **Elbows locked in under plate**

⬇️ OPTION: BACKWARD-STEPPING LUNGE

Layer 2 Coaching Focus

- Get low and erupt up for jump training

03. 10/10/KICKER

MUSIC On The Inside/Helix 5:35mins

SETUP A medium bar and a medium plate

0:00 Set up track and demo first set:
Drop Squat Press (x10), Narrow Row (x1), Bar
Clean (x1) (x10)

KICKER: V Squat Jump with Plate at
Collarbones (L+R)

SET 1

0:30 **Drop Squat Press** (x10), **Narrow Row**
(x1), **Bar Clean** (x1) (x10)

KICKER: **V Squat Jump with Plate at**
Collarbones (L+R)

1:31 Recovery. Set up second set: High Jump
to Lunge (x10) (L+R), Jumping Switch Climber
Pushup (x10) (L+R)

KICKER: Low Speed Jack with Plate at
Collarbones

SET 2

1:49 **High Jump to Lunge** (x10) (L+R),
Jumping Switch Climber Pushup (x10) (L+R)

KICKER: **Low Speed Jack with Plate at**
Collarbones

2:49 Recovery

REPEAT

3:09 **REPEAT SET 1**

4:10 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

DROP SQUAT PRESS

- Bar at collarbones, jump into Wide Squat and press bar above head
- Jump feet together and catch bar at collarbones
- **Butt just above knee-height in Squat**
- **Elbows slightly forward in Press**
- **Abs braced as bar moves overhead**

⬇️ OPTION: USE PLATE, OR FRONT SQUAT

Layer 2 Coaching Focus

- Focus on range to get your butt down, this will make your legs work harder

NARROW ROW

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

Layer 2 Coaching Focus

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

BAR CLEAN

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

Layer 2 Coaching Focus

- Drop fast under the bar to drive the intensity up

NEW MOVE

V SQUAT JUMP WITH PLATE AT COLLARBONES

- Jump to corner, landing in Squat (L+R), then back to center
- **Plate at collarbones**
- **Elbows locked in under plate**
- **Feet wide – knees out over toes**
- **Chest up**
- **Use Squat to absorb landing**
- **Abs braced**

⬇️ OPTION: NO PLATE

Layer 2 Coaching Focus

- Stay low in the Squat, to burn calories

HIGH JUMP TO LUNGE

- Jump high into long Lunge (alternate L+R)
- Feet jump together between Lunges
- **Chest up**
- **Abs braced**
- **Front thigh parallel to floor**
- **Use Lunge to absorb landing**
- **Front knee out over toes**

· Plate at collarbones

- **Elbows locked in under plate**

⬇️ OPTION: BACKWARD-STEPPING LUNGE

Layer 2 Coaching Focus

- Get the back knee low in the Lunge to make the legs work harder

NEW MOVE

JUMPING SWITCH CLIMBER PUSHUP

- 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**
 - Chin tucked in
 - **Chest to elbow-height in Pushup**
 - **Back long, strong and straight**
- ⬇️ OPTION: PUSHUP ON KNEES

Layer 2 Coaching Focus

- Engage the abs to pull the knees in towards the lower chest for reactive core training



NEW MOVE

LOW SPEED JACK WITH PLATE AT COLLARBONES

- Plate at collarbones
- Jack feet in and out, staying low in legs
- **Chest up**
- **Abs braced**
- **Knees out in Jack**

⬇️ OPTION: NO PLATE

Layer 2 Coaching Focus

- Stay low to load and shape the legs

04. SUPERSETS

MUSIC Endgame/Take Me There 3:07mins

SETUP A medium plate

0:00 Set up track and demo exercises:
Lateral Squat Jump with Plate Arc (L+R), Broad
Jump with Plate Press, 180° Turn

SET 1

0:40 **Lateral Squat Jump with Plate Arc**
(L+R))

1:10 **Broad Jump with Plate Press, 180°**
Turn

1:39 Recovery

REPEAT

1:59 **REPEAT SET 1**

3:00 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.

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 Broad Jump 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 WITH PLATE ARC

- Lateral Squat Jump alternating L+R
 - Plate arcs overhead
 - **Chest up**
 - **Abs braced**
 - **Feet outside hip-width with knees out over toes in Squat**
 - Lower plate to outside hip in Squat
- ⇓ **OPTION: NO JUMP**

Layer 2 Coaching Focus

- Big circle with the plate to fire up the obliques



NEW MOVE

BROAD JUMP WITH PLATE PRESS, 180° TURN

- Plate starts at collarbones, then presses overhead in Jump
 - **Keep plate forward of face in Press**
 - **Abs braced**
 - **Land in Squat to absorb impact**
- ⇓ **OPTION: NO PLATE**

Layer 2 Coaching Focus

- Push and pull the plate to get up and down quickly

05. EVERY 30 SECONDS

MUSIC Activate Me/Dreamers Highway 4:07mins

SETUP A medium bar and a medium plate

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

SET 1

0:29 **Jump Squat Clean** (x12)

1:00 **Jump Squat Clean** (x12)

1:30 **Jump Squat Clean** (x12)

1:58 Recovery. Set up second set: Single/
Double Squat Jump F

SET 2

2:28 **Single/Double Squat Jump F** (x12) (L+R)

2:58 **Single/Double Squat Jump F** (x12) (L+R)

3:29 **Single/Double Squat Jump F** (x12) (L+R)

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! The Single/Double Squat Jump is a new move – demonstrate and explain it clearly.

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

Keeping the bar close to the body in the Clean trains the muscles that are responsible for vertical drive. This delivers athletic strength and minimizes the chance of injury.

TECHNIQUE

JUMP SQUAT CLEAN

- Feet Jump to 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

- Go for range to load all the muscles properly,
 - . butt just above knee line in every rep

NEW MOVE

SINGLE/DOUBLE SQUAT JUMP

- Plate at collarbones, feet outside hip-width
 - Jump forward into single-leg Squat
 - Jump back onto both feet – **bent knees to absorb landing**
 - **Knee out over toes on Single Squat Jump**
 - **Chest up**
 - **Abs braced**
- ↓ OPTION: NO PLATE

Layer 2 Coaching Focus

- Stay low to load the legs and hit fast fatigue



06. COACH CALLS

MUSIC I Know You 2:54mins

SETUP A medium plate

0.00 Set up track and demo exercises:

1: Crab Walk (x2) (L+R)

2: Plyo Sumo Jump with Plate at Collarbones

3: Pushup Low Burpee Thruster

0:29 **Crab Walk** (x2) (L+R), **Plyo Sumo Jump with Plate at Collarbones**, **Power Pushup**, 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 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

CRAB WALK

- Two lateral steps, staying low in the legs (L+R)
- Plate overhead, **elbows slightly forward of face**
- **Abs braced**
- **Chest up**
- **Knees out over toes**

⇓ OPTION: PLATE AT COLLARBONES

Layer 2 Coaching Focus

- Stay low in the legs to recruit more muscle fibre and work the legs harder

PLYO SUMO JUMP WITH PLATE AT COLLARBONES

- Feet together, plate at collarbones
- **Jump up and land in Wide Squat**
- Jump back to center
- **Chest up**
- **Abs braced**
- **Use Squat to absorb landing**

⇓ OPTION: NO PLATE

Layer 2 Coaching Focus

- Launch off the floor to tap into explosive power

POWER PUSHUP

- Pushup, chest to elbow height
- Snatch feet under into a low Squat and lift chest
- **Chest to elbow-height in Pushup**
- **Abs braced in transition to Plank**

⇓ OPTIONS: PUSHUP ON KNEES/WALK INTO SQUAT

Layer 2 Coaching Focus

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

07. CORE CHALLENGE

MUSIC Drop Your Love 2:03mins

SETUP A medium plate

0:00 Set up track and demo first exercise:
Pike with Alternating Knee Bend (L+R) with
Plate at 45° (Single, Single, Triple)

0:04 **Pike with Alternating Knee Bend** (L+R),
with Plate at 45° (Single, Single, Triple)

0:49 **Crunch Pulse with Plate**

1:06 **Pike with Alternating Knee Bend** (L+R),
with Plate at 45° (Single, Single, Triple) (x1),
Crunch Pulse (x4)

1:41 **Plank with Arms Extended**

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, WITH PLATE AT 45°

- Keep lower back towards floor
- Head down on floor
- Legs extend to 45 degrees
- Extend plate overhead to 45 degrees
- Alternating knee towards body
- Alternating knee in line with hips

⬇️ OPTIONS: LEGS HIGHER THAN 45 DEGREES/NO PLATE

⬆️ OPTION: HEAD & SHOULDERS OFF FLOOR



CRUNCH PULSE WITH PLATE

- Plate straight up, in line with shoulders
- Knees over hips
- Crunch plate and knees towards roof
- Slide ribs to hips
- Chin tucked in

⬇️ OPTION: NO PLATE

PLANK WITH ARMS EXTENDED

- Start with hands under shoulders, walk hands out in front of body
- Maintain strong ab brace
- Back long, strong and straight

⬇️ OPTION: PLANK ON KNEES

MUSIC

- 1 **James Baby** (3:08)
Fall For That
© 2017 Les Mills Music Licensing Ltd.
Written by: Unknown
 - 2 **Quartzz** (2:00)
KRANE & Jupe
© 2017 KRANE.
Written by: Unknown
Coleen (2:00)
The Heavy
© 2007 Counter Records.
Written by: Page, Taylor, Swaby
Quartzz (2:00)
KRANE & Jupe
© 2017 KRANE.
Written by: Unknown
Coleen (2:06)
The Heavy
© 2007 Counter Records.
Written by: Page, Taylor, Swaby
 - 3 **On The Inside** (1:30)
MRVLZ
© 2016 Artist Intelligence Agency.
Written by: Unknown
Helix (1:20)
FURY
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Written by: Speidel, Brookes
On The Inside (1:20)
MRVLZ
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Written by: Unknown
Helix (1:25)
FURY
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Written by: Speidel, Brookes
 - 4 **Endgame** (1:39)
Crystal Knives
© 2016 BREDNBUTTER.
Written by: Unknown
Take Me There (1:28)
Jantsen
© 2016 Symphonic Distribution.
Written by: Unknown
 - 5 **Activate Me (Hoodboi Remix)** (1:58)
ASTR
© 2016 300 Entertainment.
Written by: Unknown
Dreamers Highway (2:09)
Atman
© 2016 Youth Energy.
Written by: Unknown
 - 6 **I Know U (KRANE Remix)** (2:54)
Keys N Krates
© 2016 Dim Mak Records, Inc.
Written by: Dawson, Francois, Tune, Bruno, Del, McLaughlin
 - 7 **Drop Your Love (JaFunk Remix)** (2:03)
Young Franco feat. DIRTY RADIO
© 2016 Of Leisure Licensed from Of Leisure.
www.ofleisure.com.au.
Written by: De Barbera, Edalat, Dolhai, Yerxa
- OUTRO
- ATLiens** (0:42)
Outkast
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