

LES MILLS GRIT CARDIO 23

CONTENTS

01. WARMUP

02. MONSTER SETS

03. 1 MINUTE CHALLENGE

04. DESCENDING SUPERSETS

05. 1 MINUTE CHALLENGE

06. TABATA

07. 1 MINUTE CHALLENGE

08. CORE CHALLENGE

THE BOTTOM LINE

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01. WARMUP

MUSIC Get Down Boogie 3:06mins

Split class into four groups

0:05 **Jog OTS**

0:20 **Jog OTS, Heels Up**

0:37 **High Knee Jog**

0:52 **High Knee Run**

1:08 **Squat Burpee**

1:40 **Bronco**

2:04 **Bronco** (x1), **Block Jump** (x1)

2:20 **Lateral Leap** (L+R)

2:44 **Air Tap with Floor Tap**

3:00 Recovery

CLASS SETUP

The structure of this class is completely unique and fun! Sell it with lots of energy and hype to build anticipation for the rest of the class. Split the room into 4 groups at the start, so you're ready for the next track.

COACHING TIP

The 4 main moves taught in the Warmup are repeated in the Monster Sets. Make sure all options and technique cues are well set up in this track; that way when the Monster Sets hit, it's ON!

CONNECTION

This structure is completely fresh and the music is banging! There may be a few confused faces at first, so be reassuring and give clear instructions. Members are going to experience something completely new and invigorating.

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**

01. WARMUP

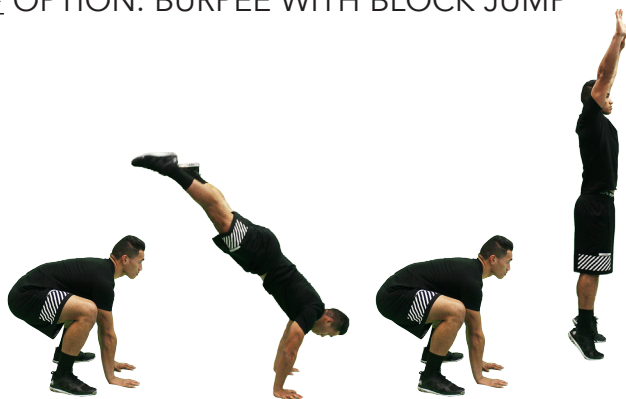
SQUAT BURPEE

- 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

NEW MOVE

BRONCO, BLOCK JUMP

- Start in low Squat position, feet outside hip-width
 - **Hands to floor, palms flat**
 - **Kick legs out and up at 45° angle**
 - **Land back in low Squat position with chest lifted**
 - **Abs braced to kick back**
 - **Both feet take off and land in Bronco and Jump**
 - **Chest up, abs braced in Block Jump**
 - **Bent knee landing**
- ↓ OPTION: BURPEE WITH BLOCK JUMP



LATERAL LEAP

- Take off on one foot for Lateral Leap
- **Bent knee landing**
- **Chest up**
- **Abs braced**

AIR TAP WITH FLOOR TAP

- **Feet wide, outside hip-width**
 - Jump up and tap heels together
 - Land back in Wide Squat, reaching arm to floor (alternate L+R)
 - **Use Squat to absorb landing**
 - **Chest up**
 - **Abs braced**
- ↓ OPTION: NO FLOOR TAP

02. MONSTER SETS

MUSIC Take U There/Keep Yo Head Up/The Fall 8:22mins

0:00 Set up track and demo exercises:

STATION 1: **Bronco** (x1), **Block Jump** (x1)

STATION 2: **Air Tap with Floor Tap**

STATION 3: **Lateral Leap** (L+R)

STATION 4: **High Knee Run**

SET 1

0:30 **ROUND 1**

0:59 5 Sec Rotation Clockwise

1:04 **ROUND 2**

1:35 5 Sec Rotation Clockwise

1:40 **ROUND 3**

2:08 5 Sec Rotation Clockwise

2:13 **ROUND 4**

2:44 Recovery (groups stay at final station)

REPEAT

3:14 **REPEAT SET** (starting at the final station from Set 1)

5:28 Recovery

REPEAT

5:59 **REPEAT SET** (starting at the final station from Set 2)

8:14 Recovery

TRACK SETUP

Monster Sets: 4 groups, 4 stations. 30 seconds of work, 5 seconds to change stations.

COACHING TIP

This is what the Les Mills GRIT creative team are most excited about this round! We spent a lot of time trialing different ways to coach this track; our advice – be concise with the setup, provide a clear demonstration of each move, and make sure the groups know what station they are moving to next. Save intensity and detailed floor coaching for rounds 2 and 3. Take time to coach the Bronco well to create success with this move!

CONNECT

Creating small groups within the class enables members to feel like part of a team, rather than an individual. The energy and hype within each group is infectious and lifts the mood of the room. Challenging groups to compete against each other will build great connection and allow them to bond throughout this track.

MOTIVATE

This track is called 'Monster Sets' for a reason... 5 second running recoveries are going to keep the heart rate up for the entire working round; that's 2:20 non stop! By the time round 3 hits, members are going to need that extra push to get over the line. There are still a lot of tracks to go in this release, so focus on internal coaching cues in round 2, and external coaching cues in round 3. Find some fun, creative language to keep members focused and working hard right to the end.

HIIT SCIENCE

Two minute blocks at the start of the workout are an ideal way to start HIIT. Alternating the training focus with each exercise will push members into a maximum training zone which they'll be able to sustain for the whole block. This will mean each subsequent track will create an opportunity for new fitness gains.

02. MONSTER SETS

TECHNIQUE

NEW MOVE

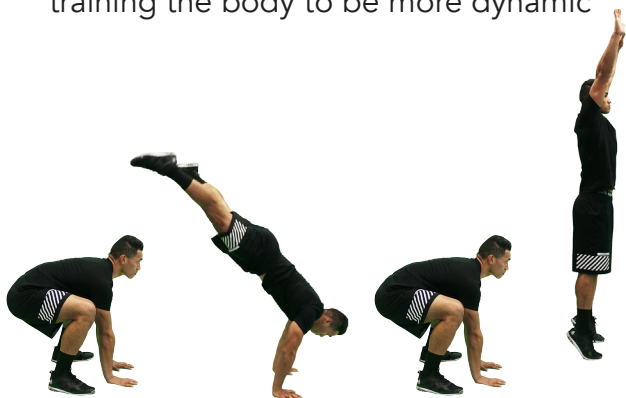
BRONCO, BLOCK JUMP

- Start in low Squat position, feet outside hip-width
- Hands to floor, palms flat
- Legs kick out and up at 45° angle
- **Land back in low Squat position with chest lifted**
- **Abs braced to kick back**
- **Both feet take off and land in Bronco and Jump**
- **Chest up, abs braced in Block Jump**
- **Bent knee landing**

↓ OPTION: BURPEE WITH BLOCK JUMP

Layer 2 Coaching Focus

- Fast up and down, move like a grasshopper, training the body to be more dynamic



AIR TAP WITH FLOOR TAP

- Feet wide, outside hip-width
- Jump up and tap heels together
- Land back in Wide Squat, reaching arm to floor (alternate L+R)
- **Use Squat to absorb landing**
- **Chest up**
- **Abs braced**

↓ OPTION: NO FLOOR TAP

Layer 2 Coaching Focus

- Imagine there's a resistance band around your legs – how fast can you pull it apart to build strong, lean muscle?

LATERAL LEAP

- Take off on one foot for Lateral Leap
- **Bent knee landing**
- **Chest up**
- **Abs braced**

Layer 2 Coaching Focus

- Drive across the floor like it's lava, training agility

HIGH KNEE RUN

- **Chest up**
- **Abs braced**

↓ OPTION: JOG OTS

Layer 2 Coaching Focus

- Pump the knees like a turbine to drive up the heart rate

03. 1 MINUTE CHALLENGE

MUSIC Caught Fire 1:27mins

0:00 Set up track and demo exercise:
Squat Burpee, Donkey Kick (x1) Tuck Jump (x1)
0:18 **Squat Burpee, Donkey Kick** (x1),
Tuck Jump (x1)
1:18 Recovery

TRACK SETUP

1 Minute Challenge: 1 move non-stop for 60 seconds.

COACHING TIP

Start by asking members to spread out around the room, so everyone has enough space. This is number 1 of 3 Burpee challenges; spend most of this first challenge teaching and correcting technique. Try continuing to teach from the middle of the group to mix it up.

CONNECT

Take this round a little easier and focus on Layer 1 cues with some great floor coaching, making sure technique is spot on. As this challenge is repeated 3 times throughout this release, make sure everyone's moving correctly so that when challenges 2 and 3 hit, muscle memory will kick in and members can focus on reps.

MOTIVATE

The primary focus for this track is Layer 1 coaching. A minute of Burpees is extremely challenging, so set the standard with excellent technique in this round and save the intensity for the next 2 challenges!

HIIT SCIENCE

This is 1 minute of fully integrated training; upper body, core and lower body. Repeating this sequence throughout the workout develops muscle memory – this creates a “don't think, just do” opportunity.

03. 1 MINUTE CHALLENGE

TECHNIQUE

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

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

TUCK JUMP

- **Chest up**
- **Knees wide in Tuck Jump**
- **Use Squat to absorb landing**

↓ OPTION: SQUAT JUMP

Layer 2 Coaching Focus

- Use the abs to drive the knees up and get speed in the Tuck Jump

04. DESCENDING SUPERSETS

MUSIC Out Of The Dark/Gold Rush 4:21mins

0:00 Set up track and demo exercises:
Bear 180° Pushup, Squat Jump, Side Step (L+R)

SET 1

0:29 **Bear 180° Pushup**

1:08 **Squat Jump, Side Step** (L+R)

1:48 Recovery

REPEAT

2:14 **Bear 180° Pushup**

2:44 **Squat Jump, Side Step** (L+R)

3:14 Recovery

REPEAT

3:34 **Bear 180° Pushup**

3:54 **Squat Jump, Side Step** (L+R)

4:14 Recovery

TRACK SETUP

Descending Supersets: 2 moves back to back,
3 sets – 40, 30, 20 seconds each move.

COACHING TIP

There is plenty of setup time to coach the moves. The Bear 180° Pushup is a new combo – break the moves down like Tash does, so members can nail it from the start.

CONNECT

These sets make a nice change from the intensity of the first couple of tracks. Watch how Tash takes her time, setting a good pace for these blocks of work. Monster Sets and the 1 Minute Challenge are full on, so use this time to pull back on the hype and focus on positive energy. Set up the moves correctly and then focus on technique with speed.

MOTIVATE

Save the drive in this track for the last 2 rounds. After the first block, gear shift up to focus on intensity and explosive power in the 30 second sets, then dial up again in the 20 second blocks. Make sure members understand what they are getting out of the workout and motivate them to hold on for the final countdown.

HIIT SCIENCE

Creating clarity around descending time in each set will allow members to maintain maximum intensity throughout the track. This is a perfect opportunity to push through the anaerobic threshold following the pre-fatigue of the preceding tracks.

04. DESCENDING SUPERSETS

TECHNIQUE

NEW MOVE

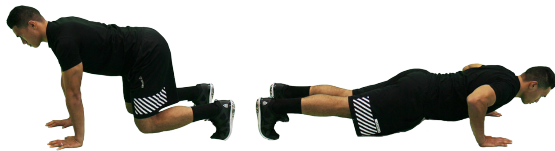
BEAR 180° PUSHUP

- Start in Plank position, with **back long, strong and straight**
- Pushup (x1), then jump feet into Bear Crawl position
- **Hands under shoulders, knees in line with hips**
- Rotate body 180 degrees, keeping **butt down**
- Jump feet back out to Plank position with **abs braced**

⇓ OPTION: PUSHUP ON KNEES

Layer 2 Coaching Focus

- Make yourself really small and compact as you turn for speed



SQUAT JUMP, SIDE STEP

- Squat Jump, then lateral Step (alternate L+R)
- **Feet wide, outside hip-width**
- **Bent knee landings**
- **Chest up**
- **Abs braced**

⇓ OPTION: HEEL RAISE INSTEAD OF SQUAT JUMP

Layer 2 Coaching Focus

- This is reaction training – be faster than the person in front of you

05. 1 MINUTE CHALLENGE

MUSIC Follow Me 1:27 mins

0:00 Set up track and demo exercise:
Squat Burpee, Donkey Kick (x1) Tuck Jump (x1)
0:20 **Squat Burpee, Donkey Kick** (x1),
Tuck Jump (x1)
1:20 Recovery

TRACK SETUP

1 Minute Challenge: 1 move non-stop for 60 seconds.

COACHING TIP

This is a repeat challenge, so Layer 1 has already been set up. Recap some of the crucial technique points and options before moving on to Layer 2.

CONNECT

Connect members to the workout by focusing on intensity cues. Members know how to do the move, so get them immersed in the workout and working even harder.

MOTIVATE

Hitting the halfway mark of a tough class deserves some praise! Tabata is coming up, so get members into 'next level' mentality. Drop in some motivation in the last 30 seconds of this set to lift the room.

05. 1 MINUTE CHALLENGE

TECHNIQUE

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

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

TUCK JUMP

- **Chest up**
- **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

06. TABATA

MUSIC Whatcha Think/Not Alone 6:21mins

0:00 Set up track and demo first set:
Air Jack (x4), Mountain Climber (x4) (L+R)

SET 1

0:28 **Air Jack** (x4), **Mountain Climber** (x4) (L+R)

0:58 Recovery. Set up second set:
Jump Lunge (x2) (L+R), Tuck Jump (x1)

SET 2

1:14 **Jump Lunge** (x2) (L+R), **Tuck Jump** (x1)

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

4:13 **REPEAT SET 2**

4:43 Recovery

REPEAT

4:58 **REPEAT SET 1**

5:28 Recovery

REPEAT

5:44 **REPEAT SET 2**

6:14 Recovery

06. TABATA

TRACK SETUP

Tabata: 8 rounds of work, 30 seconds on, 15 seconds off.

COACHING TIP

8 rounds is a big track. Space out Layer 1, Layer 2 and Layer 3 cues like Vili does, to keep members engaged for the whole track.

CONNECT

Energy from the start is key in this track. Watch how enthusiastic Vili is, coming in with a punchy intro and selling it as if this will be the best 8 minutes of the class. Success in this track relies on engaging members with fun, challenging, high-energy coaching.

MOTIVATE

8 rounds is gruelling! This track is about physical strength, mental endurance and stamina. By set 3, members are going to start checking out, so focus on keeping them in it. Physically show them what pushing through a threshold looks like (Vili is a pure athlete in those Tuck Jumps!) Deliver strong motivational cues to get them over the line.

HIIT SCIENCE

Tabata intervals provide a great opportunity for a HIIT response. The 2:1 work to rest ratio allows us to accumulate lactate – lactate sparks the body into overdrive and is responsible for a lot of the benefits specific to HIIT training.

TECHNIQUE

AIR JACK

- Start with feet hip-width apart in a narrow Squat
 - Raise arms up and kick legs out to the side in the Jump
 - **Chest up**
 - **Abs braced**
 - **Bent knee landing – feet narrow**
- ↓ OPTION: JUMPING JACK

MOUNTAIN CLIMBER

- Start in Plank position, drive alternate knees into chest
 - **Abs braced**
 - **Back long, strong and straight**
 - **Knees towards floor**
 - **Butt down**
- ↓ OPTION: WALK KNEES IN AND OUT

Layer 2 Coaching Focus

- Use abs to drive off the floor. How fast can you get up and down?

JUMP LUNGE

- **Jump into a long Lunge, back heel off floor**
 - **Feet hip-width apart**
 - **Front knee out, back knee toward floor**
 - **Front thigh drops parallel to floor**
 - **Chest up – abs braced**
- ↓ OPTION: BACKWARD-STEPPING LUNGE

TUCK JUMP

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

Layer 2 Coaching Focus

- Catch the rebound of the Tuck going straight back into Lunge – high reps equal high fitness levels

07. 1 MINUTE CHALLENGE

MUSIC Give It Up 1:33mins

0:00 Set up track and demo exercise:
Squat Burpee, Donkey Kick (x1) Tuck Jump (x1)
0:24 **Squat Burpee, Donkey Kick** (x1),
Tuck Jump (x1)
1:24 Recovery

TRACK SETUP

1 Minute Challenge: 1 move non-stop for 60 seconds.

COACHING TIP

Give members as much time as possible to breathe after the massive Tabata track, then set them up for the last challenge.

CONNECT

This round is straight Layer 3 cues. Mental and physical fatigue is high, so lay on the praise and encouragement. Remember the 4 different motivational styles (intrinsic, extrinsic, positive and challenging), and use them to keep as many members as possible connected to this workout. Find lots of different ways to motivate and engage the whole class in this last massive push!

MOTIVATE

The tank is completely empty by this part of the class. The team is relying on good coaching to get them through to the end. A tough class like this will push everyone past their endurance threshold, so stay connected with the group and give them plenty of reasons to stay in the workout.

07. 1 MINUTE CHALLENGE

TECHNIQUE

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

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

TUCK JUMP

- **Chest up**
- **Knees wide in Tuck Jump**
- **Use Squat to absorb landing**

↓ OPTION: SQUAT JUMP

Layer 2 Coaching Focus

- Work the body like a yo-yo to train athletic speed

08. CORE CHALLENGE

MUSIC This Head I Hold 2:01mins

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

0:12 **Alternating Leg Extension** (L+R)

0:24 **Oblique Alternating Leg Extension** (x8)
(L+R)

0:48 **Cross Crawl** (L+R)

0:59 **Cross Crawl** (straight legs) (L+R)

1:05 **Alternating Leg Extension** (L+R)

1:17 **Oblique Alternating Leg Extension** (x8)
(L+R)

1:47 **Cross Crawl** (bent or straight legs) (L+R)

2:00 Recovery

TRACK SETUP

Core Challenge: 2 minutes of core conditioning.

COACHING TIP

The big focus for this track is to keep the shoulders anchored to the ground as legs hit 45 degrees.

CONNECT

Use the music for this track to end the class with positive energy. Make it a celebration of the effort that everyone put into the workout.

MOTIVATE

The Cross Crawls are going to set the obliques on fire! The core is the power house of the body – the stronger the core, the better overall performance will be, so don't let members check out quite yet!

08. CORE CHALLENGE

TECHNIQUE

NEW MOVE

OBLIQUE ALTERNATING LEG EXTENSION

- Keep lower back and waist towards floor by bracing the abs
- Shoulders and head anchored to floor
- Back shoulder stays down as legs drop to 45 degrees
- Rotate from the waist

⇩ OPTION: NO ROTATION



CROSS CRAWL

- Fingertips to temples – elbows wide
- Chin tucked in
- Aim opposite shoulder to knee
- Brace abs to keep lower back towards floor
- Slide ribs to hips

⇩ OPTION: TAP FOOT DOWN

⇧ OPTION: STRAIGHT LEGS

MUSIC

1 **Get Down Boogie** (3:06)

Basement Freaks

© 2010 Jalapeno Ltd.

Written by: Fotiadis, Jazzmin

2 **Take U There** (2:45)

Cramoki

© 2017 FTSU Records.

Written by: Unknown

Keep Yo Head Up (2:45)

Outrun

© 2017 Circus Records.

Written by: Unknown

The Fall (2:52)

Not Your Dope feat. Mia Vaile

© 2017 Lowly Palace.

Written by: Unknown

3 **Caught Fire** (1:27)

Mercy X feat. Ashley Lawless

© 2017 Lowly Palace.

Written by: Unknown

4 **Out Of The Dark** (1:50)

RBYN

© 2017 Thrive Music.

Written by: Unknown

Gold Rush (1:25)

Diamond Pistols feat. Reese

© 2017 Diamond Pistols Music.

Written by: Unknown

Out Of The Dark (1:06)

RBYN

© 2017 Thrive Music.

Written by: Unknown

5 **Follow Me** (1:27)

JINCO & Sullivan King

© 2016 Otodayo Supa.

Written by: Berger, Prescott

6 **Whatcha Think** (1:00)

Evix feat. Jake Herring

© 2017 Lowly Palace.

Written by: Unknown

Not Alone (0:45)

The Tech Thieves

© 2016 The Tech Thieves.

Written by: Emmanuel, Plesa-Topham

Whatcha Think (0:45)

Evix feat. Jake Herring

© 2017 Lowly Palace.

Written by: Unknown

Not Alone (0:45)

The Tech Thieves

© 2016 The Tech Thieves.

Written by: Emmanuel, Plesa-Topham

Whatcha Think (0:45)

Evix feat. Jake Herring

© 2017 Lowly Palace.

Written by: Unknown

Not Alone (0:45)

The Tech Thieves

© 2016 The Tech Thieves.

Written by: Emmanuel, Plesa-Topham

Whatcha Think (0:45)

Evix feat. Jake Herring

© 2017 Lowly Palace.

Written by: Unknown

Not Alone (0:51)

The Tech Thieves

© 2016 The Tech Thieves.

Written by: Emmanuel, Plesa-Topham

7 **Give It Up** (1:33)

Wooli x B-Sides x Jantsen

© 2016 Elysian Records.

Written by: Unknown

8 **This Head I Hold** (2:01)

Electric Guest

Courtesy of the Universal Music Group.

Written by: Burton, Taccone, Compton, Uphold

OUTRO

Feathers (0:31)

Deon Custom

© 2014 Terrorhythm Recordings.

Written by: van Ooijen

OUR DECLARATION OF INTENT

The LES MILLS global family is made up of 17,500 fitness clubs, 130,000 instructors and millions of participants from 100 countries around the globe.

Separated by geography, religion, race, color and creed, we are united in our love of movement, music and the pursuit of healthy living, both for ourselves and our planet.

At LES MILLS we believe in the dignity of each individual within our community and strive to respect the rights and freedoms of all.

In our choice of role models, music and movements we understand that different people and societies have different standards for dress, popular culture and dance.

We also know that what is considered appropriate in some contexts can be seen as inappropriate in others.

As a company that leads group fitness experiences for millions of people every day, we walk a fine line between delivering

Cutting-edge, innovative products and ensuring that accepted norms are upheld and respected.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen the music we use and try to avoid language and references that may cause offense. If we can, sometimes there will be an alternative track (at the bottom of the track list) for you to use instead.

We embrace open communication with our global family so differences of opinion can be expressed, and compromises reached.

Above all, we are passionate about delivering life-changing fitness experiences, every time, everywhere.

BE LOUD AND HEARD

Tell us what you think of this release.
Visit lesmills.com/BLAH

COMPONENTS

1. STATE OF MIND

When it comes time to teach you have 2 goals:

- Lead an INTENSE workout
- Coach your TEAM

These are your foundations. Remember them.

Top suggestions for a LES MILLS GRIT frame of mind:

1. PRACTISE. You need to know your stuff
 - this gives you confidence
2. Praise for effort is essential
 - 'high fives' and 'pats on the back' are key
3. Be AUTHENTIC and GENUINE
4. Engage with every person in the room
5. Do it with the team
6. Circulate and coach each individual

2. SHOW

LES MILLS GRIT is hardcore. There's no question about that! So, like the greatest coaches, the people who choose to teach LES MILLS GRIT have got to be very hardcore too.

If you want to truly inspire people to push their boundaries physically, you want to be pushing your own boundaries. Get out of your comfort zone when you're teaching; be the best inspirational athletic and physical role model you can be.

What does this mean in terms of preparation? It means a lot of work. If you practise with heavy weights, big jumps and a huge heart, you WILL become the kind of coach your team needs to enable them to achieve their personal goals.

3. SAY

What do you NEED to say?

- Technique and safety cues
- Cues for quick setups and to organize equipment and positions
- What to expect in the next block
- Highly motivational and encouraging cues
- Cues for recovery, ie when it's coming up

Basically you are setting people up with enough to get them safely and quickly into a move without a long transition, and then you are motivating them.

IT'S VERY SIMPLE WHEN YOU PUT IT LIKE THAT.

Suggestions:

- Work hard at creating a super succinct script; short sharp cues
- Practise saying your script while you practise physically
- Be clear, precise and highly motivational
- Move around the room and use great role models in class for demonstrations so you can coach others

MIX AND MATCH

SIMPLE COACHING. MAXIMUM FUN.

You can mix and match certain tracks within this release if your club is licensed with more than one LES MILLS GRIT program. Each Quarterly Release is structured differently so you can only ever mix within a release (eg LES MILLS GRIT Strength 23, LES MILLS GRIT Plyo 23, and LES MILLS GRIT Cardio 23), and only the allocated tracks stated in the notes.

A reminder that from Release 12 we aligned the numbering for Cardio with Strength and Plyo. This means there isn't a Cardio 9, 10 or 11.

1 WARMUP

Neuromuscular Pre-conditioning
- Program Specific

2 MONSTER SETS

Speed Circuit Training
- Program Specific

3 1 MINUTE CHALLENGE

Speed Burpees
- Program Specific

4 DESCENDING SUPERSETS

Speed Supersets
- *Mix and Match*

5 1 MINUTE CHALLENGE

Speed Burpees
- Program Specific

6 TABATA

Tabata Intervals
- *Mix and Match*

7 1 MINUTE CHALLENGE

Speed Burpees
- Program Specific

8 CORE CHALLENGE

Athletic Core Conditioning
- Program Specific

Whatever track you begin the workout with dictates the type of class it is. For example, if you teach Tracks 1, 2, 3, 5 and 7 from Strength and Tracks 4 and 6 from Cardio, this would be a Strength workout.

This gives you and your members a huge amount of variety, which is key to avoiding training plateaus. Have fun messing things up!

EQUIPMENT

If the mix you are doing involves setting up different equipment for later tracks, it's important that you make this clear at the beginning of the workout. You can stop the music for a max of 30 seconds to set up, but no longer as intensity levels will fall.



From L-R: Vili Fifita, Tash Vincent, Ben Main

Not only does Les Mills GRIT 23 have all of your favorite moves to to smash the heart rate and challenge fitness levels, the structure throws a complete curve ball, bringing a creative and diverse workout to the table. The Monster Sets bring some great innovation to this release and we are really excited for you to try this with your members! Don't be fooled, the new structure does not mean this one is easy! There are seven massive tracks, with a big focus on speed and high reps – pace yourself.

Les Mills GRIT 23 is designed to find your threshold and push you through it. Enjoy!

CREDITS

Creative Director – Les Mills Jnr

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Thanks to – Dr Boris Rebolledo and the team at Fitology

GRIT COACH INFO

THIS IS GOING TO CHANGE YOUR LIFE...

Did you know that you can now write the exercises up on the walls/mirrors so participants can see them?

This is at the discretion of your club (so definitely check on their policy before you go writing on any walls or mirrors) but when it works for your club and time-slot, you can display the workout on a flipchart, on the mirror (make sure you use non-permanent ink!), or even on the floor in chalk! You don't need to write up every single track.

We suggest:

- Detail the moves for more complex tracks

- For more straightforward tracks such as short Challenges – simply write the name of the track, eg 2-Minute Challenge: Beep Test

- This doesn't apply to the Warmup or Core track

This will benefit both you AND your participants. It will help you out because we all know it can be tough to remember lots of different exercises across lots of different releases. It will help your participants because it will act as a reminder for exercises that are being repeated, and help them to understand the structure of the class – empowering them in their workout. And that's good news for everybody!