

LES MILLS GRIT STRENGTH 23

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THE BOTTOM LINE

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01. WARMUP

MUSIC How You Like Me Now 3:09mins

SETUP One medium plate

Bars off to side of room; split class into four groups

0:00 **Backward-Stepping Lunge with Plate at Collarbones** (L+R)

0:31 **Backward-Stepping Lunge with Plate at Chest** (L+R)

0:35 **Backward-Stepping Lunge with Plate Rotation** (L+R)

0:39 **Jump Lunge with Plate Rotation** (L+R)

0:57 **Squat with Plate at Collarbones**

1:15 **Backward-Stepping Lunge** (x1), **Squat** (x1) (L+R)

1:32 **Backward-Stepping Lunge** (x1), **Squat** (x1), **Calf Raise** (x1) (L+R)

1:41 **Backward-Stepping Lunge** (x1), **Squat Jump** (x1) (L+R)

2:07 **High Knee Run with Plate at Collarbones**

2:20 **High Knee Run with Plate O/H**

2:46 **Squat Jump with Plate at Collarbones**

2:51 **Squat Jump with O/H Plate Press**

3:04 Recovery

CLASS SETUP

No bar for the first half of the class!? Say what? The structure of the first couple of tracks works best with less equipment, so be positive about changing it up! Ask members to grab one weight plate each, and put their bars off to the side.

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 get a great workout from the start using only the plate and their own body weight!

01. WARMUP

TECHNIQUE

BACKWARD-STEPPING LUNGE WITH PLATE AT COLLARBONES

- Feet hip-width
- Plate at collarbones
- Step alternating legs into long Lunge
- **Hips square to the front**
- **Long step backwards**
- Bend back knee towards the floor
- **Chest up**
- **Abs braced**
- **Front thigh parallel to floor**

JUMP LUNGE WITH PLATE ROTATION

- Jump to switch legs (alternate L+R)
- Plate close to chest, rotate over front thigh
- **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 WITH PLATE ROTATION

SQUAT WITH PLATE AT COLLARBONES

- **Feet outside hip-width, knees out over toes**
- **Chest up**
- **Abs braced**
- Plate at collarbones
- **Elbows locked in under plate**
- **Hips back to just above knee line**

NEW MOVE

BACKWARD-STEPPING LUNGE, SQUAT JUMP

- Plate at collarbones
- **Elbows locked in under plate**
- **Chest up**
- **Abs braced**
- **Bent knee landing**

↓ OPTION: CALF RAISE



HIGH KNEE RUN WITH PLATE OVERHEAD

- **Chest up**
- **Arms straight, elbows slightly forward of body**
- **Abs braced**
- Knees to hip-height

↓ OPTION: PLATE AT COLLARBONES

SQUAT JUMP WITH OVERHEAD PLATE PRESS

- **Knees out over toes**
- Drive plate over head during Jump
- **Elbows slightly forward of the body at top of the Press**
- **Feet wide**
- **Chest up – abs braced**
- **Use Squat to absorb the landing**

↓ OPTION: NO JUMP

02. MONSTER SETS

MUSIC Adventure/Came To Get Down/Out Of The Dark 8:20mins

SETUP One medium plate

0:00 Set up track and demo exercises:

STATION 1: **Squat Jump with O/H Plate Press**

STATION 2: **Backward-Stepping Lunge** (x1),
Squat Jump (x1) (L+R)

STATION 3: **High Knee Run with Plate O/H**

STATION 4: **Jump Lunge with Plate Rotation**
(L+R)

SET 1

0:29 **ROUND 1**

0:59 5 Sec Rotation Clockwise

1:04 **ROUND 2**

1:34 5 Sec Rotation Clockwise

1:39 **ROUND 3**

2:09 5 Sec Rotation Clockwise

2:14 **ROUND 4**

2:44 Recovery (groups stay at final station)

REPEAT

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

5:29 Recovery

REPEAT

6:00 **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.

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

SQUAT JUMP WITH OVERHEAD PLATE PRESS

- **Knees out over toes**
- Drive plate over head during Jump
- **Elbows slightly forward of body at top of the Press**
- **Feet wide**
- **Chest up – abs braced**
- **Use Squat to absorb landing**
- ↓ OPTION: NO JUMP

Layer 2 Coaching Focus

- Shoot up from the Squat like a torpedo to build athletic muscle

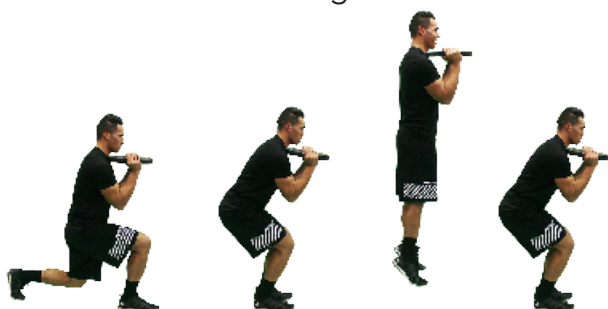
NEW MOVE

BACKWARD-STEPPING LUNGE, SQUAT JUMP

- **Plate at collarbones**
- **Elbows locked in under plate**
- **Chest up**
- **Abs braced**
- **Bent knee landing**
- ↓ OPTION: CALF RAISE

Layer 2 Coaching Focus

- Stay low in the Lunges, keep the back knee down to recruit all the right muscle fibres



HIGH KNEE RUN WITH PLATE OVERHEAD

- **Chest up**
- **Arms straight, elbows slightly forward of body**
- **Abs braced**
- Knees to hip-height
- ↓ OPTION: PLATE AT COLLARBONES

Layer 2 Coaching Focus

- Pump the knees like a turbine to work explosive power

JUMP LUNGE WITH PLATE ROTATION

- Jump to switch legs (alternate L+R)
- Plate close to chest, rotate over front thigh
- **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 WITH PLATE ROTATION

Layer 2 Coaching Focus

- Stay low and load the legs and core for integrated training

03. 1 MINUTE CHALLENGE

MUSIC Give It Up 1:33mins

SETUP No weights

0:00 Set up track and demo exercise:
Burpee Pushup, Block Jump with Clap O/H

0:25 **Burpee Pushup, Block Jump with Clap O/H**

1:25 Recovery

TRACK SETUP

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

COACHING TIP

This is number 1 of 3 Burpee challenges; spend most of this first challenge teaching and correcting technique.

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

BURPEE PUSHUP, BLOCK JUMP WITH CLAP OVERHEAD

- Squat, jump feet back to Plank position, Pushup, jump wide to Squat, Block Jump with Clap over head
 - **Chest up in Squat**
 - **Abs braced**
 - **Chest to elbow-height in Pushup**
 - **Feet wide**
 - **Bend knees to absorb landing**
- ↓ OPTION: PUSHUP ON KNEES

Layer 2 Coaching Focus

- Hit the range in the Pushup, drop chest in line with elbows to build upper body strength

04. DESCENDING SUPERSETS

MUSIC Time/Got The Love Funk 4:36mins

SETUP A medium bar

0:00 Bring in bars, set up track and demo exercises:

Narrow Row (x1), Drop Squat Clean (x1), Squat Pulse (x2), Push Press (x1)

SET 1

0:44 **Narrow Row** (x1), **Drop Squat Clean** (x1)

1:24 **Squat Pulse** (x2), **Push Press** (x1)

2:04 Recovery

REPEAT

2:29 **Narrow Row** (x1), **Drop Squat Clean** (x1)

2:59 **Squat Pulse** (x2), **Push Press** (x1)

3:29 Recovery

REPEAT

3:50 **Narrow Row** (x1), **Drop Squat Clean** (x1)

4:10 **Squat Pulse** (x2), **Push Press** (x1)

4:30 Recovery

TRACK SETUP

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

COACHING TIP

An extra 15 seconds has been added to the start of this track to give everyone time to get their bars from the side of the room; ensure members give themselves enough space for the second half of the workout. Try continuing to teach from the middle of the group to mix it up.

CONNECT

These sets make a nice change from the intensity of the first couple of tracks. Watch how Marcus takes his 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 range.

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

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 back muscles

DROP SQUAT CLEAN

- Jump into Wide Squat and Clean bar to collarbones
- Jump feet together and Clean bar back down
- **Butt just above knee-height in Squat**
- **Knees track out over toes in Squat**
- **Abs braced as bar Cleans**

↓ OPTION: SQUAT CLEAN, NO JUMP

Layer 2 Coaching Focus

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

SQUAT PULSE, PUSH PRESS

- Feet outside hip-width – toes turned out slightly
- Bar on collarbones
- **Chest up – abs braced**
- **Knees out and tracking forward over toes**
- Weight in heels
- Bottom half Pulses with hips just above knee-height
- Drive out of Squat and push bar over head
- **Elbows are slightly forward of the body at the top of the Press**

↓ OPTION: NO HEEL LIFT

Layer 2 Coaching Focus

- Butt to knees, load the quads and squeeze the goodness out of the legs

05. 1 MINUTE CHALLENGE

MUSIC Maima Koopi 1:27mins

SETUP No weights

0:00 Set up track and demo exercise:
Burpee Pushup, Block Jump with Clap O/H

0:20 **Burpee Pushup, Block Jump with Clap O/H**

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

BURPEE PUSHUP, BLOCK JUMP WITH CLAP OVERHEAD

- Squat, jump feet back to Plank position, Pushup, jump wide to Squat, Block Jump with Clap over head
 - **Chest up in Squat**
 - **Abs braced**
 - **Chest to elbow-height in Pushup**
 - **Feet wide**
 - **Bend knees to absorb landing**
- ↓ OPTION: PUSHUP ON KNEES

Layer 2 Coaching Focus

- Power out of the Pushup and off the floor to work extra muscle fibers

06. TABATA

MUSIC Follow Me/Sun Goes Down 6:23mins

SETUP A medium bar

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

SET 1

0:30 **Clean to Squat**

1:00 Recovery. Set up second set:
Backward-Stepping Lunge with Push Press

SET 2

1:15 **Backward-Stepping Lunge with Push Press**

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

4:15 **REPEAT SET 2**

4:45 Recovery

REPEAT

5:00 **REPEAT SET 1**

5:30 Recovery

REPEAT

5:44 **REPEAT SET 2**

6:14 Recovery

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 Des does, to keep members engaged for the whole track.

CONNECT

Energy from the start is key in this track. Watch how enthusiastic Des 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. Deliver strong motivational cues to get them over the line.

06. TABATA

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

CLEAN TO SQUAT

- Clean bar to collarbones as legs Squat
- **Bar stays close to body**
- **Feet outside hip-width, knees out over toes**
- **Chest up – abs braced**
- **Hips back to just above knee line**

Layer 2 Coaching Focus

- Sink the butt deep to knee line, load the legs to work the body harder

BACKWARD-STEPPING LUNGE WITH PUSH PRESS

- 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**
- **Front thigh parallel to floor**
- Drive out of Lunge and push bar over head
- **Elbows are slightly forward of the body at the top of the Press**

↓ OPTION: BACKWARD-STEPPING LUNGE WITH BAR ON BACK

Layer 2 Coaching Focus

- Imagine your body is a resistance band, load the Lunge and resist with control in the Press to condition the upper and lower body at the same time



07. 1 MINUTE CHALLENGE

MUSIC Dreams 1:35mins

SETUP No weights

0:00 Set up track and demo exercise:
Burpee Pushup, Block Jump with Clap O/H
0:19 **Burpee Pushup, Block Jump with Clap
O/H**
1:19 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

BURPEE PUSHUP, BLOCK JUMP WITH CLAP OVERHEAD

- Squat, jump feet back to Plank position, Pushup, jump wide to Squat, Block Jump with Clap over head
 - **Chest up in Squat**
 - **Abs braced**
 - **Chest to elbow-height in Pushup**
 - **Feet wide**
 - **Bend knees to absorb landing**
- ↓ OPTION: PUSHUP ON KNEES

Layer 2 Coaching Focus

- Move your body like a yo-yo up and down as fast as you can, to increase athletic performance

08. CORE CHALLENGE

MUSIC Round Of Applause 2:02mins

SETUP One medium plate

0:00 Set up track and demo exercise: Pike with Knee Bend & Plate Push

0:19 **Pike with Knee Bend (L) & Plate Push (R)**

0:59 **C-Crunch with Plate**

1:18 **Pike with Knee Bend (R) & Plate Push (L)**

1:58 Recovery

TRACK SETUP

Core Challenge: 2 minutes of core conditioning.

COACHING TIP

The Pike with Knee Bend & Plate Push is new, and it's challenging with or without the plate; so get the option out fast and get into the workout.

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 Pike with Knee Bend & Plate Push is 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

PIKE WITH KNEE BEND & PLATE PUSH

- Legs extend to 45 degrees
- Hold plate in one hand, lift arm straight up from shoulder, other arm stays on floor
- Opposite arm crunches up as leg crunches in
- **Keep lower back towards floor**
- **Rotate from center of chest**
- **Chin tucked in**

↓ OPTION: NO PLATE



C-CRUNCH WITH PLATE

- Crunch ribs to hips, then extend arms and legs open to 45 degrees
- Elbows and knees Crunch in with plate at forehead
- **Keep lower back towards the floor when legs extend**
- **Abs braced tight on Crunch**
- **Ribs to hips in Crunch**
- **Chin tucked in**

↓ OPTION: NO PLATE

MUSIC

1 **How You Like Me Now** (3:09)

The Heavy, The Dap-Kings

© 2010 Counter Records

Written by: Swaby, Taylor, Page, Ellul, Christian

2 **Adventure** (2:45)

Mindsight x LIOHN

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Written by: Zastenker, Neumann

Came To Get Down (2:45)

Phibes

© 2017 Bombstrikes.

Written by: Phibes

Out Of The Dark (2:50)

RBYN

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Written by: Unknown

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

Wooli x B-Sides x Jantsen

© 2016 Elysian Records.

Written by: Unknown

4 **Time** (2:04)

RVDY

© 2017 RVDY.

Written by: Unknown

Got The Love Funk (Funk Hunters Remix) (1:26)

Big Gigantic

© 2017 Big Gigantic.

Written by: Unknown

Time (1:06)

RVDY

© 2017 RVDY.

Written by: Unknown

5 **Maima Koopi** (1:27)

A Tribe Called Red feat. OKA, Chippewa

Travellers

© 2016 Radicalized Records.

Written by: Ehren, Campeau, Timothy

6 **Follow Me** (1:00)

JINCO & Sullivan King

© 2016 Otodayo Supa.

Written by: Berger, Prescott

Sun Goes Down (0:45)

Fabian Mazur

© 2017 Lowly Palace.

Written by: Mazur

Follow Me (0:45)

JINCO & Sullivan King

© 2016 Otodayo Supa.

Written by: Berger, Prescott

Sun Goes Down (0:45)

Fabian Mazur

© 2017 Lowly Palace.

Written by: Mazur

Follow Me (0:45)

JINCO & Sullivan King

© 2016 Otodayo Supa.

Written by: Berger, Prescott

Sun Goes Down (0:45)

Fabian Mazur

© 2017 Lowly Palace.

Written by: Mazur

Follow Me (0:45)

JINCO & Sullivan King

© 2016 Otodayo Supa.

Written by: Berger, Prescott

Sun Goes Down (0:53)

Fabian Mazur

© 2017 Lowly Palace.

Written by: Mazur

7 **Dreams** (1:35)

Illestry feat. WY

© 2016 Otodayo Records.

Written by: Unknown

8 **Round Of Applause** (2:02)

The Nextmen feat. Dynamite MC

© 2009 Sanctuary Records Group Ltd, a BMG Company.

Written by: Smith, Betmead, Ellis, Modeliste, Nocentelli, Neville

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

Power Circuit Training
- Program Specific

3 1 MINUTE CHALLENGE

Power Burpees
- Program Specific

4 DESCENDING SUPERSETS

Strength Supersets
- *Mix and Match*

5 1 MINUTE CHALLENGE

Power Burpees
- Program Specific

6 TABATA

Tabata Intervals
- *Mix and Match*

7 1 MINUTE CHALLENGE

Power 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: Marcus Wong King, Erin Maw, Des Helu

Not only does Les Mills GRIT 23 have all of your favorite moves 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, no bar for the first half of the class does not mean this one is easy! There are seven massive tracks, with a big focus on range and power – pace yourself.

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

CREDITS

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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!