

LES MILLS GRIT **24**

CARDIO

01. WARMUP

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INFO, MUSIC & CREDITS

Hey instructors, we'd love your feedback on our new notes! Click here to fill out a quick survey
https://lesmills.qualtrics.com/jfe/form/SV_6PrBtwWGtfNpACF

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01. WARMUP

CLASS SETUP

Your members are in for a massive workout! Instructors know the fitness benefits from HIIT and how awesome it feels, so share that excitement and energy from the start of the class. Set up simply, bring lots of energy and get the atmosphere amping, just like Caley.

Exercise	
0:05	Jog OTS
0:25	High Knee Jog
0:44	High Knee Run
0:53	Drop Squat (F+B) (x2), Squat Jump (x1)
1:12	Drop Squat (L+R diagonal) (x1), Squat Jump (x1)
1:32	Mountain Climber
1:42	Typewriter Mountain Climber (x4) (L+R)
2:06	Typewriter Mountain Climber (x4) (L+R), Pushup (x2)
2:34	Long Jump F (x1), High Knee Run B
3:03	Recovery



01. ORIGAMI 3:07 mins

COACHING TIP

Space out cues – there’s lots of time to build up into each move. Use the time in the Jog for some of the class setup (eg options and cardio focus). Also, break down and explain the new Typewriter Mountain Climber move thoroughly.

CONNECT

Now is a good time to set the feel of the workout. Enjoy the funky music and create the atmosphere of a bunch of mates working out together.

TECHNIQUE

Jog OTS

- **Knees soft**
- **Chest up**

High Knee Jog / Run

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

↓ **OPTION:** JOG OTS

Drop Squat

- **Feet start outside hip-width, then jump wide as butt drops into Squat**
- **Jump back to center, staying low in the legs**
- **Use Squat to absorb landing**
- **Chest up**
- **Abs braced**
- **Knees track out over toes**

Squat Jump

- **Feet outside hip-width**
- **Knees track out over toes**
- **Use Squat to absorb landing**
- **Chest up**
- **Abs braced**

Mountain Climber

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

NEW MOVE

Typewriter Mountain Climber

- **Lateral moving Mountain Climber – hands and legs move at the same time**
- **Back long, strong and straight**
- **Abs braced**
- **Hips and shoulders square to floor**

↓ **OPTION:** MOUNTAIN CLIMBER ON THE SPOT



Pushup

- **Start in Plank position, hands outside shoulder-width**
- **Drop chest in line with elbows**
- **Back long, strong and straight**
- **Abs braced**

↓ **OPTION:** ON KNEES

Long Jump Forward

- **Both feet take off and land**
- **Use Squat to absorb landing**
- **Knees track out over toes**
- **Chest up**
- **Abs braced**



02. GIANT SETS

TRACK SETUP

Giant Sets: 4 moves, 30 seconds each. Non-stop work for 2 minutes.

Set	Exercise
1	0:00 Set up and demo first exercise: Drop Squat (L+R diagonal) (x1), Squat Jump (x1)
	0:29 Drop Squat (L+R diagonal) (x1), Squat Jump (x1)
	0:59 Double Jack Pushup (x2), Typewriter Mountain Climber (x4) (L+R)
	1:29 Leap F (x1), Block Jump (x1), Leap B (x1), Block Jump (x1)
	1:59 High Knee Run (x8), 360° Triple Squat Turn (L+R)
	2:30 Recovery
1	3:08 REPEAT SET 1
	5:10 Recovery
1	5:49 REPEAT SET 1
	7:50 Recovery

02. I’M NOT LOST / RED HANDED / TRY 7:57 mins

COACHING TIP

The structure for these tracks makes the coaching format simple! Set 1 is all Layer 1 (technique, safety and options). Set 2 is Layer 2 (intensity focus for speed, and benefits). Set 3 is your choice – benefits and motivation, OR additional cues for each move to amplify the intensity.

CONNECT

This is the first taste of speed training and education. Use quality floor coaching to tap into fast twitch activation, and set the standard for the rest of the class!

MOTIVATE

Let the workout begin! Long sets and short recoveries are going to kick up the heart rate and take the body to fast fatigue. 2 minutes is a long time to hit high intensity, so lift the vocals and motivation towards the end of this track. Remember this is only track 2 however, so leave yourself somewhere to go for the rest of the workout.

HIIT SCIENCE

Two minutes of high intensity exercise to kick-start the workout. Each move targets the major muscle groups to drive members into a maximum heart rate zone. Rotating the move every 30 seconds helps to keep the intensity high.

TECHNIQUE

Drop Squat, Squat Jump

- **Feet outside hip-width, then jump wide as butt drops into Squat**
- Jump back to center, staying low in the legs
- **Use Squat to absorb landing**
- **Chest up**
- **Abs braced**
- **Knees track out over toes**

Layer 2 Coaching Focus: *Stay low and skim the floor like a jet boat to create more speed*

NEW MOVE

Double Jack Pushup, Typewriter Mountain Climber

- Lateral moving Mountain Climber – hands and legs move at the same time
- Jack hands and feet at the bottom of the Pushup
- **Back long, strong and straight**
- **Abs braced**
- **Hips and shoulders square to floor**
- **Chest to elbow-height in Pushup**

↓ **OPTION:** MOUNTAIN CLIMBER ON THE SPOT

Layer 2 Coaching Focus: *Use your abs to pump the legs and type the letters SPEED with the feet*



Leap Forward, Block Jump, Leap Back, Block Jump

- **Both feet take off and land**
- **Use Squat to absorb landing**
- **Knees track out over toes**
- **Chest up**
- **Abs braced**

Layer 2 Coaching Focus: *Minimize time on the floor to drive the body up, and maximize the heart rate*

NEW MOVE

High Knee Run, 360° Triple Squat Turn

- **Chest up**
- **Abs braced**
- **Keep feet outside hip-width in Turn**
- Stay low in the legs
- **Knees track out over toes**
- Whole body moves as one in 360 degree Turn

Layer 2 Coaching Focus: *Brace abs and whip the hips around to create a mini hurricane*



03. ON THE BEAT CHALLENGE

TRACK SETUP

On the Beat: 1 move, 4 counts, 1 minute.

Exercise	
0:00	Set up track and demo exercise: Squat Burpee (x1), Block Jump with Clap O/H (x1)
0:30	Squat Burpee (x1), Block Jump with Clap O/H (x1)
1:30	Recovery



03. BRING THE FUNK BACK 1:37 mins

COACHING TIP

Count the beat in the track setup, and then again when the countdown hits. Find a couple of moments during the track to call out the beat in case anyone has lost the timing.

CONNECT

This track relies on the beat to create drive and connection. Let the music do the work – say as little as possible and let the beat drive the team home.

MOTIVATE

The main aim is to stay on the beat for the whole minute! If members are starting to slow down, tell them it's ok to stop, shake out, then find the beat again. Time cues or rep counts will help keep participants focused and going hard.

HIIT SCIENCE

One of the secrets to achieving a HIIT effect is to reduce complexity. 1 move, 1 minute. The key to maximizing the effect is to be explosive, every rep. This increases the rate of force development and drives the recruitment of more muscle fibers.

TECHNIQUE

Squat Burpee, Block Jump with Clap Over Head

- 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:** NO JUMP

Layer 2 Coaching Focus: *Use your abs to shoot the legs back and feel the reactive core training*



04. EVERY MINUTE ON THE MINUTE

TRACK SETUP

On the minute challenge: 2 sets, 3 minutes each. 12 reps each minute for set 1, 10 reps each minute for set 2.

Set	Exercise
1	0:00 Set up track and demo first exercise: Butt Kick (x1), Long Jump F (x1), Speed Jack B (x4)
	0:30 Butt Kick (x1), Long Jump F (x1), Speed Jack B (x4) (x12)
	1:27 Butt Kick (x1), Long Jump F (x1), Speed Jack B (x4) (x12)
	2:32 Butt Kick (x1), Long Jump F (x1), Speed Jack B (x4) (max reps)
	3:29 Recovery. Set up second set: Single-Arm Burpee (x2) (L+R), Lateral Squat Jump (x2) (L+R)
2	4:10 Single-Arm Burpee (x2) (L+R), Lateral Squat Jump (x2) (L+R) (x10)
	5:08 Single-Arm Burpee (x2) (L+R), Lateral Squat Jump (x2) (L+R) (x10)
	6:09 Single-Arm Burpee (x2) (L+R), Lateral Squat Jump (x2) (L+R) (max reps)
	7:08 Recovery



04. ALL GOES WRONG RIGHT HERE, RIGHT NOW

7:20 mins

COACHING TIP

There is a bell at the 50 second mark; if members have not completed their reps and need a recovery, tell them to stop and have a break for 10 seconds before the next set.

CONNECT

Lots of praise in this track! Long sets of high reps back to back is tough. Encouragement will put members in a positive mind set to tackle the next minute. Lots of high fives and fist bumps will get them through!

MOTIVATE

Like track 2, long sets with short recoveries make this track punishing! Members should hit the allocated reps in set 1, just make it through set 2, and find set 3 nearly impossible. The motivation really needs to kick up a gear in the last minute of each set. Encourage participants to make each rep count – that next rep is the one that matters!

HIIT SCIENCE

Three 1 minute blocks are ideal to drive past the anaerobic threshold at this phase of the workout. The choice is – high intensity and a longer rest, or lower intensity and a shorter rest. Either way, these 3 blocks are a perfect opportunity to achieve new levels of fitness.

TECHNIQUE

Butt Kick, Long Jump Forward, Speed Jack Back

- Jump up, kick heels towards butt
- **Land in Wide Squat**
- **Chest up**
- **Both feet take off and land**
- **Use Squat to absorb landing**
- **Knees track out over toes**
- **Abs braced**
- **Stay low in the legs in the Jacks**

↓ **OPTION:** NO BUTT KICK

Layer 2 Coaching Focus: *Bend knees and stay low in the Jacks, load the quads and hit the accelerator*

NEW MOVE

Single-Arm Burpee, Lateral Squat Jump

- **Hand under center of chest in Burpee**
- **Back long, strong and straight in Burpee**
- **Hips and shoulders square to floor in Burpee**
- **Use Squat to absorb landing**
- **Both feet take off and land in Squat Jump**
- **Chest up**
- **Abs braced**

↓ **OPTION:** TWO HANDS DOWN IN BURPEE

Layer 2 Coaching Focus: *Stay compact and keep your body tight in order to move with more speed*



05. TRI SETS

TRACK SETUP

Tri Sets: 3 sets, 1:2:1. Move 1 for 30 seconds, move 2 for 30 seconds, repeat move 1 for 30 seconds.

Set	Exercise
1	0:00 Set up track and demo first exercise: Snowboarder (x3), Air Tap (x3)
	0:28 Snowboarder (x3), Air Tap (x3)
	0:59 Power Burpee Pushup (x1), Sprint F+B (4/4)
	1:29 Snowboarder (x3), Air Tap (x3)
	1:59 Recovery. Set up second set:
2	2:29 Power Burpee Pushup (x1), Sprint F+B (4/4)
	2:59 Snowboarder (x3), Air Tap (x3)
	3:29 Power Burpee Pushup (x1), Sprint F+B (4/4)
	3:59 Recovery. Set up final set:
1	4:28 Snowboarder (x3), Air Tap (x3)
	4:58 Power Burpee Pushup (x1), Sprint F+B (4/4)
	5:27 Snowboarder (x3), Air Tap (x3)
	5:58 Recovery



05. EVERYTHING / LIT UP / LYING TO ME 6:04 mins

COACHING TIP

Pick a coaching focus for each block of work. Move 1 is repeated 5 times, so have a clear plan for each block to keep it fresh and interesting.

CONNECT

With a set like this at the end of a workout, the mind and body are going to tap out! This is exactly what an athlete has to overcome when they train. What does it mean to be a good coach? The goal is to lead, inspire and encourage members through this extremely challenging track – figure out what they need to keep them in the workout (praise? Motivation? A hug??). Success in this track relies on the quality of your coaching.

MOTIVATE

This is the BIG track of the workout and requires the most motivational coaching. These sets are absolutely grueling! Long sets like this at the end of the class are really tough, mentally and physically. Tap into the mind-set of an athlete, pushing hard under extreme fatigue. Find some realistic motivational cues to help members push to their absolute maximum!

HIIT SCIENCE

Each exercise in this circuit combines to create total body conditioning. HIIT is a great source of functional fitness, using our muscles in combinations that condition us to cope with the loads and demands of everyday life.

TECHNIQUE

Snowboarder, Air Tap

- Rotate 180 degrees in turning Squat Jump (L+R)
- **Feet outside hip-width**
- **Knees soft**
- **Use Squat to absorb landing**
- **Abs braced to turn**
- Jump up and tap heels together, **land in Wide Squat**

Layer 2 Coaching Focus: *Stay low in the Snowboarder to load the legs, building strong lean muscles*

Power Burpee Pushup, Sprint Forward and Back

- Hands 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**
- Drive feet forward from Pushup and **land in Wide Squat**
- **Chest up in Squat**
- **Abs braced**
- Heels down in Squat

↓ **OPTION:** PUSHUP ON KNEES

Layer 2 Coaching Focus: *To get speed in the Pushup, drop and pop your body – this allows you to switch on the fast twitch fibers which will shape and tone the upper body*



06. ON THE BEAT CHALLENGE

TRACK SETUP

The beat is back! 1 move, 4 counts, 1 minute.

Exercise	
0:00	Set up track and demo exercise: Squat Burpee (x1), Block Jump with Clap O/H (x1)
0:20	Squat Burpee (x1), Block Jump with Clap O/H (x1)
1:20	Recovery



06. BRING THE FUNK BACK 1:27 mins

COACHING TIP

Exactly the same as track 3. Members know this track, so avoid over-coaching.

CONNECT

The connection is the beat, so let it drive this workout.

MOTIVATE

Unlike track 5, it's not the coaching motivation that will get members over the line. The beat in this track is the drive. Enhancing this last explosive experience comes through time/rep cues. Lead by example like Mark – go hard for the whole minute.

HIIT SCIENCE

One of the secrets to achieving a HIIT effect is to reduce complexity. 1 move, 1 minute. The key to maximizing the effect is to be explosive, every rep. This increases the rate of force development and drives the recruitment of more muscle fibers.

TECHNIQUE

Squat Burpee, Block Jump with Clap Over Head

- 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:** NO JUMP

Layer 2 Coaching Focus: *Stay on the beat to train for stamina and control*



07. CORE CHALLENGE

TRACK SETUP

Core Challenge: 1 minute 30 seconds of core conditioning.

Exercise	
0:00	Set up track and demo first exercise: Cross Crawl
0:11	Cross Crawl
0:51	Cross Crawl (x2), Pike (x1)
1:30	Recovery



07. NO GAMES 1:33 mins

COACHING TIP

Short and sharp; get everyone set up quickly to get the maximum benefit.

CONNECT

Celebrate all the hard work everyone has done together, but don't let them check out – keep coaching cool, but uplifting.

MOTIVATE

It's not time to relax just yet, this track is still a crucial part of the workout – make sure everyone is still in it until the fade out!

TECHNIQUE

Cross Crawl

- Fingertips to temples – elbows wide
- **Chin tucked in**
- **Aim opposite shoulder to knee**
- **Brace abs to keep lower back towards floor as legs extend**
- **Crunch ribs towards hips**

↓ **OPTION:** KEEP KNEES BENT

Pike

- Arms and legs extend to 45 degrees
- **Keep lower back towards floor as legs extend**
- Arms and legs reach towards ceiling, then lower back to 45 degrees
- Lift tailbone at top of movement
- **Crunch ribs towards hips**

↓ **OPTION:** KEEP KNEES BENT



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 24, LES MILLS GRIT Plyo 24, and LES MILLS GRIT Cardio 24), 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 GIANT SETS

Speed Circuit Training

- *Mix and Match*

3 ON THE BEAT CHALLENGE

Speed Duration Training

- *Mix and Match*

4 EVERY MINUTE ON THE MINUTE

Speed Time Challenge

- Program Specific

5 TRI SETS

Anaerobic Circuit Challenge

- Program Specific

6 ON THE BEAT CHALLENGE

Speed Duration Training

- *Mix and Match*

7 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, 4, 5 and 7 from Strength and Tracks 2, 3 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.

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.



GRIT COACH INFO

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

WRITE IT UP

Remember, you can 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!



MUSIC

01

Origami (Dirty Zblu Remix) (3:07)
The Geek x Vrv & Dirty Zblu
© 2016 Embrace Records.
Written by: Rondeau, Teoule, Beaumont

02

Im Not Lost (2:31)
Mountains Away
© 2018 Les Mills Music Licensing Ltd.
Written by: Unknown

Red Handed (2:40)
Awoltalk & Reach feat. Nkolo
© 2017 Sola.
Written by: Unknown

Try (2:46)
Khati
© 2017 Starmode.
Written by: Unknown

03

Bring The Funk Back (1:37)
Big Gigantic
© 2016 Big Gigantic.
Written by: Lalli

04

All Goes Wrong (2:31)
Chase & Status feat. Tom Grennan
Courtesy of the Universal Music Group.
Written by: Kennard, Milton, D. McIntosh, K. McIntosh, Grennan, Ledwidge

All Goes Wrong (0:56)
Chase & Status feat. Tom Grennan
Courtesy of the Universal Music Group.
Written by: Kennard, Milton, D. McIntosh, K. McIntosh, Grennan, Ledwidge

Right Here, Right Now (3:53)
Fat Boy Slim
© 1999 Skint Record Limited, a BMG Company.
Written by: Cook, Peters, Walsh

05

Everything (VIP Remix) (2:00)
R3HAB & Skytech
© 2016 R3HAB MUSIC.
Written by: el GhouI, Dziewulski, Lowther, Tebaldi, Dukhov

Lit Up (2:00)
Jean Tonique feat. DIRTY RADIO
© 2016 Jean Tonique - Grand Musique Management under license to Partyfine.
Written by: Jean, Edalat, Yerxa, Dolhaia

Lying To Me (Not Your Dope Remix) (2:04)
Josh Dreon
© 2017 Josh Dreon.
Written by: Unknown

06

Bring The Funk Back (1:27)
Big Gigantic
© 2016 Big Gigantic.
Written by: Lalli

07

No Games (1:33)
Kilter feat. Gill Bates
© 2017 etcetc Music Pty Ltd.
Written by: Marsh, Kelly

08

Be Happy (0:43)
The Geek x Vrv
© 2017 Embrace Records.
Written by: Rondeau, Teoule



From L-R: Marc Downey, Caley Jäck, Lyndsey Morrison

What’s up Amsterdam! Les Mills GRIT hit up Holland for an epic filming round with the European teams. Team UK dropped a massive workout for Les Mills GRIT Cardio release 24.

So, what’s this release about? Long sets of work followed by short recoveries to smash the heart rate and push the body to fast fatigue – really simple, really tough! The payback? Getting really fit, really fast. Creative cues tap into speed intensity and get members pushing harder for longer. Creative cues, high athletic performance and a fun training environment are the essence of this release.

Enjoy! Especially those long working blocks at the end... Love, team UK x

CREDITS

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- Program Planner** – Hannah Brooking
- Music Input** – Erin Maw
- Thanks to** – Dr Boris Rebolledo and the team at Fitology



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.

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