

LES MILLS GRIT **24** PLYO

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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

EQUIPMENT

Bench with no risers and a medium plate.

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 Romain.

Exercise	
0:09	Lateral Squat on Bench with Plate at Collarbones (L+R)
0:44	Plyo Sumo Bench Jump with Plate at Collarbones
0:49	V Jump On/Off Bench (F+B)
1:09	V Jump On/Off Bench with Plate O/H (F+B)
1:18	Backward-Stepping Lunge with Plate at Collarbones (L+R)
1:29	Scissor Lunge with Plate at Collarbones (L+R)
1:48	Jump Lunge with Plate at Collarbones (L+R)
1:58	Jump Lunge (x2) (L+R), Squat Jump Onto Bench (x1)
2:09	Jump Lunge (x2) (L+R), Plate Snatch Onto Bench (x1)
2:21	Recovery



01. HARD TO HANDLE 2:23 mins

COACHING TIP

Space out cues – there’s lots of time to build up into each move. The combos in the Warmup are repeated later in the workout, so get people moving successfully from the start with clear technique cues.

CONNECT

Now is a good time to set the feel of the workout. Enjoy this old school banger and create the atmosphere of a bunch of mates working out together.

TECHNIQUE

Lateral Squat On Bench with Plate at Collarbones

- Feet hip-width apart – one foot on bench, the other on floor
- **Knees track out over toes**
- **Chest up**
- **Abs braced**
- **Butt drops down and back to just above knee-height**
- Step over bench and repeat Squat on other side

Plyo Sumo Bench Jump with Plate at Collarbones

- Start in middle of bench, feet either side of bench on floor
- Jump feet onto bench
- Jump high off bench and **land in Wide Squat, feet either side of bench on floor**
- **Chest up**
- **Abs braced to Jump**
- **Use Squat to absorb landing**

↓ **OPTION:** NO BENCH OR NO PLATE

NEW MOVE

V Jump On/Off Bench with Plate Over Head

- Stand on bench, feet under hips, plate over head
- Squat Jump forward into V on floor, back onto bench, back into V on floor, then forward onto bench
- **Elbows slightly forward of face**
- **Bent knee landing**
- **Abs braced**
- **Chest up**

↓ **OPTION:** NO BENCH OR NO PLATE

Backward-Stepping Lunge with Plate at Collarbones

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

Jump Lunge with Plate at Collarbones

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

↓ **OPTION:** BACKWARD-STEPPING LUNGE

Squat Jump Onto Bench

- **Both feet take off and land in Wide Squat on bench**
- **Feet outside hip-width**
- **Knees track out over toes**
- **Use Squat to absorb landing**
- Hold plate high on collarbones
- Elbows under plate
- **Abs braced**
- **Chest up**

↓ **OPTION:** NO JUMP/NO PLATE

Plate Snatch Onto Bench

- **Both feet take off and land in Wide Squat on bench as plate Snatches up**
- Arms straight in Snatch – **elbows slightly forward of face**
- **Abs braced**
- **Chest up**

↓ **OPTION:** SQUAT JUMP/NO PLATE



02. GIANT SETS

EQUIPMENT

Bench with no risers and a medium plate.

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: V Jump On/Off Bench with Plate Overhead (F+B)
	0:30 V Jump On/Off Bench with Plate O/H (F+B)
	0:59 Lateral Bench Jump with Plate at Collarbones (L+R)
	1:28 Jump Lunge (x2) (L+R), Plate Snatch Onto Bench (x1)
	2:01 Offset Double Jack Pushup (x2), Typewriter Mountain Climber Across Bench (L+R)
	2:30 Recovery
1	3:09 REPEAT SET 1
	5:08 Recovery
1	5:47 REPEAT SET 1
	7:48 Recovery

02. WAKING UP / C'MON / SO HIGH 7:56 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 explosiveness, 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 explosive 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

NEW MOVE

V Jump On/Off Bench with Plate Over Head

- Stand on bench, feet under hips, plate over head
- Squat Jump forward into V on floor, back onto bench, back into V on floor, then forward onto bench
- **Elbows slightly forward of face**
- **Bent knee landing**
- **Abs braced**
- **Chest up**

↓ **OPTION:** NO BENCH OR NO PLATE

Layer 2 Coaching Focus: *Focus on the loading the legs, get low to engage the big muscles*

Lateral Bench Jump with Plate at Collarbones

- Stand alongside bench, feet hip-width apart
- Jump laterally over bench (alternate L+R)
- **Chest up**
- **Abs braced**
- **Bent knee landing**
- Hold plate high on collarbones

↓ **OPTION:** JUMP WITH NO PLATE/NO BENCH

Layer 2 Coaching Focus: *Bend your knees and drive off the floor – load and explode to feel the power in the legs*

Jump Lunge, Plate Snatch Onto Bench

- Jump to switch legs (alternate L+R)
- **Soft knee landing**
- **Front knee out over toes**
- **Hips square to the front**
- **Long Lunge backwards**
- Bend back knee towards the floor
- **Chest up**
- **Abs braced**
- **Both feet take off and land in Wide Squat on bench as plate Snatches up**
- **Arms straight in Snatch – elbows slightly forward of face**

↓ **OPTION:** BACKWARD-STEPPING LUNGE, SQUAT JUMP/NO PLATE

Layer 2 Coaching Focus: *Explode under the plate to generate powerful muscles*

NEW MOVE

Offset Double Jack Pushup, Typewriter Mountain Climber Across Bench

- One hand on bench, the other on floor
- Jump hands and feet wide into Pushup and back to Plank
- **Abs braced to jump**
- **Chest to elbow-height in Pushup**
- Mountain Climber laterally across bench
- Hands and legs move at the same time
- **Hips and shoulders square to floor**
- **Back long, strong and straight**

↓ **OPTION:** PUSHUP ON KNEES

Layer 2 Coaching Focus: *Brace the core hard to control the move and generate more power with good technique*





03. ON THE BEAT CHALLENGE

EQUIPMENT

Bench with no risers.

TRACK SETUP

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

Exercise	
0:00	Set up track and demo exercise: Jump Lunge On Bench (x2) (L+R), Tuck Jump (x1)
0:29	Jump Lunge On Bench (x2) (L+R), Tuck Jump (x1)
1:30	Recovery



03. LET GO 1:36 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

Jump Lunge On Bench, Tuck Jump

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

↓ **OPTION:** SQUAT JUMP

Layer 2 Coaching Focus: *Aim for height in the Tuck Jump, while staying on the beat*



04. EVERY MINUTE ON THE MINUTE

EQUIPMENT

Bench with no risers.

TRACK SETUP

On the minute challenge: 2 sets, 3 minutes each. 14 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: Burpee (x1), Jump Over Bench (x1), 180° Turn (x1)
	0:28 Burpee (x1), Jump Over Bench (x1), 180° Turn (x1) (x14)
	1:30 Burpee (x1), Jump Over Bench (x1), 180° Turn (x1) (x14)
	2:28 Burpee (x1), Jump Over Bench (x1), 180° Turn (x1) (max reps)
	3:28 Recovery. Set up second set: Plyo Sumo Tuck Jump (x1), Jack On/Off Bench (x4) (x10)
2	4:08 Plyo Sumo Tuck Jump (x1), Jack On/Off Bench (x4) (x10)
	5:08 Plyo Sumo Tuck Jump (x1), Jack On/Off Bench (x4) (x10)
	6:08 Plyo Sumo Tuck Jump (x1), Jack On/Off Bench (x4) (max reps)
	7:08 Recovery



04. QUOKKA / JUMP UP 7:22 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

Burpee, Jump Over Bench, 180° Turn

- Squat, jump back into Plank position with hands on bench, jump forward into Wide Squat, Jump Over Bench, 180 degree Turn
- **Feet stay outside hip-width**
- **Use Squat to transition**
- **Chest up**
- **Abs braced**
- **Back long, strong and straight in Plank position**
- **Bent knee landing**
- **Both feet take off and land**
- Whole body moves as one in 180 degree Turn

↓ **OPTION:** JUMP ON/OFF BENCH, OR NO BENCH

Layer 2 Coaching Focus: *Focus on height over the bench to build more power in the legs*

Plyo Sumo Tuck Jump, Jack On/Off Bench

- Start in middle of bench, feet either side on floor
- **Jump feet onto bench, Tuck Jump off and land in Wide Squat on floor**
- **Keep knees bent to Jack on and off bench**
- **Chest up**
- **Abs braced**
- **Use Squat to absorb landing**

↓ **OPTION:** HIGH JUMP INSTEAD OF TUCK JUMP, OR NO BENCH

Layer 2 Coaching Focus: *Height over speed, hit the 10 reps keeping the Tuck Jump as high as possible to build strong athletic muscles*



05. TRI SETS

EQUIPMENT

Bench with no risers.

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: Jump On/Off Bench, 180° Turn, Jump Over Bench, 180° Turn
	0:29 Jump On/Off Bench, 180° Turn, Jump Over Bench, 180° Turn
	0:59 Power Burpee Pushup
	1:29 Jump On/Off Bench, 180° Turn, Jump Over Bench, 180° Turn
	1:59 Recovery. Demo first move of second set: Power Burpee Pushup
2	2:29 Power Burpee Pushup
	2:59 Jump On/Off Bench, 180° Turn, Jump Over Bench, 180° Turn
	3:29 Power Burpee Pushup
	3:59 Recovery. Demo first move of final set: Jump On/Off Bench, 180° Turn, Jump Over Bench, 180° Turn
1	4:28 Jump On/Off Bench, 180° Turn, Jump Over Bench, 180° Turn
	4:58 Power Burpee Pushup
	5:28 Jump On/Off Bench, 180° Turn, Jump Over Bench, 180° Turn
	5:58 Recovery



05. CAN YOU FEEL IT / FIRST BREATH / THRILLCAKES

6:05 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

NEW MOVE

Jump On/Off Bench, 180° Turn, Jump Over Bench, 180° Turn

- **Both feet take off and land**
- **Bent knee landings**
- **Whole feet land on the bench**
- **Chest up**
- **Abs braced**
- Whole body moves as one in 180 degree Turn

Layer 2 Coaching Focus: *Use your arms like a pair of wings to get momentum and jump higher*

Power Burpee Pushup

- Hands shoulder-width apart on bench
- 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 on bench**
- **Chest up in Squat**
- **Abs braced**
- Heels down in Squat

↓ **OPTION:** PUSHUP ON KNEES AND LAND SQUAT ON FLOOR

Layer 2 Coaching Focus: *Time to use the arms, push through the floor and use the hands to tap into explosive movement and engage the core*



06. ON THE BEAT CHALLENGE

EQUIPMENT

Bench with no risers.

TRACK SETUP

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

Exercise	
0:00	Set up track and demo exercise: Jump Lunge On Bench (x2) (L+R), Tuck Jump (x1)
0:19	Jump Lunge On Bench (x2) (L+R), bn Tuck Jump (x1)
1:19	Recovery



06. LET GO 1:26 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 Romain – 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

Jump Lunge On Bench, Tuck Jump

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

↓ **OPTION:** SQUAT JUMP

Layer 2 Coaching Focus: *Stay on the beat – aim for the full 20 reps*



07. CORE CHALLENGE

EQUIPMENT

A small or medium plate.

TRACK SETUP

Core Challenge: 2 minutes of core conditioning.

Exercise	
0:00	Set up track and demo first exercise: Side Hover Pulse with Plate (R)
0:15	Side Hover Pulse with Plate (R)
0:43	Side Hover Pulse with Plate (L)
1:10	Walking Extended Plank
2:03	Recovery



07. GUIDANCE 2:05 mins

COACHING TIP

Short and sharp; get everyone set up quickly to get the maximum benefit, plate or no plate.

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

NEW MOVE

Side Hover Pulse with Plate

- **Bottom elbow under shoulder**
- **Hips square to front**
- Top arm straight, holding plate towards ceiling
- **Shoulders stacked**
- **Use obliques to lift bottom hip up and down**
- Top leg lifted at hip-height

↓ **OPTION:** NO PLATE



NEW MOVE

Walking Extended Plank

- From Plank position, walk hands out from body as far forward as they will go, keeping arms straight
- Feet walk out, out, in, in
- **Back long, strong and straight**
- **Abs braced**
- **Hips and shoulders square to floor**

↓ **OPTION:** KNEES OR TOES



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

Plyo Circuit Training

- *Mix and Match*

3 ON THE BEAT CHALLENGE

Plyo Duration Training

- *Mix and Match*

4 EVERY MINUTE ON THE MINUTE

Plyo Time Challenge

- Program Specific

5 TRI SETS

Anaerobic Circuit Challenge

- Program Specific

6 ON THE BEAT CHALLENGE

Plyo 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

Hard To Handle (2:23)
Otis Redding
© 1968 Atco Records. C/- Warner Music Group Company
Written by: Redding, Jones, Isbell

02

Waking Up (2:31)
MYRNE & Airwav
© 2016 Artist Intelligence Agency.
Written by: Unknown

C'mon (2:39)
Big Gigantic feat. GRiZ
© 2016 Big Gigantic.
Written by: Lalli, Kwiecinski

So High (2:46)
I.Y.F.F.E Thai feat. Wiktorja Kolosowa
© 2016 Uprise Music.
Written by: Alexander, Soares, Soares de Costa, Kolosowa

03

Let Go (1:36)
Tre Sera feat. Zach Sorgen
© 2017 Tre Sara.
Written by: Unknown

04

Quokka (3:28)
Next To Blue
© 2016 Artist Intelligence Agency.
Written by: Unknown

Jump Up (3:54)
Infrakt
© 2015 High Chai.
Written by: Unknown

05

Can You Feel It (2:00)
T-mass & Enthic
© 2017 NCS Ltd.
Written by: Unknown

First Breath (1:59)
Tim Gunter
© 2016 Tim Gunter.
Written by: Unknown

Thrillcakes (2:06)
Sirenz
© 2017 Cr2 Records Ltd.
Written by: Lopez

06

Let Go (1:26)
Tre Sera feat. Zach Sorgen
© 2017 Tre Sara.
Written by: Unknown

07

Guidance (2:05)
Travis Scott
© 2016 Epic Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment.
Written by: Webster, Fraser, Hanson

08

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



From L-R: Tristan Duverger, Romain Prévédello, Christophe Guarnaccia

What’s up Amsterdam! Les Mills GRIT hit up Holland for an epic filming round with the European teams. The Frenchies dropped a massive workout for Les Mills GRIT Plyo 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 explosive height 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, the Frenchies 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.

BE LOUD AND HEARD

Tell us what you think of this release.
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