

LES MILLS GRIT **24** STRENGTH

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INFO, MUSIC & CREDITS

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https://lesmills.qualtrics.com/jfe/form/SV_6PrBtwWGtfNpACF

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01. WARMUP

EQUIPMENT

A medium bar 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 Bas.

Exercise	
0:06	Squat with Bar on Back
0:33	Squat Pulse (x4), Heel Raise (x1) with Bar on Back
0:51	Backward-Stepping Lunge with Bar on Back (L+R) (slow)
1:10	Backward-Stepping Lunge with Bar on Back (L+R)
1:28	Clean & Press (slow)
1:46	Clean & Press
2:05	Lateral Squat Jump with Plate at Chest (L+R)
2:24	Lateral Squat Jump with Plate Press F (L+R) (slow)
2:42	Lateral Squat Jump with Plate Press F (L+R)
2:52	Recovery



01. LIQUID SPIRIT 2:54 mins

COACHING TIP

Space out cues – there’s lots of time to build up into each move. Get technique across clearly at the start, as most of the moves are repeated later in the workout.

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

Squat with Bar on Back

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

Heel Raise

- **Squeeze glutes in Heel Raise**
- **Abs braced**
- **Chest up**

Backward-Stepping Lunge with Bar on Back

- Feet hip-width
- Bar on meaty part of back, elbows under bar
- 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**

Clean & Press

- **Bar close to body**
- **Chest up**
- Butt back
- **Knees bent when catching bar**
- **Abs braced as bar drives over head**
- **Elbows slightly forward of face in Press**

Lateral Squat Jump with Plate at Chest

- Plate held close to chest
- Alternate L+R
- **Both feet take off and land**
- **Use Squat to absorb landing**
- **Feet stay outside hip-width**
- **Knees track out over toes**

Lateral Squat Jump with Plate Press Forward

- Plate presses forward from shoulders
- Alternate L+R
- **Both feet take off and land**
- **Use Squat to absorb landing**
- **Feet stay wide, knees out and tracking over toes**
- **Chest up**
- **Abs braced**

↓ **OPTION:** LATERAL SQUAT JUMP WITH PLATE AT CHEST



02. GIANT SETS

EQUIPMENT

A medium bar 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 track and demo first exercise: Lateral Squat Jump with Plate Press F (L+R)
	0:30 Lateral Squat Jump with Plate Press F (L+R)
	1:00 Squat Pulse (x4), Heel Raise (x1) with Bar on Back
	1:30 Drop Squat Press
	2:00 Jump Lunge with Plate at Collarbones (L+R)
	2:30 Recovery
1	3:09 REPEAT SET 1
	5:09 Recovery
1	5:49 REPEAT SET 1
	7:49 Recovery



02. I KNOW / CREED / BLACK IVORY 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 of load and range, 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 power 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

Lateral Squat Jump with Plate Press Forward

- Plate presses forward from shoulders
- Alternate L+R
- **Both feet take off and land**
- **Use Squat to absorb landing**
- **Feet stay wide, knees track out over toes**
- **Chest up**
- **Abs braced**

↓ **OPTION:** LATERAL SQUAT WITH PLATE PRESS

Layer 2 Coaching Focus: Range means butt to just above knee-level, every Squat, to target all the big muscle groups

Squat Pulse, Heel Raise

- Bar on meaty part of back, elbows under bar
- **Feet outside hip-width**
- **Knees track out over toes**
- **Butt drops down and back to just above knee-height**
- **Chest up**
- **Abs braced**
- **Squeeze glutes in Heel Raise**

Layer 2 Coaching Focus: *Compress the legs like springs and feel the isolated strength in the legs*

Drop Squat Press

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

↓ **OPTION:** SQUAT PRESS

Layer 2 Coaching Focus: *Focus on stomping the feet into the floor to chisel the leg muscles*

Jump Lunge with Plate at Collarbones

- Hold plate at collarbones
- Jump to switch legs
- **Use Lunge to absorb landing**
- **Front thigh parallel to floor**
- **Drive out of the front heel**
- **Front knee tracks out in line with toes**
- **Abs braced**
- **Chest up**

↓ **OPTION:** BACKWARD-STEPPING LUNGE

Layer 2 Coaching Focus: *Imagine the ceiling just dropped, stay under it to load the legs*



03. ON THE BEAT CHALLENGE

EQUIPMENT

A medium bar.

TRACK SETUP

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

Exercise	
0:00	Set up track and demo exercise: Clean & Press
0:29	Clean & Press
1:28	Recovery



03. FOCUS 1:35 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

Clean & Press

- **Bar close to body**
- **Chest up**
- **Butt back**
- **Knees bent when catching bar**
- **Abs braced as bar drives over head**
- **Elbows slightly forward of face in Press**

Layer 2 Coaching Focus: *Stay on the beat, this move is all about control*



04. EVERY MINUTE ON THE MINUTE

EQUIPMENT

A medium plate.

TRACK SETUP

On the minute challenge: 2 sets, 3 minutes each. 12 reps each minute.

Set	Exercise
1	0:00 Set up track and demo first exercise: Squat Jump (x1), Long Jump F with Plate Press F (x1), 180° Turn (x1)
	0:28 Squat Jump (x1), Long Jump F with Plate Press F (x1), 180° Turn (x1) (x12)
	1:30 Squat Jump (x1), Long Jump F with Plate Press F (x1), 180° Turn (x1) (x12)
	2:28 Squat Jump (x1), Long Jump F with Plate Press F (x1), 180° Turn (x1) (max reps)
	3:32 Recovery. Set up second set: Jump Lunge with Plate O/H (L+R) (x1), Plate Snatch (x1)
2	4:10 Jump Lunge with Plate O/H (L+R) (x1), Plate Snatch (x1) (x12)
	5:09 Jump Lunge with Plate O/H (L+R) (x1), Plate Snatch (x1) (x12)
	6:10 Jump Lunge with Plate O/H (L+R) (x1), Plate Snatch (x1) (max reps)
	7:10 Recovery



04. RUN / KILLA 7:17 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

Squat Jump, Long Jump Forward with Plate Press Forward, 180° Turn

- Hold plate close to chest, then press it forward in line with shoulders
- **Chest up**
- **Abs braced**
- **Use Squat to absorb landing**
- Whole body moves as one in 180 degree Turn
- **Keep feet outside hip-width**
- **Knees track out over toes**

↓ **OPTION:** NO PLATE

Layer 2 Coaching Focus: *Focus on range and landing deep in each Squat, for quality reps*

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- ### Jump Lunge with Plate Over Head, Plate Snatch
- Plate over head, elbows slightly forward of face
 - Jump to switch legs
 - **Use Lunge to absorb landing**
 - **Front thigh parallel to floor**
 - **Drive out of the front heel**
 - **Front knee tracks out over toes**
 - **Abs braced**
 - **Chest up**
 - Jump feet from Lunge into Wide Squat
 - **Straight arms Snatch plate to forehead-height**
- ↓ **OPTION:** BACKWARD-STEPPING LUNGE, SQUAT WITH PLATE RAISE
- Layer 2 Coaching Focus:** *Explode under the plate to drive the heart rate up*



05. TRI SETS

EQUIPMENT

A medium bar.

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: Narrow Row (x1), Drop Squat Clean with Jack (x1)
	0:27 Narrow Row (x1), Drop Squat Clean with Jack (x1)
	0:59 Shoulder Tap Pushup (L+R) (x1), Squat Jump (x2)
	1:29 Narrow Row (x1) Drop Squat Clean With Jack (x1)
	2:00 Recovery. Set up second set: Pushup Tap (L+R) (x1) Squat Jump (x2)
2	2:28 Shoulder Tap Pushup (L+R) (x1), Squat Jump (x2)
	3:00 Narrow Row (x1), Drop Squat Clean with Jack (x1)
	3:30 Shoulder Tap Pushup (L+R) (x1), Squat Jump (x2)
	4:00 Recovery. Set up final set: Narrow Row (x1) Drop Squat Clean With Jack (x1)
1	4:30 Narrow Row (x1), Drop Squat Clean with Jack (x1)
	5:00 Shoulder Tap Pushup (L+R) (x1), Squat Jump (x2)
	5:29 Narrow Row (x1), Drop Squat Clean with Jack (x1)
	5:59 Recovery

05. PALACE / DIE YOUNG / FEEL 6:06 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. Break down the Drop Squat Clean with Jack, as this is a new move.

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

Narrow Row

- **Chest up**
- **Tip forward from the hips**
- **Pull bar from knees to belly**
- Elbows in, close to body
- Grip bar just outside thighs

Layer 2 Coaching Focus: Fire up the back muscles by squeezing the shoulder blades together

NEW MOVE

Drop Squat Clean with Jack

- Jump into Wide Squat and Clean bar to collarbones
- Jack feet in and out at bottom of Squat
- Jump back to center and Clean bar back down
- **Butt just above knee-height in Squat**
- **Knees track out over toes in Squat**
- **Abs braced as bar Cleans**
- **Bar stays close to body**

↓ **OPTION:** SQUAT CLEAN, NO JUMP OR JACK

Layer 2 Coaching Focus: Stay low in the Jack to work the legs harder



Shoulder Tap Pushup

- **Hands slightly wider than shoulders**
- Chin tucked in
- **Feet outside hip-width**
- **Chest to elbow-height**
- **Abs braced**
- **Back long, strong and straight**
- **Hips and shoulders square to floor**

↓ **OPTION:** ON KNEES

Layer 2 Coaching Focus: The strength in this move comes from the load at the bottom – load and explode

Squat Jump

- **Feet outside hip-width**
- **Knees track out over toes**
- **Chest up**
- **Bent knee landing**
- **Abs braced**

Layer 2 Coaching Focus: Squat before you jump to increase your athletic performance



06. ON THE BEAT CHALLENGE

EQUIPMENT

A medium bar.

TRACK SETUP

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

Exercise	
0:00	Set up track and demo exercise: Clean & Press
0:19	Clean & Press
1:19	Recovery



06. FOCUS 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 Bas – 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

Clean & Press

- **Bar close to body**
- **Chest up**
- Butt back
- **Knees bent when catching bar**
- **Abs braced as bar drives over head**
- **Elbows slightly forward of face in Press**

Layer 2 Coaching Focus: *Get deeper into the Squat, work the body harder for more strength*



07. CORE CHALLENGE

EQUIPMENT

A small or medium plate.

TRACK SETUP

Core Challenge: 1 minute 30 seconds of core conditioning.

Exercise	
0:00	Set up track and demo first exercise: Offset Pike Crunch with Plate (R)
0:16	Offset Pike Crunch with Plate (R)
0:45	Offset Pike Crunch with Plate (L)
1:14	Pike Pulse with Plate
1:49	Recovery



07. LUCHINI (AKA THIS IS IT) 1:51 mins

COACHING TIP

Short and sharp; get everyone set up quickly to get the maximum benefit. Members may want to go light – the Offset Pike Crunch with Plate is a balance challenge no matter how heavy the plate is.

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

Offset Pike Crunch with Plate

- Legs extend to 45 degrees
- One hand holds plate
- Both arms lie flat on floor out to sides
- Arms and legs lift straight towards ceiling, then lower back to the starting position
- **Crunch ribs towards hips**
- **Brace abs to keep lower back towards floor as legs lower**
- Tailbone lifts at top of Crunch

↓ **OPTION:** BEND KNEES



Pike Pulse with Plate

- Legs extend to 45 degrees
- **Arms extend straight up, in line with shoulders**
- **Plate pulses towards ceiling**
- **Abs braced to keep lower back towards floor**
- **Crunch ribs towards hips**

↓ **OPTION:** BEND KNEES



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

Power Circuit Training

- *Mix and Match*

3 ON THE BEAT CHALLENGE

Power Duration Training

- *Mix and Match*

4 EVERY MINUTE ON THE MINUTE

Power Time Challenge

- Program Specific

5 TRI SETS

Anaerobic Circuit Challenge

- Program Specific

6 ON THE BEAT CHALLENGE

Power 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

Liquid Spirit (20 Syl Remix) (2:54)
Gregory Porter
Courtesy of the Universal Music Group.
Written by: Porter

02

I Know (2:31)
MYRNE feat. Awoltalk
© 2017 Good Enuff Under Exclusive License to Mad Decent.
Written by: Christopher, Manfred

Creed (2:39)
Türküm & EBEN
© 2016 1996 Records.
Written by: Unknown

Black Ivory (2:46)
Elephante
© 2016 Elephante.
Written by: Wu

03

Focus (1:35)
Egzod & iMAGiN8
© 2016 Discovery Project.
Written by: Unknown

04

Run (1:29)
Gnarls Barkley
© 2008 Gnarls Barkley under exclusive license to Downtown Music, LLC and Atlantic Recording Corporation for the United States, Canada and Mexico.
Written by: Mansfield, Burton, Callaway

Run (2:03)
Gnarls Barkley
© 2008 Gnarls Barkley under exclusive license to Downtown Music, LLC and Atlantic Recording Corporation for the United States, Canada and Mexico.
Written by: Mansfield, Burton, Callaway

Killa (3:45)
DISTO
© 2016 Tribal Trap.
Written by: Unknown

05

Palace (2:01)
WYOMI & KRANE
© 2017 KRANE.
Written by: Unknown

Die Young (Maxx Baer Remix) (2:03)
GRMM feat. Wild Eyed Boy
© 2016 Of Leisure.
Written by: Markos, Shuar

Feel (2:02)
Kaivon feat. Danel
© 2017 Kaivon Simab.
Written by: Unknown

06

Focus (1:26)
Egzod & iMAGiN8
© 2016 Discovery Project.
Written by: Unknown

07

Luchini (AKA This Is It) (1:51)
Camp Lo
© 1997 RCA Records, a division of Sony Music Entertainment.Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment.
Written by: Wallace, Wilds, Willis

08

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



Back row: Bas Hollander, Yves Van Den Eynden, Melroy Oostra, Rutger Van Den Ende (shadow)

Front row: Denise d’Hondt (shadow), Shana Van Den Kieboom (shadow), Marcelo Masman (shadow), Lindy Den Haan (shadow), Dennis Toppin, Leroy Ligtoet (shadow)

What’s up Amsterdam! Les Mills GRIT hit up Holland for an epic filming round with the European teams. The lads from the Netherlands and Belgium dropped a massive workout for Les Mills GRIT Strength 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 range and load intensity to 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 from the bad boys 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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