

LES MILLS GRIT **25** CARDIO

01. WARMUP

02. 2 MINUTE CHALLENGE

03. PYRAMID

04. TABATA

05. 2 MINUTE CHALLENGE

06. CORE CHALLENGE

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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LES MILLS GRIT CARDIO 25

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01. WARMUP

CLASS SETUP

Use a short, simple intro to get the ball rolling – a quick explanation about what Les Mills GRIT Cardio is all about – then get into the workout!

Exercise	
0:05	Jog OTS
0:26	Jog OTS with Heels Up
0:40	High Knee Run
0:55	Shuffle Tap (x2) (L+R)
1:09	Shuffle Double-Arm Tap (x2) (L+R)
1:16	Squat Burpee
1:37	Surfer Burpee
1:59	Lateral Leap (L+R)
2:20	Long Jump F, High Knee Run B
2:42	Pushup
3:02	Recovery



01. SURFIN' 3:05mins

CONNECT

Now is a good time to establish the feel of the workout: friendly and upbeat. The funky music sets the pace for a relaxed Warmup – save the tough talk and focused coaching for the rest of the workout.

TECHNIQUE

Jog OTS

- Knees soft
- Chest up

Jog OTS with Heels Up

- Knees soft
- Chest up
- Kick heels towards butt

High Knee Run

- Chest up
- Abs braced
- Drive knees towards chest

↓ **OPTION:** JOG OTS

Shuffle Tap

- Feet outside hip-width
- Shuffle on balls of feet
- Chest up
- Abs braced

↓ **OPTION:** REACH TOWARDS FLOOR, NO TAP

Squat Burpee

- Squat, jump back into Plank position, jump forward into Wide Squat
- 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

Surfer Burpee

- Squat, jump back into Plank position, jump forward into Wide Squat
- Jump and turn 90 degrees with 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 SURFER

Lateral Leap

- Take off from one foot and land on the other
- Hips square to front
- Chest up
- Abs braced
- Bent knee landing
- Knee tracks out over toes on landing
- Push off from the outside of the foot

Long Jump Forward, High Knee Run Back

- Both feet take off and land in Jump
- Use Squat to absorb landing
- Chest up
- Abs braced

Pushup

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

↓ **OPTION:** ON KNEES



02. 2 MINUTE CHALLENGE

CLASS SETUP

2 Minute Challenge: AMRAP (As Many Reps As Possible) – 3 moves, 2 minutes

Exercise	
0:00	Set up track and demo exercise: Pushup Row (L+R), Squat Jump with Tap (x2), Jump Lunge (L+R)
0:28	Pushup Row (L+R), Squat Jump with Tap (x2), Jump Lunge (L+R)
2:28	Recovery



02. ON 2:36mins

COACHING TIP

2 minutes of the same movement pattern is a long time – there is plenty of time to coach, so space out the cues.

CONNECT

The music is super cool and picks up the tempo after a relaxed Warmup. Let the music motivate the team to pick up speed and energy.

MOTIVATE

Let's set the standard for the workout! Once everyone is moving with great technique, start to focus on some intensity cues to get members moving better and harder. Always maintain good form, but throw in some tips to get people hitting more speed and lifting the heart rate!

HIIT SCIENCE

2 minutes of total body conditioning is the perfect way to kick off a HIIT workout. Maintaining speed will maximize output, driving the heart rate up and challenging the energy systems.

TECHNIQUE

Pushup Row

- **Chest to elbow-height in Pushup**
- Pull elbow up and back in Row, hand to shoulder-height
- **Hands slightly wider than shoulders**
- **Chin tucked in**
- **Abs braced**
- **Back long, strong and straight**
- **Hips and shoulders square to floor in Row**

↓ **OPTION:** ON KNEES

Layer 2 Coaching Focus: *Try to push off the floor out of the Pushup for more power*

Squat Jump with Tap

- **Feet outside hip-width**
- **Hips back, chest up in Tap**
- **Abs braced**
- **Use Squat to absorb landing**

Layer 2 Coaching Focus: *Squat before you Jump to increase athletic performance*

Jump Lunge

- 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



03. PYRAMID

CLASS SETUP

Pyramid: 1 move for 25 seconds, adding additional moves up to 4, then removing them back down to 1

Set	Exercise
	0:00 Set up track and demo first exercise: Surfer Burpee, Tuck Jump (L+R)
1	0:29 Surfer Burpee, Tuck Jump (L+R)
	0:54 Recovery. Set up second set and demo second exercise: Lateral Leap (x1), High Knee Sprint (x2) (L+R)
2	1:13 Surfer Burpee, Tuck Jump
	1:38 Lateral Leap (x1), High Knee Sprint (x2) (L+R)
	2:04 Recovery. Set up third set and demo third exercise: Mountain Climber
3	2:24 Surfer Burpee, Tuck Jump
	2:50 Lateral Leap (x1), High Knee Sprint (x2) (L+R)
	3:14 Mountain Climber
	3:39 Recovery. Set up fourth set and demo fourth exercise: Floor Tap, Long Jump F, Speed Jack B (x2)
4	3:59 Surfer Burpee, Tuck Jump
	4:26 Lateral Leap (x1), High Knee Sprint (x2) (L+R)
	4:48 Mountain Climber
	5:15 Floor Tap, Long Jump F, Speed Jack B (x2)
	5:39 Recovery. Set up fifth set
5	5:59 Lateral Leap (x1), High Knee Sprint (x2) (L+R)
	6:23 Mountain Climber
	6:49 Floor Tap, Long Jump F, Speed Jack B (x2)
	7:13 Recovery. Set up sixth set
6	7:33 Mountain Climber
	8:00 Floor Tap, Long Jump F, Speed Jack B (x2)
	8:26 Recovery. Set up final set
7	8:45 Floor Tap, Long Jump F, Speed Jack B (x2)
	9:09 Recovery



03. WARRIOR / KNOCK ME DOWN / LOSE IT / MAKE BELIEVE 9:21mins

COACHING TIP

Each move is repeated 4 times. Space out Layer 1, 2 & 3 coaching over the 4 sets, so that members don't feel overloaded with information.

CONNECT

These longer sets mean that there's time for some quality floor coaching. Demo the first rounds up the front, so members can see the moves clearly. Once intensity kicks in, get amongst the team with energy and encouragement, while ensuring correct technique and form is applied.

MOTIVATE

Each new move requires a focus on technique. After a couple of rounds, bring in the creativity and motivation. The top of the Pyramid is really tough – maintain high energy to keep the intensity up, right to the end of the track!

HIIT SCIENCE

Building blocks of work with short recoveries provide the perfect way to generate a lactate response. Lactic acid provides the trigger for the cascade of chemical changes that make HIIT such a potent exercise stimulus.

TECHNIQUE

Surfer Burpee, Tuck Jump

- Squat, jump back into Plank position, jump forward into Wide Squat, Tuck Jump, Surfer
- **Bent knee landing from Tuck Jump**
- **Jump and turn 90 degrees with feet outside hip-width in Surfer**
- **Use Squat to transition**
- **Chest up in Tuck Jump and Surfer**
- **Abs braced to jump back into Plank**

↓ **OPTION:** NO TUCK JUMP

Layer 2 Coaching Focus: Move faster by accelerating from the Squat, force the calorie burn

Lateral Leap, High Knee Sprint

- Take off from one foot and land on the other in Leap
- **Hips square to front**
- **Chest up**
- **Abs braced**
- **Bent knee landing**
- **Knee tracks out over toes on landing**
- Push off the outside of the foot in Leap

Layer 2 Coaching Focus: Explode across the floor, bend knees more to increase athleticism

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**

Layer 2 Coaching Focus: Push hands into the floor to work the abs harder

Floor Tap, Long Jump Forward, Speed Jack Back

- **Chest up as one hand taps floor (alternate L+R)**
- **Both feet take off and land in Jump**
- **Use Squat to absorb landing**
- **Chest up**
- **Abs braced**
- **Keep knees bent in Jack**

Layer 2 Coaching Focus: Create momentum by throwing the arms forward in the Jump



04. TABATA

CLASS SETUP

Tabata intervals: 8 rounds, 20 seconds on, 10 seconds off. The focus is load and explode

Set	Exercise	
	0:00	Set up track and demo first exercise: Loaded Shuffle with Double-Arm Tap (L+R)
1	0:29	Loaded Shuffle with Double-Arm Tap (L+R)
	0:49	Recovery. Demo second exercise: Lateral Squat Jump (L+R)
	0:58	Lateral Squat Jump (L+R)
	1:18	Recovery
1	1:28	REPEAT SET 1
	2:18	Recovery
1	2:28	REPEAT SET 1
	3:18	Recovery
1	3:28	REPEAT SET 1
	4:18	Recovery. Set up second Tabata and demo first exercise: Power Burpee
2	4:45	Power Burpee
	5:05	Recovery. Demo second exercise: Squat Burpee with Jump
	5:15	Squat Burpee with Jump
	5:34	Recovery
2	5:44	REPEAT SET 2
	6:34	Recovery
2	6:44	REPEAT SET 2
	7:33	Recovery
2	7:44	REPEAT SET 2
	8:35	Recovery



04. GYAL / CLIMB / FOGO 8:46mins

COACHING TIP

As with Track 3, each set of Tabata has four rounds of work. This makes it easy to coach with clarity.

CONNECT

The coaching focus for this Tabata track is 'load and explode'. Emphasize the training benefits of this, so that the team understand the effects of this technique on their bodies.

MOTIVATE

2 rounds of 8 intervals is TOUGH! Focusing on the same muscle groups in both rounds maximizes the work, but also fatigues the muscles really fast. Both rounds of Tabata need an energy boost towards the end to keep members hooked and working hard.

HIIT SCIENCE

The load and explode formula is a great way to drive intensity. We pre-fatigue the muscles in the load phase, take a short recovery, then maximize the output of the same muscles in the explosive phase. The combination of fatigue and rapid muscular acceleration will drive participants into a maximum training zone.

TECHNIQUE

Loaded Shuffle with Double-Arm Tap

- **Keep feet outside hip-width**
- **Keep knees bent**
- **Shuffle on the balls of feet**
- **Chest up on Tap**
- **Hips back**

↓ **OPTION:** REACH TOWARDS FLOOR, NO TAP

Layer 2 Coaching Focus: *Keep the legs loaded to work them harder*

Lateral Squat Jump

- Alternating Lateral Jumps into low Squat (L+R)
- **Chest up**
- **Abs braced**
- **Both feet take off and land**
- **Use Squat to absorb landing**
- **Feet outside hip-width**
- **Knees track out over toes**

Layer 2 Coaching Focus: *Drive up and out of the legs, generate load to achieve height*

Power Burpee

- Squat, jump feet back to Plank position
- **Back long, strong and straight in Plank**
- Drive feet forward and **land in Wide Squat**
- **Chest up in Squat**
- **Abs braced as feet jump back**
- **Heels down in Squat**

↓ **OPTION:** WALK FEET OUT AND IN

Layer 2 Coaching Focus: *Push hands down into the floor to activate muscle fibers in the entire body*

Squat Burpee with Jump

- Squat, jump back into Plank position, jump forward into Wide Squat, Block Jump
- **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**
- **Bent knee landing**

↓ **OPTION:** NO JUMP

Layer 2 Coaching Focus: *As soon as we hit the deck, kick off the floor to generate more speed and power*



05. 2 MINUTE CHALLENGE

CLASS SETUP

The 2 Minute Challenge repeated: AMRAP (As Many Reps As Possible) – 3 moves, 2 minutes

Exercise	
0:00	Set up track and demo exercise: Pushup Row (L+R), Squat Jump with Tap (x2), Jump Lunge (L+R)
0:28	Pushup Row (L+R), Squat Jump with Tap (x2), Jump Lunge (L+R)
2:28	Recovery



05. CHRONO 2:40mins

COACHING TIP

This is a repeat of Track 2 – all you should need is a couple of technique refreshers to get members ready to go.

CONNECT

The team already know how to move with good technique from Track 2, so ask them to apply what they’ve learnt to get the most out of the last 2 minutes. It will feel like a life time, so don’t let them check out!

MOTIVATE

At this stage in the game, it’s all about hanging in there and giving the best effort possible. Step up and smash out the last challenge with your team – scrape the barrel and find that last bit of energy to burn.

HIIT SCIENCE

Now that the moves are familiar - the motor pattern is installed – we have the perfect opportunity to push through our fitness threshold to finish off the HIIT effect. One more push at the end will shift our fitness to a whole new level.

TECHNIQUE

Pushup Row

- **Chest to elbow-height in Pushup**
- Pull elbow up and back in Row, hand to shoulder-height
- **Hands slightly wider than shoulders**
- **Chin tucked in**
- **Abs braced**
- **Back long, strong and straight**
- **Hips and shoulders square to floor in Row**

↓ **OPTION: ON KNEES**

Squat Jump with Tap

- **Feet outside hip-width**
- **Hips back, chest up in Tap**
- **Abs braced**
- **Use Squat to absorb landing**

Jump Lunge

- 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**



06. CORE CHALLENGE

CLASS SETUP

Core Challenge: 2 minutes of core conditioning

Exercise	
0:00	Set up track and demo exercise: Cross Crawl (L+R), C-Crunch (x1)
0:09	Cross Crawl (L+R), C-Crunch (x1)
0:52	Cross Crawl (L+R)
1:08	Commando Crawl Hover
1:58	Recovery



06. I'M DEAD 2:04mins

COACHING TIP

The Core Challenge is only 2 minutes, so get everyone down to the ground quickly to maximize the benefits of this track.

CONNECT

Keep it cool, but still uplifting. Celebrate all the hard work everyone has done together but don't let them fade out until the music does!

MOTIVATE

This is the last working track, not a cool down. Remind the team of the whole-body benefits of core training and keep them pushing themselves until the end.

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

C-Crunch

- **Crunch ribs towards hips**, then open to Pike position
- **Chin tucked in**
- **Brace abs to keep lower back towards floor as legs extend**

Commando Crawl Hover

- **Elbows in line with shoulders in Hover position**
- **Back long, strong and straight**
- Opposite elbow and knee move forward and back (alternate L+R)
- **Hips and shoulders square to floor**

↓ **OPTION:** ON 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 25, LES MILLS GRIT Plyo 25, and LES MILLS GRIT Cardio 25), 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.

With the special structure for Plyo this round, we're mixing and matching the Mix and Match. Here are the combos you can use:

CARDIO/PLYO

- Warmup: CARDIO
- 2 Minute Challenge: CARDIO
- Tabata 1: PLYO
- Tabata 2: PLYO
- Tabata 3: PLYO
- Tabata 4: PLYO
- 2 Minute Challenge: CARDIO
- Core Challenge: CARDIO

CARDIO/STRENGTH

- Warmup: CARDIO
- 2 Minute Challenge: CARDIO
- Pyramid: STRENGTH
- Tabata: STRENGTH
- 2 Minute Challenge: CARDIO
- Core Challenge: CARDIO

PLYO/STRENGTH

- Warmup: PLYO
- 2 Minute Challenge: PLYO
- Pyramid: STRENGTH
- Tabata: STRENGTH
- 2 Minute Challenge: PLYO
- Core Challenge: PLYO

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.

TRAINING TYPE

01 WARMUP

Neuromuscular Pre-conditioning

02 2 MINUTE CHALLENGE

2 Minute AMRAP

03 PYRAMID

Speed Pyramid

04 TABATA

Speed Interval Training

05 2 MINUTE CHALLENGE

2 Minute AMRAP

06 CORE CHALLENGE

Athletic Core Conditioning



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

GRIT COACH INFO

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

Surfin’ (3:05)
Kid Cudi & Pharrell Williams
Courtesy of the Universal Music Group.
Written by: Williams, Mescudi

02

On (2:36)
Outrun
© 2016 Hot Sauce Records.
Written by: Unknown

03

Warrior (Zephure Remix) (2:06)
Steve James feat. LIGHTS
© 2017 Seeking Blue.
Written by: Bogart, Poxleitner, Philibin, Wong

Knock Me Down (1:35)
Youngblood Hawke
© 2017 Youngblood Hawke LLC.
Written by: Katz, Martin, McManus, Reynolds

Lose It (Naderi Remix) (2:00)
Flume & Vic Mensa
© 2017 Future Classic.
Written by: Streten, Mensah

Knock Me Down (1:30)
Youngblood Hawke
© 2017 Youngblood Hawke LLC.
Written by: Katz, Martin, McManus, Reynolds

Make Believe (2:10)
Cramoki & Allstark
© 2017 ILLICIT.
Written by: Unknown

04

GYAL (Freekill Remix) (4:20)
Aazar
© 2017 Record Record.
Written by: Duviver

Climb (0:45)
Bunji Garlin
© 2017, VP Music Group, Inc.
Written by: Unknown

Fogo (0:30)
Garmiani feat. Julimar Santos
© 2017 SpinninRecords.com.
Written by: Santos, Bjorsell, Garmiani

Climb (0:30)
Bunji Garlin
© 2017, VP Music Group, Inc.
Written by: Unknown

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© 2017 SpinninRecords.com.
Written by: Santos, Bjorsell, Garmiani

Climb (0:30)
Bunji Garlin
© 2017, VP Music Group, Inc.
Written by: Unknown

Fogo (0:41)
Garmiani feat. Julimar Santos
© 2017 SpinninRecords.com.
Written by: Santos, Bjorsell, Garmiani

05

Chrono (2:40)
RVDY
© 2017 RVDY.
Written by: Unknown

06

I’m Dead (Pretty Edit) (2:04)
Duckwrth, Sabrina Claudio & Sad Money
© 2017 Them Hellas.
Written by: Beltran, Claudio, Lee

07

The People (1:07)
Common
Courtesy of the Universal Music Group.
Written by: West, Lynn, Scott-Heron



L-R: Caley Jäck, Ash Cameron (shadow), Sarah Shortt (shadow),
Tau Siolo, Angelo Abrogena (shadow), Ben Main

Hey team! We’re keeping this one short and simple, just like the workout.

This filming was extra special as we were also celebrating the 50th anniversary of Les Mills in New Zealand. To mark the occasion, we selected a team of shadows from Les Mills clubs around New Zealand who truly represent the program in their clubs. We would like to recognise them as the heroes of their clubs who deliver great experiences for their members every single day.

The format of Les Mills GRIT Cardio this round is simpler, with fewer complex moves. This is to benefit both you AND your members. For you guys, it makes the workout easier to learn. For your members, it means they can “get” the moves straight away and ensure they achieve the HIIT effect.

Enjoy this killer workout!

CREDITS

Creative Team – Corey Baird, Erin Maw & Les Mills Jnr

Chief Creative Officer – Dr Jackie Mills

Technical Consultant – Bryce Hastings

Research & Technical Advisor –
Dr Jinger Gottschall

Program Coach – Erin Maw & Tau Siolo

Production Coordinator – Pocahantas

Special thanks to – The team at Fitology

PRESENTERS

Ben Main (New Zealand) is a LES MILLS GRIT, BODYATTACK and BODYPUMP Trainer, based in Auckland.

Caley Jäck (South Africa) is a LES MILLS GRIT Coach, a BODYBALANCE/BODYFLOW Trainer and a BODYCOMBAT, BODYPUMP and SH’BAM Instructor. She is also a massage therapist, based in Cape Town City.

Tau Siolo (New Zealand) is LES MILLS GRIT, BODYCOMBAT, BODYJAM, BODYPUMP, CXWORX, SH’BAM and Trainer, and an RPM Instructor. He is based in Auckland, where he is also National Group Fitness Manager for Les Mills New Zealand.

BE LOUD AND HEARD

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We are a global family of leaders, passionately devoted to creating a healthy planet.

We fearlessly inspire others to discover their true potential by falling in love with exercise.

Exercise is our global movement. Millions of us bind together every day to unite through sweat. Our movement shakes the world.

Music is our soul. It drives us, focuses us, gives us passion.

We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement. While honoring our heritage, we set course for the future. Looking to inspire, innovate, and create as much as humanly possible.

We are ludicrous enough to believe that we can change the world.

We are the Les Mills Tribe.

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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