

LES MILLS GRIT **25** PLYO

01. WARMUP

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07. 2 MINUTE CHALLENGE

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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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LES MILLS GRIT PLYO 25

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01. WARMUP

EQUIPMENT

Bench with 1 riser under each side

CLASS SETUP

Use a short, simple intro to get the ball rolling. Les Mills GRIT Plyo 25 has an incredible athletic feel; watch how Romain introduces the class then put your own spin on it!

Exercise	
0:05	Lateral Squat on Bench (L+R)
0:15	Lateral Bench Jump (L+R)
0:51	Squat Burpee
1:18	Straddle Run On/Off Bench
1:36	Backward-Stepping Lunge (L+R)
1:45	Jump Lunge (L+R)
2:03	Pushup
2:30	Straddle Run On/Off Bench
2:48	Straddle Run On/Off Bench F+B
3:07	Recovery



01. GOT THAT FIRE (OH LA HA) 3:09mins

CONNECT

Super funky tunes and easy choreography really make this feel like a Warmup. Lots of smiles and banter with members will get everyone in the mood and ready for a great workout.

TECHNIQUE

Lateral Squat on Bench

- 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

Lateral Bench Jump

- Feet hip-width apart – one foot on bench, the other on floor
- Jump laterally over bench (alternate L+R)
- **Chest up**
- **Abs braced**
- **Bent knee landing**

Squat Burpee

- Squat, jump back into Plank position with hands on bench, jump forward into Wide Squat
- **Abs braced as feet jump back to Plank**
- **Hands under shoulders on bench**
- **Back long, strong and straight**
- **Use Squat to transition**
- **Feet outside hip-width in Squat**
- **Butt down and back, just above knee-height in Squat**
- **Chest up in Squat**

Straddle Run On/Off Bench

- Straddle bench, start with feet on floor
- Feet run on/on, off/off bench
- Stay light on the balls of the feet
- **Chest up**
- **Knees soft**
- **Abs braced**

Backward-Stepping Lunge

- Stand on bench, 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

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

↓ **OPTION: BACKWARD-STEPPING LUNGE**

Pushup

- Hands on bench, just outside shoulder-width
- **Chin tucked**
- **Chest to elbow-height**
- **Abs braced**
- **Back long, strong and straight**

↓ **OPTION: ON KNEES**



02. 2 MINUTE CHALLENGE

EQUIPMENT

Bench with 1 riser under each side

TRACK SETUP

2 Minute Challenge: AMRAP (As Many Reps As Possible)

Exercise	
0:00	Set up track and demo exercise: Burpee Tricep Pushup, Jump On/Off Bench, 180° Turn
0:25	Burpee Tricep Pushup, Jump On/Off Bench, 180° Turn
2:25	Recovery



02. I GET MONEY 2:37mins

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 power 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

Burpee Tricep Pushup

- Hands under shoulders at end of bench
- Jump feet back to Plank
- Elbows close to body in Tricep Pushup
- **Back long, strong and straight in Plank and Pushup**
- **Chest to elbow-height in Pushup**
- **Use Squat to transition**
- **Abs braced in jump back to Plank**

↓ **OPTION:** PUSHUP ON KNEES

Layer 2 Coaching Focus: *Pop off the bench out of the Pushup to kick up the metabolic rate*

Jump On/Off Bench, 180° Turn

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

↓ **OPTION:** LOW JUMP OFF BENCH

Layer 2 Coaching Focus: *Kick the bench and jump high to activate athletic muscle fibers*



03. TABATA 1

EQUIPMENT

Bench with 1 riser under each side and a medium plate

TRACK SETUP

Tabata 1: Power vs. speed. 3 rounds, 40 seconds on, 20 seconds off

Set	Exercise
	0:00 Set up track and demo first exercise: Jump Lunge on Floor (L+R), Squat Jump On/Off Bench with Plate at Collarbones (x1)
1	0:28 Jump Lunge on Floor (L+R), Squat Jump On/Off Bench with Plate at Collarbones (x1)
	1:09 Recovery. Demo second exercise: Speed Tap (L+R) (x4), Burpee (x1)
	1:29 Speed Tap (L+R) (x4), Burpee (x1)
	2:08 Recovery
1	2:28 REPEAT SET 1
	4:09 Recovery
1	4:28 REPEAT SET 1
	6:10 Recovery



03. CLAP YA HANDS NOW / ODYSSEY PT. 1 6:20mins

COACHING TIP

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

CONNECT

The workout is about to get real! This is the first Tabata track of 4, so don't come in too heavy too fast as there is a long way to go. Let the upbeat music set the mood for a fun and intense track.

MOTIVATE

Pace your coaching. Lift the energy in the third set, focusing on power and speed.

HIIT SCIENCE

This Tabata combines power in the Lunge/Squat sequence with agility in the Speed Tap, Burpee. Pushing intensity under these two training conditions delivers athletic muscle tone and increases fitness levels.

TECHNIQUE

Jump Lunge on Floor, Squat Jump On/Off Bench with Plate at Collarbones

- Jump to switch legs in Jump Lunge (alternate L+R), then Squat Jump on and off the bench
- Plate sits high on collarbones
- **Bent knee landing**
- **Front knee tracks out over toes in Lunge**
- **Hips square to front**
- **Long Lunge backwards**
- Bend back knee towards the floor in Lunge
- **Feet outside hip-width in Squat**
- **Chest up**
- **Abs braced**

↓ **OPTIONS:** BACKWARD-STEPPING LUNGE OR NO PLATE

Layer 2 Coaching Focus: *Load the legs to gain pre-fatigue*

Speed Tap, Burpee

- Jump to switch feet, Tap top of bench with ball of foot
- Squat, jump back into Plank position with hands on bench, jump forward into Wide Squat
- **Keep knees bent in Speed Tap**
- **Chest up in Speed Tap**
- **Use Squat to transition in Burpee**
- **Abs braced in jump back to Plank**

Layer 2 Coaching Focus: *Race yourself – quick feet on the bench to lift the heart rate*





04. TABATA 2

EQUIPMENT

Bench with 1 riser under each side and a medium plate

TRACK SETUP

Tabata 2: Load and explode. 3 rounds, 30 seconds on, 15 seconds off

Set	Exercise	
	0:00	Set up track and demo first exercise: Drop Squat On/Off Bench with Plate Press O/H
1	0:29	Drop Squat On/Off Bench with Plate Press O/H
	0:58	Recovery. Demo second exercise: Plyo Sumo Bench Jump
	1:13	Plyo Sumo Bench Jump
	1:44	Recovery
1	1:59	REPEAT SET 1
	3:14	Recovery
1	3:30	REPEAT SET 1
	4:45	Recovery



04. ON THE RUN / THE MEANING 4:55mins

COACHING TIP

Turn benches to face forward at the start of this track, so members can see the demos clearly.

CONNECT

The music in this set is banging! This track is really tough, so avoid over-coaching and let that big beat connect people to the movement to drive them forward.

MOTIVATE

When tested, this track was the first big heart rate spike of the workout. The combination of load and explode will take participants to fast fatigue. Be ready with motivation and praise to get everyone through these tough sets.

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

Drop Squat with Plate Press O/H

- Feet start together on bench, then jump wide onto floor as butt drops into Squat and plate presses over head
- Jump back to center of bench staying low in the legs, as plate drops back to collarbones
- **Use Squat to absorb landing**
- **Chest up**
- **Abs braced**
- **Elbows slightly forward of face in Press**
- **Knees track out over toes**

↓ **OPTION:** PLATE STAYS AT COLLARBONES

Layer 2 Coaching Focus: *Stay as close to the bench as possible to overload the legs*

Plyo Sumo Bench Jump

- Start with 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

Layer 2 Coaching Focus: *Jump as high as you can every time to take the legs to maximum capacity*



05. TABATA 3

EQUIPMENT

Bench with 1 riser under each side

TRACK SETUP

Tabata 3: Stability vs. agility. 3 rounds, 20 seconds on, 10 seconds off

Set	Exercise	
	0:00	Set up track and demo exercises: Mountain Climber (x4) (L+R), Donkey Kick (x1), U-Leap
1	0:30	Mountain Climber (x4) (L+R), Donkey Kick (x1)
	0:50	Recovery. Demo second exercise: U-Leap
	1:00	U-Leap
	1:19	Recovery
1	1:29	REPEAT SET 1
	2:19	Recovery
1	2:30	REPEAT SET 1
	3:20	Recovery



05. RAW / BETTER 3:32mins

COACHING TIP

Demo the U-Leap in the intro and again before the first set. Clearly explain that the ‘inside leg’ leaps forward.

CONNECT

This set is really sports inspired, especially the U-Leap. Use language and coaching references like *“agility is a great game-play, let’s play!”* to take members’ mindset to the court, so they can tap into training like an athlete.

MOTIVATE

The motivation comes from the fact that these Tabatas are ‘drop sets’. The 20 seconds of work is hard, but achievable. The alternation between upper and lower body work will keep intensity high – one works while the other recovers. Use this reminder to keep everyone in the game!

HIIT SCIENCE

This track maximises the benefits of reactive core training. Athletes drive movements from the core; focusing on that in the Mountain Climber and U-Leap will improve the core’s ability to generate strength and power.

TECHNIQUE

Mountain Climber

- Start in Plank position with hands under shoulders on bench, 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 bench to work the abs harder*

Donkey Kick

- Start in Plank position with hands under shoulders on bench
- Both feet take off and land
- **Knees pull in towards chest, then back out to Plank**
- **Abs braced**
- **Back long, strong and straight**
- **Butt down**

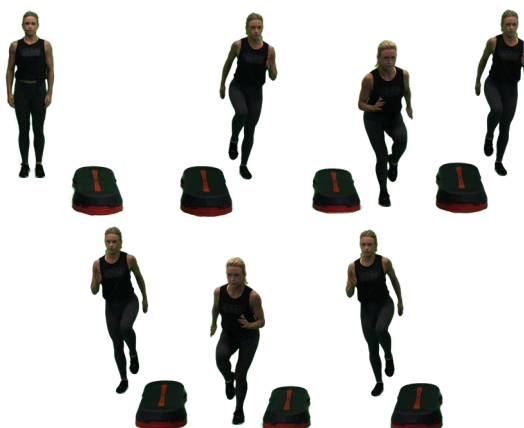
↓ **OPTION:** FROG JUMP

Layer 2 Coaching Focus: *Strong arms and upper body to hit the Donkey Kick with speed and power*

U-Leap

- Jump across, forward, back, across, forward, back around the bench in a U shape
- **Hips square to front**
- **Chest up**
- **Knees bent**
- **Inside leg on each side always leads**
- Arms swing naturally

Layer 2 Coaching Focus: *Big jumps to power the legs and work agility*





06. TABATA 4

EQUIPMENT

Bench with 1 riser under each side

TRACK SETUP

Tabata 4: Speed vs. power. 3 rounds, 10 seconds on, 5 seconds off

Set	Exercise	
	0:00	Set up track and demo first exercise: Speed Jack On/Off Bench
1	0:29	Speed Jack On/Off Bench
	0:40	Recovery. Demo second exercise: Squat Tuck Jump
	0:44	Squat Tuck Jump
	0:55	Recovery
1	0:59	REPEAT SET 1
	1:24	Recovery
1	1:29	REPEAT SET 1
	1:54	Recovery



06. QUALIA 2:06mins

COACHING TIP

Demo both moves in setup and clearly explain the 'beep' signal for the 5 second recovery.

CONNECT

Very little coaching and motivation is required because the sets are so short. Let the music drive the work in the 10 second spikes.

MOTIVATE

Knowing that the sets of work are ONLY 10 seconds will motivate everyone to achieve as many reps as possible. Lead by example and join the team for these sets – now is the time to inspire with pure physicality and fitness.

HIIT SCIENCE

The best way to maximize muscle output is speed and power training. These short bursts will deliver maximal output.

TECHNIQUE

Speed Jack On/Off Bench

- Feet start together on bench, then jump wide onto floor
- Both feet take off and land
- **Bent knee landing**
- **Abs braced**
- **Chest up**

Layer 2 Coaching Focus: *Imagine there's a bolt of electricity going through your body, shock it with speed*

Squat Tuck Jump

- **Feet outside hip-width**
- **Chest up**
- **Abs braced to draw knees up**
- **Knees wide in Tuck Jump**
- **Use Squat to absorb landing**

↓ **OPTION:** SQUAT JUMP

Layer 2 Coaching Focus: *Load and react for super athletic movement*



07. 2 MINUTE CHALLENGE

EQUIPMENT

Bench with 1 riser under each side

TRACK SETUP

The 2 Minute Challenge repeated: AMRAP (As Many Reps As Possible)

Exercise	
0:00	Set up track and demo exercise: Burpee Tricep Pushup, Jump On/Off Bench, 180° Turn
0:24	Burpee Tricep Pushup, Jump On/Off Bench, 180° Turn
2:24	Recovery



07. EVERYTHING 2:38mins

COACHING TIP

Turn benches back to horizontal position at the start of the track.

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.

TECHNIQUE

Burpee Tricep Pushup

- Hands under shoulders at end of bench
- Jump feet back to Plank
- Elbows stay close to body in Tricep Pushup
- **Back long, strong and straight in Plank and Pushup**
- Chest to elbow-height in Pushup
- **Use Squat to transition**
- **Abs braced in jump back to Plank**

↓ **OPTION:** PUSHUP ON KNEES

Jump On/Off Bench, 180° Turn

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

↓ **OPTION:** LOW JUMP OFF BENCH



08. CORE CHALLENGE

EQUIPMENT

Bench with 1 riser under each side and a medium plate

TRACK SETUP

Core Challenge: 3 minutes of core conditioning

Exercise	
0:00	Set up track and demo first exercise: Reverse Crunch
0:20	Reverse Crunch
0:38	Reverse Crunch with Leg Extension
0:55	Transition to floor and demo next exercise: Walking Hover (L+R)
0:57	Walking Hover (L+R)
1:44	C-Crunch, Pike with Plate
2:21	Walking Hover (L+R)
2:59	Recovery



08. 00H WEE 3:04mins

COACHING TIP

Have plate close by for back half of class and get everyone down onto the bench quickly to maximize working time.

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

Reverse Crunch with Leg Extension

- Lie on bench, reach arms over head and hold bench
- Shins parallel to ceiling
- Tail bone lifts
- **Hips and ribs crunch together**
- Legs straighten out to 45 degrees in Leg Extension
- **Lower back presses towards the bench**



Walking Hover

- Elbows under shoulders, fists together
- **Back long, strong and straight**
- **Abs braced**
- Feet walk out/out, in/in
- **Butt down**
- **Hips and shoulders square to floor**

↓ **OPTION: ON KNEES**

C-Crunch, Pike with Plate

- Plate to forehead, knees in line with hips
- **Crunch ribs to hips**
- **Chin slightly tucked**
- Extend arms and legs straight out to Pike
- **Lower back presses towards the floor**

↓ **OPTION: NO PLATE**



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, 04, 05 & 06 TABATA

Plyometric Interval Training

07 2 MINUTE CHALLENGE

2 Minute AMRAP

08 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

Got That Fire (Oh La Ha) (3:09)
Featurecast feat. Pugs Atomz & Ill Legit
© 2012 Jalapeno Ltd.
Written by: Mintram, Price, Bell, Ritson

02

I Get Money (2:37)
50 Cent
Courtesy of the Universal Music Group.
Written by: Stanberry, Jackson, Robinson, Hammond

03

Clap Ya Hands Now (1:10)
Stickybuds
© 2017 Westwood Recordings.
Written by: Porter, Nocentelli, Modeliste, Neville, Cowie, Martens

Odyssey Pt. 1 (KRANE Remix) (1:00)
Big Gigantic
© 2017 Big Gigantic.
Written by: Lalli

Clap Ya Hands Now (1:00)
Stickybuds
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Odyssey Pt. 1 (KRANE Remix) (1:10)
Big Gigantic
© 2017 Big Gigantic.
Written by: Lalli

04

On The Run (1:00)
NGHTMRE feat. PASSEPORT
© 2017 Mad Decent.
Written by: Duelk, Miatello, Stoecker

The Meaning (0:45)
Gent & Jawns
© 2017 Monstercat.
Written by: Unknown

On The Run (0:45)
NGHTMRE feat. PASSEPORT
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Written by: Duelk, Miatello, Stoecker

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Written by: Duelk, Miatello, Stoecker

The Meaning (0:55)
Gent & Jawns
© 2017 Monstercat.
Written by: Unknown



05 **Raw** (0:50)
Madison Mars
© 2017 Enhanced Music.
Written by: Sillamo

Better (0:30)
What So Not & LPX
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Written by: Ekmark, Beresin, Emerson, Flannigan, Plapinger

Raw (0:30)
Madison Mars
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Raw (0:30)
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Better (0:42)
What So Not & LPX
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Pty Ltd.
Written by: Ekmark, Beresin, Emerson, Flannigan, Plapinger

06 **Qualia** (2:06)
Abedz
© 2017 The Collected.
Written by: Unknown

07 **Everything** (2:38)
Rusty Hook feat. Ria
© 2017 Moving Castle.
Written by: Unknown

08 **Ooh Wee** (3:04)
Mark Ronson
© 2004 Elektra Entertainment for the United States and WEA
International Inc. for the world outside of the United States.
Written by: Carenard, Hebb, Coles, Ronson, Hale, Theobailey

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



Back L-R: Heidi Fromm (shadow), Jacob Gunnell (shadow),
Erin Maw, René Vogel

Front L-R: Filippo Fifita (shadow), Romain Prévédello

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.

When you see Les Mills GRIT 25, you're going to notice a few changes to the structure for this round.

Les Mills GRIT Plyo 25 has its own special workout structure, different from Cardio and Strength. We know the bench provides an extra challenge for people during more complex movements – so we've simplified the workout even further so your members can absolutely feel successful in this program. Don't worry – you'll still see those awesome big jumps.

We hope you enjoy this killer athletic workout.

p.s. A WHOLE class of Tabatas? Challenge accepted!

CREDITS

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

Chief Creative Officer – Dr Jackie Mills

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Research & Technical Advisor –
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Special thanks to – The team at Fitology

PRESENTERS

Erin Maw (New Zealand) is a LES MILLS GRIT, BODYATTACK, BODYCOMBAT, BODYJAM and SH'BAM Trainer and a CXWORX and BODYBALANCE/BODYFLOW Instructor. She is based in Auckland.

René Vogel (Germany) is a LES MILLS GRIT, BODYBALANCE/BODYFLOW, BODYPUMP and CXWORX Trainer. He is also a BODYATTACK Instructor.

Romain Prévédello (France) is a LES MILLS GRIT, BODYATTACK, BODYPUMP, BODYSTEP and CXWORX Trainer. He is based in Toulouse, where he also manages a gym.

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WE ARE THE LES MILLS TRIBE

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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