

LES MILLS GRIT **25** STRENGTH

01. WARMUP

02. 2 MINUTE CHALLENGE

03. PYRAMID

04. TABATA

05. 2 MINUTE CHALLENGE

06. CORE CHALLENGE

INFO, MUSIC & CREDITS

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LES MILLS GRIT STRENGTH 25

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01. WARMUP

EQUIPMENT

A medium bar

CLASS SETUP

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

Exercise	
0:05	Squat with Bar on Back
0:30	Backward-Stepping Lunge with Bar on Back (L+R)
0:55	Squat, Heel Raise with Bar on Back
1:21	Row (x1), High Pull (x1)
1:53	Clean & Press
2:18	Pushup
2:44	Recovery



01. IN COLD BLOOD 2:47mins

COACHING TIP

Most of the Warmup is shown on the beat in the video, which is not obligatory – go with what’s best for your members.

CONNECT

Now is a good time to establish the feel of the workout – the cool vibes of the music and the massive drop set the tone for this release of Les Mills GRIT Strength. The aim of this Warmup is to build suspense and get people really engaged for the workout ahead!

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 forward over toes**

Backward-Stepping Lunge with Bar on Back

- Feet hip-width apart
- 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**

Heel Raise with Bar on Back

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

Row

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

High Pull

- **Hand grip just outside thigh**
- Bar starts at mid-thigh and draws up the body
- **Bar to lower chest**
- **Elbows wide, finish below shoulder height**
- **Bar stays close to body**
- **Knees soft**
- **Chest up**

Clean & Press

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

Pushup

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

↓ **OPTION: ON KNEES**



02. 2 MINUTE CHALLENGE

EQUIPMENT

A medium bar

TRACK SETUP

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

Exercise	
0:00	Set up track and demo exercise: Pushup Row (L+R), Squat Jump (x2)
0:24	Pushup Row (L+R), Squat Jump (x2)
2:26	Recovery



02. SHUTTERBUGG 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

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

- **Feet outside hip-width**
- **Chest up**
- **Abs braced**
- **Use Squat to absorb landing**

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



03. PYRAMID

EQUIPMENT

A medium bar

TRACK 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: Clean, Squat, Press
1	0:27 Clean, Squat, Press
	0:52 Recovery. Set up second set and demo second exercise: Backward-Stepping Lunge with Bar on Back (L+R)
2	1:13 Clean, Squat, Press
	1:38 Backward-Stepping Lunge with Bar on Back (L+R)
	2:03 Recovery. Set up third set and demo third exercise: Row (x2), High Pull (x2)
3	2:23 Clean, Squat, Press
	2:50 Backward-Stepping Lunge with Bar on Back (L+R)
	3:13 Row (x2), High Pull (x2)
	3:41 Recovery. Set up fourth set and demo fourth exercise: Squat, Heel Raise with Bar on Back
4	3:58 Clean, Squat, Press
	4:27 Backward-Stepping Lunge with Bar on Back (L+R)
	4:47 Row (x2), High Pull (x2)
	5:12 Squat, Heel Raise with Bar on Back
	5:40 Recovery. Set up fifth set
5	6:00 Backward-Stepping Lunge with Bar on Back (L+R)
	6:24 Row (x2), High Pull (x2)
	6:47 Squat, Heel Raise with Bar on Back
	7:14 Recovery. Set up sixth set
6	7:33 Row (x2), High Pull (x2)
	7:57 Squat, Heel Raise with Bar on Back
	8:23 Recovery. Set up final set
7	8:43 Squat, Heel Raise with Bar on Back
	9:09 Recovery



03. RIGHT BACK / JUMP / SAY LESS / CONFESSIONS

9:22mins

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

This is straight bar work! Connect members to what real strength training feels like using coaching cues. This track is heavy and hard, and allows the pure essence of Les Mills GRIT Strength to come through.

MOTIVATE

Each new move requires a focus on technique. After a couple of rounds, bring in the creativity and motivation. The explosive Squat, Heel Raise is a tough one to finish, fatigue is kicking in and that bar is heavy! 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

Clean, Squat, Press

- Bar close to body in Clean
- Keep chest up
- Knees bent when catching bar
- Hips back in Squat
- Knees track out over toes in Squat
- Abs braced as bar drives over head
- Elbows slightly forward of face in Press

Layer 2 Coaching Focus: Drop fast under the bar to lift intensity and heart rate

Backward-Stepping Lunge with Bar on Back

- Feet hip-width apart
- 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

Layer 2 Coaching Focus: Drop the back knee down to load the legs

Row, High Pull

- Chest up
- Tip forward from the hips in Row
- Pull bar from knees to belly in Row
- Elbows in, close to body in Row
- Grip bar just outside thighs
- Elbows wide, finish below shoulder height in High Pull
- Bar to lower chest in High Pull
- Bar stays close to body in High Pull
- Knees soft

Layer 2 Coaching Focus: The bar is like an opponent; it's the resistance needed in order to build a strong back

Squat, Heel Raise 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
- Squeeze glutes in Heel Raise
- Abs braced
- Chest up

Layer 2 Coaching Focus: Load, then freeze at the top and reset to maintain stability and achieve more reps



04. TABATA

EQUIPMENT

A medium bar

TRACK 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: Clean, Backward-Stepping Lunge (L+R)
1	0:28 Clean, Backward-Stepping Lunge (L+R)
	0:50 Recovery. Demo second exercise: Power Lunge (L+R)
	0:58 Power Lunge (L+R)
	1:17 Recovery
1	1:28 REPEAT SET 1
	2:17 Recovery
1	2:28 REPEAT SET 1
	3:18 Recovery
1	3:28 REPEAT SET 1
	4:17 Recovery. Set up second Tabata and demo first exercise: Lateral Squat with Bar on Back (L+R)
2	4:43 Lateral Squat with Bar on Back (L+R)
	5:03 Recovery. Demo second exercise: Lateral Squat Jump (L+R)
	5:14 Lateral Squat Jump (L+R)
	5:35 Recovery
2	5:44 REPEAT SET 2
	6:34 Recovery
2	6:43 REPEAT SET 2
	7:34 Recovery
2	7:44 REPEAT SET 2
	8:35 Recovery



04. CALL ME / LONELY STREET / BURN IT DOWN

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

Clean, Backward-Stepping Lunge

- Bar close to body in Clean
- Keep chest up
- Knees bent when catching bar
- Long step back to Lunge
- Hips square to front
- Chest up
- Front knee tracks out over toes in Lunge
- Clean bar back down when stepping in from Lunge

↓ **OPTION:** NO CLEAN – BACKWARD-STEPPING LUNGE WITH BAR ON BACK

Layer 2 Coaching Focus: Use the hips to drive momentum and power

Power Lunge

- Jump into a long Lunge
- Chest up
- Abs braced
- Swing arms to jump up and switch legs
- Use Lunge to absorb landing

↓ **OPTION:** BACKWARD-STEPPING LUNGE

Layer 2 Coaching Focus: To train for explosive gain, leave the floor with each switch

Lateral Squat with Bar on Back

- Bar on meaty part of back, elbows under bar
- Alternating lateral steps into low Squat (L+R)
- Chest up
- Abs braced
- Hips back to just above knee line
- Feet outside hip-width
- Knees track forward over toes

Layer 2 Coaching Focus: Aim for butt to knees to work the legs 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
- Hips back to just above knee line
- Feet outside hip-width
- Knees track forward over toes

Layer 2 Coaching Focus: Squat before you Jump to generate more power and maximize the working sets





05. 2 MINUTE CHALLENGE

EQUIPMENT

A medium bar

TRACK SETUP

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

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



05. NOBODY BUT YOU 2:41mins

COACHING TIP

This is the chance to hammer the upper body. The arms haven't seen too much hard work since Track 2, so use this as a coaching focus for this 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.

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

- **Feet outside hip-width**
- **Chest up**
- **Abs braced**
- **Use Squat to absorb landing**



06. CORE CHALLENGE

EQUIPMENT

A medium plate

TRACK SETUP

Core Challenge: 2 minutes of core conditioning

Exercise	
0:00	Set up track and demo exercise: Double Pulse Plate Crunch with Leg Extension
0:13	Double Pulse Plate Crunch with Leg Extension
1:06	Set up Plank and demo Knee Swing Combo
1:17	Knee Swing Combo (L+R)
2:10	Recovery



06. COMMON SENSE 2:11mins

COACHING TIP

The Core Challenge is only 2 minutes, so get everyone down to the ground quickly to maximize the benefits of this track. Ask the team to grab a plate off the bar for this one – avoid having a plate on the floor for the whole class as it will just get in the way.

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

Double Pulse Plate Crunch with Leg Extension

- Start lying on back, knees in line with hips
- Plate in line with shoulders, arms straight
- **Double Pulse plate to ceiling, ribs crunch towards hips**
- **Chin tucked in**
- **Walk legs out and in**
- **Abs braced to keep lower back towards floor**

↓ **OPTIONS:** NO PLATE, OR WALK LEGS HIGHER

Knee Swing Combo

- Start in Plank position, hands under shoulders
- **Back long, strong and straight**
- **Abs braced**
- **Knee comes forward to opposite elbow**
- Two single reps (L+R), then first knee comes forward for triple pulse

↓ **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

Strength Pyramid

04 TABATA

Power 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

In Cold Blood (Baauer Remix) (2:47)

alt-j
© 2017 Liberator Music.
Written by: Green, Newman, Unger-Hamilton

02

Shutterbugg (2:37)

Big Boi
Courtesy of the Universal Music Group.
Written by: Frank, Murphy, Law, Wheeler, Storch, Hooper, Romeo, Lewis, Carmouche, Patton

03

Right Back (2:06)

SWRVN & Razz
© 2016 Kitchin Records.
Written by: Unknown

Jump (1:35)

Nolan Van Lith
© 2018 Les Mills Music Licensing Ltd.
Written by: van Lith

Say Less (2:00)

Dillon Francis & G Eazy
© 2017 IDGAFOS.
Written by: Francis, Rushent, Gillum

Jump (1:30)

Nolan Van Lith
© 2018 Les Mills Music Licensing Ltd.
Written by: van Lith

Confessions (2:11)

MYRNE feat. Cozi Zuehlsdorff
© 2017 Monstercat.
Written by: Lim, Zuehlsdorff

04

Call Me (4:20)

Le Malls & Lilianna Wilde
© 2017 Bantz Records.
Written by: Unknown

Lonely Street (BARILAN Remix) (0:45)

Snavs & Fabian Mazur
© 2016 Music Freedom Label Ltd.
Written by: Holdoe, Mazur

Call Me (0:30)

Le Malls & Lilianna Wilde
© 2017 Bantz Records.
Written by: Unknown

Lonely Street (BARILAN Remix) (0:30)

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Written by: Unknown

Lonely Street (BARILAN Remix) (0:30)

Snavs & Fabian Mazur
© 2016 Music Freedom Label Ltd.
Written by: Holdoe, Mazur

Burn It Down (0:41)

Top \$helf
© 2017 Artist Intelligence Agency.
Written by: Unknown

05

Nobody But You (2:41)

KRANE
© 2017 Dim Mak Records, Inc.
Written by: Bailey, O’Gren, Vartanyan, Strang, Krane

06

Common Sense (2:11)

J HUS
© 2017 Black Butter Limited.
Written by: Crown, Mensah-Bonsu, Ohene-Akrasi, Asamoah, Ntorinkansah, Awatowe, Jallow

07

The People (1:07)

Common
Courtesy of the Universal Music Group.
Written by: West, Lynn, Scott-Heron



L–R: Dan Payne (shadow), Erin Maw, René Vogel,
Ese Perelini (shadow), Julea Cecil (shadow)

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 Strength 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.

We’ve also taken your feedback on board – there is less jumping involved! Enjoy throwing the bar around and enjoying this killer workout.

CREDITS

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Dr Jinger Gottschall

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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.

BE LOUD AND HEARD

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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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