

LES MILLS GRIT **26** CARDIO

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INFO, MUSIC & CREDITS

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LES MILLS GRIT CARDIO 26

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01. WARMUP

CLASS SETUP

A positive energy and an inclusive class introduction will set the tone for the workout. Give a quick explanation about what GRIT Cardio is, to reassure anyone new that you will have options for them, then roll into the workout!

Exercise	
0:00	Jog OTS
0:18	Double Hop (L+R)
0:32	Jog OTS
0:58	High Knee Run (x8)
1:05	Butt Kick
1:12	High Knee Run
1:19	Butt Kick
1:25	Jump Jacks
1:28	Jump Jack with Arms
1:52	Squat Burpee
2:19	Pushup
2:33	Mountain Climber (L+R)
2:54	Jumping Lunge (L+R)
3:21	Jog OTS
3:24	High Knee Run (x4)
3:28	Butt Kick
3:31	High Knee Run
3:34	Butt Kick
3:38	High Knee Run
3:41	Butt Kick
3:44	Recovery



01. HYPERPARADISE 3:53mins

CONNECT

The Warmup song is about connection. Take time to connect with your participants and get them excited about the workout ahead. The moves in this workout follow the highs and lows of the soundtrack. Let the music come through and set the mood for the next 30 minutes. Coach bending knees in the Jump Jack and good technique for the Burpee.

TECHNIQUE

JOG/RUN OTS

- Knees soft
- Chest up
- Abs braced

DOUBLE HOP

- Shifting side to side, Double Hop on each leg
- Hips square
- Chest up
- Knees soft

HIGH KNEE RUN

- Chest up
- Abs braced

↓ **OPTION:** JOG OTS

JUMP JACK

- Feet jack out and in
- Bent knee landing
- Knees out
- Chest up

↓ **OPTION:** NO ARMS

SQUAT BURPEE

- Squat, jump back into Plank position, jump forward into Wide Squat
- 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:** WALK FEET OUT AND IN, NO JUMP

PUSHUP

- Hands outside shoulders
- Chest in line with elbows
- Long spine
- Butt down
- Abs braced

↓ **OPTION:** ON KNEES

MOUNTAIN CLIMBER

- Start in Plank position
- Hands under shoulders
- Back long and straight
- Abs braced
- Hips in line with shoulders
- Alternating L+R knees drive in towards chest
- Butt stays down
- Eyes aimed at floor just in front of hands

JUMPING LUNGE

- Jump into a Long Lunge
- Back knee towards floor
- Chest up. Arms swing to jump up and switch legs
- Front thigh parallel to floor
- Soft knees to absorb landing

↓ **OPTION:** BACKWARD-STEPPING LUNGE



02. TRI SETS

CLASS SETUP

Contrast Tri Sets: 45 seconds for move 1, 20 seconds for move 2, 45 seconds for move 3. Move 1 is designed for load, move 2 works the upper body and move 3 is an explosive variation of move 1 to increase intensity.

Exercise		
1	0:00	Set up and demo first exercise: Jump Jack (x1), Air Jack (x1)
	0:29	Jump Jack (x1), Air Jack (x1)
	1:13	Pushup (x1), Frog Jump (x1)
	1:33	Jump Jack (x1), Drop Squat (x1)
	2:20	Recovery
2	2:55	Set up and demo set 2 moves: Inch Worm with Tuck Jump (F+B)
	3:39	Inch Worm with Tuck Jump (F+B)
	3:59	Double Donkey Kick (Narrow/Wide)
	4:45	Inch Worm with Squat Jump (F+B)
3	5:18	REPEAT SET 1
	7:08	Recovery
4	7:45	REPEAT SET 2
	9:34	Recovery



02. TALK ABOUT IT / RIDE WITH YOU / FIND MY WAY / DARK DOWN BELOW 9:41mins

COACHING TIP

The Inch Worm Tuck Jump combo and Double Donkey Kick are new to GRIT Cardio. Demonstrate these moves clearly to ensure success.

CONNECT

The working blocks are 45 seconds long. This allows plenty of time to demo a few reps and provide quality floor coaching for anyone needing extra technique assistance. Focus on the Inch Worm combo to ensure everyone is moving correctly. The better your participants move, the harder they will hit the working sets.

DRIVE

Let's set the bar high for the rest of the workout! Once members have the movement patterns in their bodies, it's time to dial up the intensity focuses and heart rate in the final two sets.

HIIT SCIENCE

These blocks are just under 2 minutes long and flip the focus from the lower body to the upper body and back again. This is the perfect formula to begin the HIIT training-driving heart rate.

TECHNIQUE

JUMP JACK (X1), AIR JACK (X1)

- Bent knee landing
- Knees out
- Hands over head in the Jack
- Bend knees to land
- Chest up
- Abs braced

↓ **OPTION:** JUMP JACK

Layer 2 Coaching Focus: Use your arms to generate more speed

FROG JUMP

- Knees jump in/out to Plank into Pushup
- Knees jump into 90 degrees
- Butt down
- Abs braced
- Knees stay close to the floor
- PUSHUP: Hands outside shoulders
- Chest in line with elbows
- Long spine
- Butt down
- Abs braced

↓ **OPTION:** PUSHUP ON KNEES

Layer 2 Coaching Focus: Brace abs to hit the reps harder and faster

JUMP JACK (X1), DROP SQUAT (X1)

- Feet jack out and in
- Bent knee landing
- Knees out
- Hands over head
- Jump wide into Squat
- Chest up on touch down

↓ **OPTION:** REACH TOWARDS FLOOR

Layer 2 Coaching Focus: Squeeze the inner thighs to drive out of the Squat and generate more speed

INCH WORM

- Feet start wide
- Use Squat to walk hands out from body into Plank
- Brace abs to walk hands
- Back long
- Knees out
- Chest up
- Drive up into Tuck Jump
- Jump into Tuck coming out of Squat
- Knees wide
- Bent knee landing
- Abs braced
- Repeat same moves in reverse order

↓ **OPTION:** NO TUCK JUMP

Layer 2 Coaching Focus: Move hands fast to spend less time on the floor and to hit max reps

DOUBLE DONKEY KICK

- Start in Plank position
- Hands under shoulders
- Back long, strong and straight
- Jump knees in towards chest
- 2 Jumps: 1 wide, 1 narrow
- Wide knees come forward to the outside of elbows
- Abs braced as you jump

↓ **OPTION:** DOUBLE FROG JUMP

Layer 2 Coaching Focus: Use your abs and feel the reactive core



03. RELAY

CLASS SETUP

Relay: 2 moves, 30 seconds each, then switch – 2 sets.

Exercise		
1	0:00	Set up and demo both exercises: Lateral Squat Jump, Fast Step (L+R)
	0:30	SIDE A Lateral Squat Jump Power (L+R)
	0:30	SIDE B Fast Step Speed (L+R)
	1:00	SWITCH
	1:00	SIDE A Fast Step Speed (L+R)
	1:00	SIDE B Lateral Squat Jump Power (L+R)
	1:30	Recovery
2	1:30	Set up and demo both exercises: Power Lunge, Speed Lunge with Hands O/H (L+R)
	1:49	SIDE A Power Lunge Power
	1:49	SIDE B Speed Lunge Speed
	2:19	SWITCH
	2:19	SIDE A Speed Lunge Speed
	2:19	SIDE B Power Lunge Power
	2:50	Recovery
3	3:10	REPEAT SET 1: Side A starts with Power
	4:10	Recovery
4	4:29	REPEAT SET 2: Side A starts with Speed
	5:30	Recovery



03. GET UP / NEW BEGINNING 5:38mins

COACHING TIP

Clear setup for this track is key. Divide the team into two groups. Make sure everyone knows their starting move and when to switch.

CONNECT

This track is fun and playful; a nice contrast with Track 2. Once the class gets the hang of the moves, have some fun creating a bit of team competition.

DRIVE

1 minute of Lunges is not an easy challenge! Generate some drive and excitement in the build up before the countdown. Remind the team about the benefits of this training formula to keep everyone pushing hard!

HIIT SCIENCE

Alternating speed and power helps to keep our muscles guessing. The training variety also helps to maintain the level of intensity.

TECHNIQUE

LATERAL SQUAT JUMP

- Lateral Jump (L+R)
- **Feet wide**
- **Both feet take off and land**
- **Knees soft, use Squat to absorb landing**
- **Chest up**
- **Abs braced**

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

FAST STEP

- Travel to the right, 1 Lateral Leap, 1 Block Jump
- Repeat to the left
- **Hips square to the front**
- **Chest up**
- **Knees soft**

Layer 2 Coaching Focus: *Ricochet off the floor, like you're bouncing off the walls. This will activate those fast-twitch fibers*

SPEED LUNGE, HANDS OVER HEAD

- Back leg long
- **Back knee towards floor**
- **Chest up with hands over head**
- **Front thigh parallel to floor**
- **Soft knees to absorb landing**

↓ **OPTION:** BACKWARD-STEPPING LUNGE

Layer 2 Coaching Focus: *Stay low and switch fast to keep tension in the legs and create fast fatigue*

POWER LUNGE

- **Jump high into a Long Lunge**
- **Back knee towards floor**
- **Chest up. Arms swing to jump up and switch legs**
- **Front thigh parallel to floor**
- **Soft knees to absorb landing**

↓ **OPTION:** BACKWARD-STEPPING LUNGE

Layer 2 Coaching Focus: *Use the arms for momentum and power*



04. TABATA / ON THE BEAT / BEEP TEST

CLASS SETUP

It's 3 in 1, with a Tabata Challenge that's on the beat and a Beep Test! 2 moves, 20 seconds on/10 seconds off, 8 rounds. The challenge is to stay on the beat as the beat intervals get shorter.

Exercise	
0:00	Set up and demo move 1
0:29	High Knee Run, Hands O/H
0:48	Recovery: demo move 2: Mountain Climber (L+R)
0:59	Mountain Climber (L+R)
1:19	Recovery

2% FASTER

1:30	High Knee, Run Hands O/H
1:50	Recovery
2:00	SWITCH
2:20	Mountain Climber (L+R)
2:20	Recovery

3% FASTER

2:29	High Knee Run, Hands O/H
2:49	Recovery
3:00	Mountain Climber (L+R)
3:19	Recovery

3% FASTER

3:29	High Knee Run, Hands O/H
3:49	Recovery
3:59	Mountain Climber (L+R)
4:19	Recovery



04. FULL FORCE 4:33mins

COACHING TIP

There's a lot to this track. Use the intro to demo the moves and explain the beat challenge. Get members moving on the beat in set 1. Then focus on speed in set 2.

CONNECT

The beat creates connection in this track. Avoid talking in the working blocks. Use recovery sets for coaching. It's OK to let members find their own rhythm if they lose the beat.

DRIVE

The increases of speed in this track is the driver. To ensure members get maximum results, coach for higher knees in each set. Hands over head adds an extra layer of complexity and core activation, but releasing the hands is an option to help pump the knees through the speed changes.

HIIT SCIENCE

Fatigue normally results in a reduction in the rate of force production in muscle (speed). By focusing on increasing speed in each block we counteract this, which drives intensity.

TECHNIQUE

HIGH KNEE RUN, HANDS OVER HEAD

- Pump knees high towards chest
- Hands together over head
- **Chest up**
- **Abs braced**

↓ **OPTION:** RELEASE HANDS

Layer 2 Coaching Focus: *Use the core to power and drive the knees*

MOUNTAIN CLIMBER

- **Start in Plank position**
- **Hands under shoulders**
- **Back long and straight**
- **Abs braced**
- **Hips in line with shoulders**
- Alternating L+R knees drive in towards chest
- **Butt stays down**
- **Eyes look at the floor just in front of hands**

Layer 2 Coaching Focus: *Drive palms into the floor to create a stable platform from which to pump the knees*



05. 2 MINUTE CHALLENGE

CLASS SETUP

2 Minute, 50 Rep Challenge. The goal is to get as close to doing 50 Burpees as possible.

<i>Exercise</i>	
0:00	Set up and demo exercise: Squat Burpee with Jump
0:37	Squat Burpee with Jump
2:42	Recovery



05. ALL IN MY HEAD 2:49mins

COACHING TIP

Use the intro to outline fast Burpee technique.
1) Use the Squat, 2) Use the core, 3) Little Jumps.

CONNECT

Counting reps up to 50 provides the focus for this track. Praise everyone for achieving their personal best and encourage them to better it next time.

DRIVE

This track is a first for GRIT, and it is all about pushing limits.

Role-modeling is a powerful motivator; join in and physically smash out the 50 reps with the class.

HIIT SCIENCE

2 minutes of maximum intensity at this phase of the class will shift fitness. Our ability to move fast for a sustained period of time is determined by our anaerobic threshold. The higher the threshold, the faster you can go for a longer period. This type of training is perfect for elevating this threshold.

TECHNIQUE

SQUAT BURPEE

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

↓ **OPTION:** WALK FEET OUT AND IN, NO JUMP



06. CORE CHALLENGE

CLASS SETUP

2 moves, 50 seconds each, 2 sets.

Exercise	
0:00	Lying on back, Cross Crawl (L+R)
0:33	Set up Plank
0:49	Knee Climber (L leg)
1:06	Knee Climber (R leg)
1:22	Lying on back, Hand Clap Crunch (x1), Cross Crawl Front (x1)
1:38	Cross Crawl (L+R)
1:54	Hand Clap Crunch (x1), Cross Crawl Front (x1)
2:02	Recovery



06. ABOUT THIS THING 2:04mins

COACHING TIP

Allow the class to have that 10-second Outro moment at the end of the Burpee Challenge for recovery.

CONNECT

The team has just completed a MASSIVE Burpee challenge, so ease into the final track. Keep the tone upbeat and positive.

DRIVE

Dial up the energy in the last 2 sets of work, emphasize the benefits. A strong core means those Burpees will get easier!

TECHNIQUE

CROSS CRAWL

- Legs at 45 degrees, fingertips to temples
- Opposite shoulder crunches towards opposite knee
- **Rotate from the center of the chest**
- **Elbows wide and off floor if possible**

↓ **OPTION:** KNEES BENT

KNEE CLIMBER

- **Start in Plank position**
- **Hands under shoulders**
- **Back long and straight**
- **Abs braced**
- **Hips in line with shoulders**
- 8 on the right, 8 on the left
- Right knee drives forward to the middle of chest, then side climb towards elbow
- **Hips down and square to the floor**

↓ **OPTION:** ON KNEES

HAND CLAP CRUNCH

- **Chin tucked in slightly**
- **Crunch ribs to hips**
- **Hands behind the legs**
- **Knees bent to 90 degrees**
- 1 Hand Clap then rotate to the front for 1 Cross Crawl

↓ **OPTION:** NO CLAP





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 26, LES MILLS GRIT Plyo 26, and LES MILLS GRIT Cardio 26), 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 CONTRAST TRI SETS

Speed Circuit Training

- *Mix and Match*

3 RELAY

Speed Duration Training

- *Mix and Match*

4 TABATA

Speed Time Challenge

- *Mix and Match*

5 2 MINUTE CHALLENGE

Anaerobic Circuit Challenge

- *Mix and Match*

7 CORE CHALLENGE

Athletic Core Conditioning

- *Mix and Match*

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.

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

Hyperparadise (Flume Remix) [GANZ Flip] (3:53)

Hermitude

© 2015 Elefant Traks Operations Pty Ltd. under exclusive license to Netzwerk Productions Ltd.
Written by: Streten, Dubber, Stuart

02

Talk About It (Virtual Riot Remix) (2:20)

Pegboard Nerds feat. Desiree Dawson

© 2017 Monstercat.
Written by: Hansen, Odden

Ride With You (2:25)

YULTRON feat. Leah Culver

© 2017 Insomniac Records / Trap Nation.
Written by: Yulton

Find My Way (2:25)

MRVLZ

© 2017 Artist Intelligence Agency.
Written by: Unknown

Dark Down Below (2:31)

KLOUD

© 2018 Trap Nation.
Written by: Blohm, Southwell, Lee, Mhire

03

Get Up (1:30)

Farleon

© 2017 Showland Records under exclusive license to Armada Music B.V.
Written by: Unknown

New Beginning (1:20)

Far Out

© 2017 Lowly Palace.
Written by: Olesh

Get Up (1:20)

Farleon

© 2017 Showland Records under exclusive license to Armada Music B.V.
Written by: Unknown

New Beginning (1:28)

Far Out

© 2017 Lowly Palace.
Written by: Olesh

04

Full Force (4:33)

Rob Gasser

© 2017 Most Addictive.
Written by: Gasser

05

All In My Head (2:49)

Franky Nuts

© 2017 Circus Records.
Written by: Unknown

06

About This Thing (2:04)

Young Franco

© 2017 Of Leisure.
Written by: Lorenzo, Da Rin De Barbera, Liney

07

Express Yourself (1:06)

Charles Wright & The Watts

© 1970 Warner Bros. Records Inc.
Written by: Wright



L–R: Andy Parrish, Erin Maw, Romain Prévédello

Another round of LES MILLS GRIT packed full of goodies.

This goodie bag contains a lot of different training styles to create a fun and challenging class. This round of GRIT Cardio has an amazing upbeat feel, but don’t be fooled; behind the super funky structure is a workout packed with heart-rate pumpers to challenge everyone’s fitness! The inspiration for this release was based on the LES MILLS Limitless campaign launching soon. All 5 tracks and especially the final challenge track speak to this idea! At the end of the day, the numbers and reps don’t matter in this workout – it’s about finding our limits and pushing them.

P.S. We hope you love Burpees. Let’s play!

CREDITS

- Creative Team** – Corey Baird, Erin Maw & Les Mills Jnr
- Chief Creative Officer** – Dr Jackie Mills
- Technical Consultant** – Bryce Hastings
- Research and Technical Advisor** – Dr Jinger Gottschall
- Program Coach** – Erin Maw
- Production Coordinator** – Alex Pugh
- Special thanks to** – The team at Fitology

PRESENTERS

- Andy Parrish** (USA) is a LES MILLS GRIT, BODYATTACK, BODYPUMP, CXWORX and RPM Trainer and a LES MILLS SPRINT Coach. He is based in Florida.
- 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.
- 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.

BE LOUD AND HEARD

Tell us what you think of this release. Visit lesmills.com/BLAH



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.

