

LES MILLS GRIT **26** PLYO

01. WARMUP

02. TRI SETS

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05. 2 MINUTE CHALLENGE

06. CORE CHALLENGE

INFO, MUSIC & CREDITS

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LES MILLS GRIT PLYO 26

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01. WARMUP

EQUIPMENT

Bench vertical facing front, 2 risers each side and a medium plate

CLASS SETUP

Class setup is a bench with 2 risers each side and a plate. Give new participants the option to decrease height of the bench. This GRIT Plyo class has the same athletic feel as Release 25. The focus is on challenging Jumps, strength, speed and agility. Let the class know what they are in for then roll into the workout!

Exercise	
0:00	Lateral Bench Squat with Double Pulse (L+R)
0:24	Lateral Bench Squat with Knee Lift + Rotation (L+R)
0:44	Lateral Bench Squat with Knee Lift + Heel Lift (L+R)
1:03	Pushup with Hands On Bench
1:23	Squat Burpee (x1), Run On/Off Bench (x2)
1:43	Run On/Off Bench
1:53	Run On/Off Bench, Traveling Up and Down
2:02	Backward-Stepping Lunge + Rotation On Bench (L+R)
2:31	Lateral Agility Step – Slow (L+R)
2:44	Lateral Agility Step – Fast (L+R)
3:07	Recovery



01. BET DAP GOOM BOWN 3:10mins

CONNECTION

The Warmup song is all about mobility to get the team moving and muscles primed and prepped for an epic 30 minutes. The moves are designed to increase load as the body warms up. Enjoy connecting with the class building energy and enthusiasm. Coach the technique for the Burpee really well for Track 5 as there are more Burpees to follow in the workout.

TECHNIQUE

LATERAL SQUAT ON BENCH WITH PULSE/ROTATION

- One foot on bench, the other on floor
- **Feet outside hips**
- **Hips move back and down into Squat**
- **Knees out**
- **Chest up**
- Alternate L+R feet step over bench
- **Rotate through center of chest**

↓ **OPTION:** Outside knee lifts up with rotation over lifted leg



LATERAL BENCH SQUAT WITH KNEE LIFT + HEEL LIFT

- One foot on bench, the other on floor
- **Feet outside hips**
- **Hips sit back and down into Squat**
- **Knees out**
- As outside knee lifts up to chest, lift heel of foot on bench
- **Brace the abs to control Knee Lift**



PUSHUP WITH HANDS ON BENCH

- **Hands outside shoulders on bench**
- **In Pushup, chest in line with elbows**
- **Long spine**
- **Butt down**
- **Abs braced**
- ↓ **OPTION:** ON KNEES

SQUAT BURPEE, RUN ON/OFF BENCH

- **Squat, jump back into Plank position, hands on bench, jump forward into Wide Squat, stand**
- Feet run up, up, down, down on/off bench twice
- **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 on bench**
- **Back long, strong and straight**

RUN ON/OFF BENCH

- Run up, up, down, down on/off bench
- **Knees soft**
- **Chest up**

BACKWARD-STEPPING LUNGE WITH ROTATION

- Both feet on bench
- **Long step back**
- **Front knee out**
- **Hips square**
- **Chest up**
- **Front thigh parallel to floor**
- **Back knee down towards floor**
- **Rotate from the center of chest over front thigh**

LATERAL AGILITY STEP

- Start both feet on bench
- Left foot drops to floor as right leg lifts
- 2 quick steps on top of bench to change legs
- Right foot drops to floor as left leg lifts
- Rhythm: 1, 2, 3, 1, 2, 3
- **Knees soft**
- **Chest up**
- **Arms relaxed**



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 upper body, move 3 is an explosive variation of move 1 to increase intensity.

Exercise		
1	0:00	Set up and demo first exercise: 180° Snowboard Jump On Bench (L+R)
	0:29	180° Snowboard Jump On Bench (L+R)
	1:14	Pushup (x1), Frog Jump (x1)
	1:35	90° Box Jump with Plate Press (L+R)
	2:18	Recovery
2	2:54	Set up and demo set 2 moves: Power Knee Speed Step (L+R)
	3:39	Power Knee Speed Step (L+R)
	4:00	Switch Climber (L+R)
	4:42	Lateral Agility Step – Fast (L+R)
3	5:19	REPEAT SET 1
	7:08	Recovery
4	7:44	REPEAT SET 2
	9:36	Recovery



02. SELECTA / YAYO / TAKE ME / RIDE WITH YOU

9:43mins

COACHING TIP

This set introduces a couple of new movement patterns for GRIT. The 90-Degree Box Jump with Plate Press needs to be broken down well and the option of no plate given at the start.

The Agility moves in set 2 land best when rhythm and technique cues are given along with clear demonstrations. It will take a couple of reps for members to learn the new movement patterns.

CONNECTION

The working blocks are 45 seconds long. There is plenty of time to show a few reps and provide quality floor coaching for anyone needing extra technique assistance. Focus on the moves mentioned above. The better 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 HIIT training – driving up the heart rate.

TECHNIQUE

180° SNOWBOARD JUMP ON BENCH

- Facing front, one foot on bench, the other foot on floor
- **Feet outside hips**
- **Knees out, chest up**
- Big knee bend to jump up and around towards bench
- 180° turn to land facing back, with opposite foot on bench
- **Abs braced**
- **Bent knee landing**

↓ **OPTION:** JUMP ON FLOOR

Layer 2 Coaching Focus: *Using the whole body, erupt off the bench into the air for athletic power*

FROG JUMP

- Hands on bench
- Knees jump in/out to Plank into Pushup
- **Knees jump into 90-degree angle**
- **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*

90° BOX JUMP WITH PLATE PRESS

- Start side-on to bench, feet outside hips
- **Plate sits high on collarbones**
- **Both feet take off for a 90-degree Jump and land in wide low Squat on bench**
- **Plate punches overhead, elbows slightly forward of chest**
- **Repeat, facing opposite direction**
- **Feet stay wide**
- **Use Squat to absorb landing**
- **Abs braced to jump and punch plate**

↓ **OPTION:** JUMP, NO PLATE

Layer 2 Coaching Focus: *Use the momentum of the Plate Press to help launch onto the bench*





02. SELECTA / YAYO / TAKE ME / RIDE WITH YOU

9:43mins

POWER KNEE SPEED STEP

- Knee drives off bench with 2 quick steps to change leading leg
- Start with both feet either side of bench on floor
- Left foot steps onto bench and right knee drives up to chest
- Roll off the left foot to jump up high off bench
- Right foot lands on floor followed by left foot
- Repeat with right foot on bench and left knee drive
- Rhythm: Up, down, down, up, down, down
- **Knees soft**
- **Chest up**
- **Abs braced to jump**
- Arms swing in jump

↓ **OPTION:** NO JUMP

Layer 2 Coaching Focus: Explode off the bench. Lock in your core to power out of the legs



LATERAL AGILITY STEP

- Start with 2 feet on bench
- Left foot drops to floor, right leg lifts
- 2 quick steps on top of bench to change legs
- Right foot drops to floor, left leg lifts
- Rhythm: 1, 2, 3, 1, 2, 3
- **Knees soft**
- **Chest up**
- **Arms relaxed**

↓ **OPTION:** SLOW IT DOWN

Layer 2 Coaching Focus: Increase speed by staying low and gliding across the bench



SWITCH CLIMBER

- Start at end of bench
- Palms press into bench
- **Start in Plank position, back long and straight**
- Alternate L+R leg drives up towards the outside of hands
- **Brace abs to jump foot**
- **Hips and shoulders square to the floor**
- **Hips down**

↓ **OPTION:** TAP FOOT

Layer 2 Coaching Focus: Lock your body to your bench and hit the acceleration



03. RELAY

CLASS SETUP

2 moves, 30 seconds each then switch, 2 sets.

Exercise		
1	0:00	Set up and demo both exercises: Lateral Squat Jump on Bench with Plate at Collarbones (L+R), Lateral Speed Tap (L+R)
	0:29	SIDE A Lateral Squat Jump on Bench with Plate at Collarbones (L+R) Strength
	0:29	SIDE B Lateral Speed Tap (L+R) Speed
	1:00	SWITCH
	1:00	SIDE A Lateral Speed Tap (L+R) Speed
	1:00	SIDE B Lateral Squat Jump on Bench with Plate at Collarbones (L+R) Strength
	1:29	Recovery
2	1:29	Demo both exercises: Plyo Sumo Bench Jump, Bench Jump On/Off/Up
	1:49	SIDE A Plyo Sumo Bench Jump Power
	1:49	SIDE B Bench Jump On/Off/Up Speed
	2:18	SWITCH
	2:18	SIDE A Bench Jump On/Off/Up Speed
	2:18	SIDE B Plyo Sumo Bench Jump Power
	2:49	Recovery
3	3:09	REPEAT SET 1: Side A starts with Power
	4:09	Recovery
4	4:30	REPEAT SET 2: Side A starts with Speed
	5:30	Recovery



03. TRAP KING / SOW 5:37mins

COACHING TIP

Clear set up for this track is key. Divide the team into two groups. Half of the room will have a plate for set 1. Make sure everyone knows their starting move and when to switch.

CONNECTION

This track is fun and playful, a nice contrast with Track 2. Once the class understands and can do the moves, have some fun creating some team competition.

DRIVE

This training style is awesome. Challenging the team with different styles of movement will increase athletic performance. Generate some excitement and drive in the build up before the countdown. Remind the team of 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 SPEED TAP

- Straddle bench both feet on floor
- Alternating fast tap with ball of foot touching the top of bench
- Shift body weight side to side
- **Keep knees soft**
- **Chest up**
- **Abs braced**

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

LATERAL SQUAT JUMP ON BENCH WITH PLATE AT COLLARBONES

- One foot on bench, the other on floor
- **Plate stays high on collarbones, elbows in**
- **Feet outside hips**
- **Hips sit back and down into Squat**
- **Butt down and back, just above knee-height**
- **Knees out**
- **Chest up**
- Alternate L+R feet with a step over the bench

↓ **OPTION:** NO PLATE

Layer 2 Coaching Focus: Lock plate to collarbones to load up the core and maintain control

PLYO SUMO BENCH JUMP

- Straddle bench, both feet on floor
- Bend knees, kick bench, jump high
- **Use Squat to absorb landing**
- **Feet wide, knees out**
- **Chest up, abs braced**

↓ **OPTION:** JUMP ON FLOOR

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

BENCH JUMP, ON/OFF/UP

- Straddle bench, both feet on floor
- **Knees out and bent**
- Quick jump on/off bench then 1 Squat Jump
- **Chest lifted**
- Arms swing naturally
- **Keep knees bent and use Squat to absorb landing**

↓ **OPTION:** NO BENCH

Layer 2 Coaching Focus: Stay low and close to the bench to push the reps out!





04. TABATA

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: Power Lunge on Bench (L+R)
0:29	Power Lunge On Bench (L+R)
0:48	Recovery/demo move 2: Mountain Climber (L+R)
0:59	Mountain Climber (L+R)
1:19	Recovery

2% FASTER

1:30	Power Lunge On Bench (L+R)
1:49	Recovery
2:00	Mountain Climber (L+R)
2:20	Recovery

3% FASTER

2:28	Power Lunge On Bench (L+R)
2:49	Recovery
3:00	Mountain Climber (L+R)
3:20	Recovery

3% FASTER

3:29	Power Lunge On Bench (L+R)
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 Tabata Challenge. Get members moving on the beat in set 1. Then focus on speed in set 2.

CONNECTION

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 driver in this track is increasing speed; the challenge is maintaining quality technique under fatigue. Focus on tips in the Squats and Climbers to generate power under speed and maximize results.

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

POWER LUNGE ON BENCH

- Start with one foot on bench, the other on floor
- **Jump high into a Long Lunge**
- **Back knee towards floor**
- **Chest up in jump**
- **Front thigh parallel to floor**
- **Soft knees to absorb landing**
- Arms swing naturally

↓ **OPTION:** NO BENCH TO LUNGE

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

MOUNTAIN CLIMBER

- Start in Plank position
- **Hands on bench 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 bench to activate the core*



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 On/Off Bench
0:34	Squat Burpee with Jump On/Off Bench
2:34	Recovery



05. BOW AND ARROW 2:48mins

COACHING TIP

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

CONNECTION

Counting reps up to 50 provides the focus for this track. Praise everyone for achieving their personal best and encourage them to beat 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 WITH JUMP ON/OFF BENCH

- Squat, jump back into Plank position, hands to bench, jump forward into Wide Squat, feet either side of bench
- Jump both feet on/off bench and repeat Burpee
- Feet outside hip-width in 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
- Soft knee landing on bench

↓ **OPTION:** NO JUMP

Layer 2 Coaching Focus: *Use Squat with a little jump and brace abs*





06. CORE CHALLENGE

CLASS SETUP

2 moves, 50 seconds each, 2 sets.

Exercise	
0:00	Lying on back, Cross Crawl (L+R) <i>Combo: 2 Singles, 3 Quick</i>
0:45	Plate Pulse <i>Combo: Single, Double Pulse</i>
1:16	Plate Pulse with Leg Lift
1:37	Plate Pike to Extension with Stagger <i>Combo: Stagger Down, x2: Smooth Up, x3</i>
2:01	Recovery



06. GUESS WHO'S BACK 2:04mins

COACHING TIP

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

CONNECTION

The team has just completed a MASSIVE Burpee Challenge, so ease into the workout. 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
- **Shoulder crunches towards opposite knee**
- **Rotate from the center of the chest**
- **Elbows wide and raised off ground**

↓ **OPTION:** KNEES BENT, ELBOWS ON FLOOR

PLATE PULSE

- Feet start on floor
- **Plate at shoulder level**
- **Chin slightly tucked in**
- **Crunch ribs to hips**
- **Plate presses towards ceiling**
- Rhythm: Single, Double Pulse

LEG LIFT: Knees in line with hips

- **Shins parallel to ceiling**

↓ **OPTION:** NO PLATE

PLATE PIKE TO EXTENSION WITH STAGGER

- Start with arms and legs out at 45 degrees
- **Extend arms and legs up towards ceiling**
- **Lift tail bone**
- **Crunch ribs to hips**
- **Open up to extension, pressing lower back towards the floor**
- Rhythm: Stagger 2 counts to open to Extension, smooth 3 counts back to Pike

↓ **OPTIONS:** NO PLATE OR BEND KNEES



MIX AND MATCH

SIMPLE COACHING. MAXIMUM FUN.

You can mix and match certain tracks within this release if your club is licensed with more than one LES MILLS GRIT program. Each Quarterly Release is structured differently so you can only ever mix within a release (eg LES MILLS GRIT Strength 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 **Bet Dap Goom Bown** (3:10)
20syl
© 2015 On And On.
Written by: Sylvain

02 **Selecta** (2:20)
Jesse & The Wolf
© 2018 Fool's Gold Records.
Written by: Unknown

Yayo(2:25)
Tails
© 2017 610677 Records DK.
Written by: Gideon, Porter, Walls

Take Me (2:25)
ZESKULLZ & Harvibox
© 2017 Armada Music B.V. under exclusive license from
Showland Records.
Written by: Ilya, Komov, Artem

Ride With You (2:33)
YULTRON feat. Leah Culver
© 2017 Insomniac Records / Trap Nation.
Written by: Yulton

03 **Trap King** (1:30)
Matbow
© 2017 680013 Records DK.
Written by: Unknown

Sow (1:20)
Baauer
© 2016 LuckyMe.
Written by: Rodrigues

Trap King (1:20)
Matbow
© 2017 680013 Records DK.
Written by: Unknown

Sow (1:27)
Baauer
© 2016 LuckyMe.
Written by: Rodrigues

04 **Full Force** (4:33)
Rob Gasser
© 2017 Most Addictive.
Written by: Gasser

05 **Bow And Arrow** (2:48)
T-Mass
© 2017 NCS Ltd.
Written by: Thomas

06 **Guess Who's Back** (2:04)
Rakim
Courtesy of the Universal Music Group.
Written by: Griffin, Franklin

07 **Express Yourself** (1:06)
Charles Wright & The Watts
© 1970 Warner Bros. Records Inc.
Written by: Wright



L–R: Lyle Haywood, Ben Main,
Kayla Atkins-Gordine

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 Plyo 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

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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.

