

LES MILLS GRIT **27** PLYO

INFO, MUSIC & CREDITS

WARMUP

ADD ON GIANT SETS

30/30 DRILL

LADDERS

DOUBLE DROP SET

1 MINUTE CHALLENGE

CORE CHALLENGE

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MUSIC

01 **That Stuff** (3:13)
BAZZA RANKS & Imagine This
© 2017 Bombstrikes.
Written by: O'Brien, El Sahreif

02 **Nothing Can Stop Me** (2:30)
Hydraulix, Oski
© 2018 Disciple.
Written by: Damien, Stewart

Thunderdome (Buku Remix) (2:30)
Minnesota
© 2014 Minnesota Music.
Written by: Bauhofer

Nothing Can Stop Me (2:57)
Hydraulix, Oski
© 2018 Disciple.
Written by: Damien, Stewart

03 **Shutdown** (1:33)
SkeptA
© 2015 Boy Better Know.
Written by: Adenuga, Mukungu

04 **You Know** (1:27)
BVRNOUT
© 2017 Lowly Palace.
Written by: Unknown

Afterhours (Quix Remix) (2:25)
TroyBoi feat. Diplo & Nina Sky
© 2016 Mad Decent.
Written by: Henry, Pentz, Natalie Albino, N. Albino

You Know (1:31)
BVRNOUT
© 2017 Lowly Palace.
Written by: Unknownn

**Let Me Clear My Throat (Old School
Reunion Remix '96)** (2:35)
DJ Kool
Courtesy of the Universal Music Group.
Written by: Bowman, James, Jones, Kool & The Gang

05 **Tunnel Vision** (1:58)
Hoodboi feat. Jerry Folk
© 2018 Fool's Gold Records.
Written by: Schami

Ice (2:16)
Jackal feat. Karra
© 2016 Mad Decent.
Written by: Steeper, Madden, Pennington

06 **The Way We Do This** (1:41)
Ape Drums, Busy Signal, Major Lazer
© 2016 Mad Decent.
Written by: Gordon, Alberto-Lopez, Kelly, Pentz

07 **Traveling Light** (2:05)
Talib Kweli feat. Anderson Paak
© 2017 Javotti Media / 3D.
Written by: Kweli, Celestin, Anderson



L–R: Natasha Vincent, Desmond Helu, Angelo Abrogena

Release 27 coming in hot! All New Zealand presenters this round. What can you expect from 27? Fresh structure, fun upbeat music and we are throwing TWO new moves in to the mix. This structure hooks you in at the start and keeps you engaged for the whole workout with formats that really challenge the mind, and allow members to set their own standard. With fast changes and a fun structure, it’s important to set up with clarity and coach the moves and transitions well. So many highlights in this release, with a great functional athletic feel to challenge jumps, speed, agility and strength! GRIT Plyo is all about hitting the athleticism and challenging our fast twitch and explosive muscle fibers! Enjoy trying the new Tuck Jumps!

From GRIT 27 crew xx

CREDITS

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- Program Coach – Erin Maw and Ben Main
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PRESENTERS

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- Desmond Helu** (New Zealand) is a LES MILLS BARRE and BODYPUMP Instructor, a LES MILLS GRIT Coach and a LES MILLS BARRE Presenter. He is based in Auckland, where he is also a personal trainer
- Angelo Abrogena** (New Zealand) is a LES MILLS GRIT Coach. He is based in Auckland and is also a Business Banker.



01. WARMUP

TRACK SETUP

Bench with riser each side and 2 spare to add later. 1 medium or light weight plate.

Exercise	
0:00	Mobility movement
0:15	Run OTS
0:39	U Run (around bench)
0:52	Double Pulse Squat with Heel Rise
1:11	Ladder Run On/Off Bench
1:30	Squat Hop
1:48	Pushup x1 Bear Crawl x1
2:07	Pushup x1 Bear Crawl x1 (increase speed)
2:25	Burpee
2:44	Power Lunge on bench
3:03	<i>Recovery</i>



01. THAT STUFF 3:13mins

CONNECTION

The Warmup progressively builds intensity and load to get the body ready for the workout ahead.

TECHNIQUE

MOBILITY MOVEMENT

- Shoulder rolls
- Open chest
- Thoracic spine rotations
- Quick quad stretch

JOG OTS/U RUN

- **Knees soft**
- **Chest up**
- **Abs braced**

DOUBLE PULSE SQUAT WITH HEEL RISE

- Straddle bench
- Feet on floor just outside hip-width
- **Chest up**
- **Abs braced**
- **Hips sit back and down; small pulse at bottom of Squat**
- **Knees out over toes**
- Squeeze butt in Heel Rise

LADDER RUN ON/OFF BENCH

- Running on/off bench
- **Knees soft**
- Stay light on balls of feet, up up, down down
- **Chest up**
- **Abs braced**

↓ **OPTION:** OFF BENCH

SQUAT HOP

- Start in Squat straddling bench
- Jump up onto bench, landing on one leg
- Jump back into Squat
- Alternating Single Leg Jumps onto bench
- **Bent knee landing**
- **Chest up**
- **Abs braced**

↓ **OPTION:** NO BENCH



PUSHUP/BEAR CRAWL

- Hands outside shoulders on bench
- Chest to elbow height in Pushup
- Hips and shoulders square
- **Spine long and straight**
- Butt down
- Abs braced
- Legs walk in from Plank in Bear Crawl
- Knees in line with hips, then back out to Plank

↓ **OPTION:** ON KNEES

BURPEE

- **Squat, jump back into Plank position, hands on bench, jump forward into wide Squat, stand**
- **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**

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**
- Swing arms to jump up and switch legs
- **Front thigh parallel to floor**
- **Soft knees to absorb landing**
- Arms swing naturally

↓ **OPTION:** NO BENCH TO LUNGE



02. ADD ON GIANT SETS

TRACK SETUP

Three 2-minute working blocks; 4 moves, 30 seconds each, back to back. Each round gets progressively harder to lift the intensity.

Exercise	
1	ON BENCH
	0:00 Set up and demonstrate first exercise: Speed Jack (F+B)
	0:29 Speed Jack (F+B)
	1:00 Scissor Speed Tap (L+R)
	1:30 Lateral Bench Jump with Tap (L+R)
	2:00 Pushup x1 Frog Jump x1
	2:28 <i>Recovery</i>
ADD INTENSITY	
2	2:28 Recover and demonstrate first move of Round 2: Speed Jack (F), Block Jump x1, Speed Jack (B), Block Jump x1
	2:59 Speed Jack (F), Block Jump x1, Speed Jack (B), Block Jump x1
	3:30 Power Lunge on bench (L+R)
	4:00 Lateral Bench Jump with Tap (L+R)
	4:30 Decline Pushup x1 (<i>feet on bench</i>), Frog Jump x1 (<i>Jump feet on/off bench</i>)
	4:59 <i>Recovery</i>
Add the 2 remaining risers under the bench and repeat Round 2	
3	5:39 Speed Jack (F), Block Jump x1, Speed Jack (B), Block Jump x1 (<i>Extra height</i>)
	6:09 Power Lunge (L+R) (<i>Extra height</i>)
	6:39 Lateral Bench Jump with Tap (L+R) (<i>Extra height</i>)
	7:09 Decline Pushup x1 (<i>feet on bench</i>), Frog Jump x1 (<i>Jump feet on/off bench</i>) (<i>Extra height</i>)
	7:38 <i>Recovery</i>



02. NOTHING CAN STOP ME / THUNDERDOME 7:57mins

COACHING TIP

Learn all pre-cues in advance to ensure quick transitions.

CONNECTION

This is a fun track, with a high energy tune to kick off the first set.

DRIVE

Round 1 is a focus on technique. Round 2 and 3 dial up the drive and motivation. The addition of the two risers will shoot the heart rate up into the 90% zone.

H.I.I.T. SCIENCE

Using jump patterns increases the rate of force development in our propulsion muscles. The faster and harder these muscles contract, the higher the heart rate. Going for height and speed in these moves is the key to hitting the H.I.I.T. zone.

TECHNIQUE

SPEED JACK

- Jump on and off bench, moving forward and back
- **Knees soft, chest up**
- Add on Squat Jump
- **Use Squat to absorb landing**

↓ **OPTION:** NO BENCH

Layer 2: Use arms to help drive momentum and height in the jump.



SCISSOR SPEED TAP

- Alternating foot taps bench
- **Knees soft**
- **Chest up**
- Body weight slightly forward
- Using arms

Layer 2: Use arms; fast arms mean the legs react quicker.



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**
- **Abs braced**
- **Swing arms to jump up and switch legs**
- **Front thigh parallel to floor**
- **Soft knees to absorb landing**
- Arms swing naturally

↓ **OPTION:** NO BENCH TO LUNGE

Layer 2: Drive out from the bottom of the Lunge, aim for high reps.

02. NOTHING CAN STOP ME / THUNDERDOME 7:57mins

LATERAL BENCH JUMP WITH TAP

- Lateral Bench Jumps with single arm touching bench in Squat
- Start feet outside hip-width, one foot on bench, one foot on floor
- **Hips back and down**
- **Knees out**
- Swing arms, jump up and over to opposite side of bench
- Inside arm reaches down to tap the side of the bench on landing
- **Keep chest lifted on touch down**

↓ **OPTION:** NO TAP DOWN

Layer 2: Compress the legs, pre-load to generate power.



DECLINE PUSHUP

- Decline: Flip Pushup around with feet on bench hands on floor
- Focus on keeping shoulders above elbows
- **Brace abs**

OPTION: STAY WITH INVERTED PUSHUPS

↓

Layer 2: Press the palms into the floor for more control.



PUSHUP/FROG JUMP

- Hands on bench
- Knees jump in/out to Plank into Pushup
- **Knees jump into 90°**
- Butt down
- **Abs braced**
- **Hands outside shoulder-width in Pushup**
- **Chest in line with elbows**
- Hips and shoulders square
- **Butt down**
- **Abs braced**

↓ **OPTION:** PUSHUP ON KNEES



03. 30/30 DRILL

TRACK SETUP

30 seconds one move, then 30 seconds to drill the new move.

Exercise	
0:00	Set up and demonstrate 2 new moves
Move A: Jump On/Off Bench, Tuck Jump with Shoe Touch	
Move B: Jump On/Off Bench, Tuck Jump with Underhand Clap	
0:23	Practise Move A/B or Both
0:55	Move A: Burpee x1, Tuck Jump with Shoe Touch x1, 180° Turn OR Move B: Burpee x1, Tuck Jump with Underhand Clap x1, 180° Turn
1:26	Recovery



03. SHUTDOWN 1:33mins

COACHING TIP

Demonstrate the Tuck Jump with Shoe Touch first, followed by the Tuck Jump with Underhand Clap. Ensure participants are landing on the floor first before attempting the Tucks.

CONNECTION

Focus on encouragement and positive reinforcement for this track. Two new Tuck Jumps may be intimidating, especially for new participants. The more successful members feel, the harder they will attack the Drill!

DRIVE

Avoid aggressive coaching and loud vocals; instead provide positive praise and encouragement instead. Dial up the intensity in the second block.

H.I.I.T. SCIENCE

Intensity testing of Les Mills GRIT demonstrates that Tuck Jumps are a great way to drive heart rate. This is due to the explosive muscle recruitment to obtain the height necessary to achieve the tuck, coupled with a core contraction to drive the knees to the chest.

TECHNIQUE

TUCK JUMP WITH SHOE TOUCH/TUCK JUMP WITH UNDERHAND CLAP

- Start standing on bench
- Jump off bench, onto floor then rebound off floor into Tuck Jump
- Option: Shoe Touch or Clap underneath legs
- **Abs braced**
- **Chest up**
- **Soft knees to land**

↓ **OPTION:** TUCK JUMP A IS EASIER

Layer 2: Quick rebound off the floor to cause fast reaction in the legs.

Tuck Jump with Shoe Touch



Tuck Jump with Underhand Clap



BURPEE

- **Squat, jump back into Plank position, hands on bench, jump forward into wide Squat, stand**
- **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**
- **Land softly when jumping off bench**



04. LADDERS

TRACK SETUP

4 ladders; A 1-minute ladder to set the standard, followed by a 2-minute ladder with an obstacle. Recover and repeat with additional moves.

Exercise		
1	1-MINUTE LADDER	
	0:00	Set up and demonstrate exercises: Speed Ladder On Bench x1, Plyo Sumo Bench Jump x1
	0:23	1-minute Ladder climb – count your reps
		Speed Ladder On Bench x1, Plyo Sumo Bench Jump x1 Speed Ladder On Bench x2, Plyo Sumo Bench Jump x2 Speed Ladder On Bench x3, Plyo Sumo Bench Jump x3
	1:25	Recovery
2	2-MINUTE LADDER WITH OBSTACLE	
	The goal is to hit the same number of reps as the first Ladder with 3x Burpee in between each set	
	1:49	Speed Ladder On Bench x1, Plyo Sumo Bench Jump x1, Burpee x3 Speed Ladder On Bench x2, Plyo Sumo Bench Jump x2, Burpee x3 Speed Ladder On Bench x3, Plyo Sumo Bench Jump x3, Burpee x3
		If you complete the same number of reps as LADDER 1 with Burpee obstacle before the countdown, you can take extra recovery
	3:51	Recovery
3	1-MINUTE LADDER	
	3:51	Set up and demonstrate exercises: Overhead Squat with Plate x1, Donkey Kick On Bench x1
	4:20	1 minute ladder climb, count your reps
		Overhead Squat with Plate x1, Donkey Kick On Bench x1 Overhead Squat with Plate x2, Donkey Kick On Bench x2 Overhead Squat with Plate x3, Donkey Kick On Bench x3
	5:22	1 minute to get as high up the Ladder as possible Recovery
4	2-MINUTE LADDER WITH OBSTACLE	
	The goal is to hit the same number of reps as the first Ladder with 3x Pushup in between each set	
	EXTRA CHALLENGE: Try and get one more set on top of first Ladder number	
	5:45	Overhead Squat with Plate x1, Donkey Kick On Bench x1, Pushup x3 Overhead Squat with Plate x2, Donkey Kick On Bench x2, Pushup x3 Overhead Squat with Plate x3, Donkey Kick On Bench x3, Pushup x3
	7:44	If you complete the same number of reps as LADDER 1 before the countdown, you can take extra recovery *See coaching tip for alternate options Recovery



04. YOU KNOW / AFTERHOURS / LET ME CLEAR MY THROAT 7:58mins

COACHING TIP

This track is probably the most complex to set up. A clear demonstration of movements will avoid confusion. Count reps at the start of each set so members can get the concept straight away

The 2 minute ladder can be taught in a number of different ways depending on the needs and fitness level of your class:

1. Aim to hit the same number that they hit in the first ladder, then recover until the countdown
2. Aim to hit the same number plus 1 rep as a challenge.
3. Hit their first number, then challenge themselves to see how many extra reps they can get before the countdown (as coached in the masterclass).

Start with option 1 and as your class builds fitness, you may choose to challenge them to try an extra rep, or as many as they can.

CONNECTION

Positive floor coaching is important in this track. Participants need encouragement to climb high and go for big reps

DRIVE

Participants create drive by setting their own goals to achieve. The 1-Minute Ladder allows them to take ownership of their workout

H.I.I.T. SCIENCE

When Overhead Squats, the added lat tension places a higher demand on the core muscles to control the lower back position. This requires an extra ab brace to maintain a slight inward lumbar curve to avoid excess arching.

TECHNIQUE

SPEED LADDER ON BENCH

- Running on/off bench
- **Knees soft**
- **Stay light on balls of feet**
- **Chest up**
- **Abs braced**

↓ **OPTION:** OFF BENCH

PLYO SUMO BENCH JUMP

- Use the bench like a diving board to jump as high as possible
- Straddle bench, both feet start on floor
- Bend knees, kick bench, jump high
- **Use Squat to absorb landing**
- **Feet wide, knees out**
- **Chest up and abs braced**

↓ **OPTION:** JUMP ON GROUND

Layer 2: Stay light on the feet to move lightning quick and activate fast twitch fibers.

BURPEE

- **Squat, jump back into Plank position, hands on bench, jump forward into wide Squat, stand**
- **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**
- **Land softly after Squat Jump**

Tip: Use the Squat to get in and out of Burpee fast.

OVERHEAD SQUAT WITH PLATE

- **Facing bench, feet outside hip-width**
- Plate above head
- Arms straight
- **Elbows slightly forward**
- **Hips sit back and down into squat**
- Plate stays overhead
- Abs braced
- Focus on keeping chest lifted in Squat

↓ **OPTION:** SQUAT PRESS



04. YOU KNOW / AFTERHOURS / LET ME CLEAR MY THROAT 7:58mins

DONKEY KICK ON BENCH

- Set up Plank, hands in line with shoulders, plate in the middle on bench
- Both feet take off and land
- Knees travel in towards chest
- Hips and shoulders square to floor
- **Abs braced**
- Butt low

↓ **OPTION:** FROG JUMP

Layer 2: Great technique and power in movements is generated from the core. Lock in the core to keep movements crisp and strong.

PUSHUP

- **Hands on bench outside shoulder-width**
- **Chest in line with elbows in Pushup**
- Hips and shoulders square to floor
- **Spine long and straight**
- Butt down
- **Abs braced**

↓ **OPTION:** PUSHUP ON KNEES

Tip: Drop to knees if needed, to move fast and keep heart rate high.



05. DOUBLE DROP SET

TRACK SETUP

2 sets of 30/20/10 seconds of work then. The second set has less intensity and longer recovery.

Exercise	
0:00	Setup and demonstrate exercises: Side Step/Slip x1, Tuck Jump Off Bench x1, 180° Turn
0:30	Side Step/Slip x1, Tuck Jump Off Bench x1, 180° Turn
0:59	Recovery
1:14	Side Step/Slip x1, Tuck Jump Off Bench x1, 180° Turn
1:35	Recovery
1:45	Side Step/Slip x1, Tuck Jump Off Bench x1, 180° Turn
1:55	Recovery
SECOND DROP	
1:55	Recover and demonstrate set 2 of drop set: Side Step/Slip x1, Straight Jump Off Bench x1, 180° Turn
2:24	Side Step/Slip x1, Straight Jump Off Bench x1, 180° Turn
2:53	Recovery
3:13	Side Step/Slip x1, Straight Jump Off Bench x1, 180° Turn
3:33	Recovery
3:50	Side Step/Slip x1, Straight Jump Off Bench x1, 180° Turn
4:00	Recovery



05. TUNNEL VISION / ICE 4:14mins

COACHING TIP

This move can either be called the 'Slip' or 'Side Step'. The 'Slip' is taken from a rugby term. Ensure members always jump off the front of the bench on each side so the opposite leg is being is worked.

CONNECTION

Keep the class energized and moving with correct technique.

DRIVE

Double Drops are bursts of H.I.I.T., so treat this track as the tabata of the workout and tap into the 'sports' contrast of agility and power. Coaching energy and motivation should be at its highest during this track. Short bursts of working time in this track mean members need to hit their max in every set.

H.I.I.T. SCIENCE

Descending intervals allow us to keep the intensity high for longer. Remember – the aim is to kick the heart rate above 85% in each interval.

TECHNIQUE

SIDE STEP SLIP/TUCK JUMP/180° TURN

- Facing bench, both feet take off and land in Squat on bench
- Jumping to side, inside foot stays on bench, outside foot lands on floor
- Both feet jump back onto bench
- Tuck Jump off bench with 180° Turn to face bench and repeat sequence
- **Knees soft in landing**
- **Abs braced in 180° Turn**
- Feet wide in 180° Turn

↓ **OPTION:** BUTT KICK INSTEAD OF TUCK

Layer 2: Keep abs braced and focus on a quick shift in body weight to tap into the athletic feel of the Side Step/Slip.





06. 1 MINUTE CHALLENGE

TRACK SETUP

1-minute challenge, 3 new moves as a combination.

Exercise	
0:00	Set up and demonstrate move options: Move A: Burpee x1, Pushup x1, Tuck Jump with Shoe Touch x1 Move B: Burpee x1, Pushup x1, Tuck Jump with Underhand Clap x1 <i>Participants chose which move they complete, and their amount of reps</i>
0:31	Move A: Burpee x1, Pushup x1, Tuck Jump with Shoe Touch x1 Move B: Burpee x1, Pushup x1, Tuck Jump with Underhand Clap x1
1:29	Recovery



06. THE WAY WE DO THIS 1:41mins

COACHING TIP

Demonstrate the new moves at the start as a reminder for participants.

CONNECTION

The last 5 tracks have been about coaching, technique and challenging members to move with power and speed to achieve the H.I.I.T. effects. Now it's time to let participants take control and use what they have learnt.

DRIVE

This set is only 1 minute, use this as a driving force for your coaching. Participants are more likely to push hard for a short distance.

H.I.I.T. SCIENCE

Pushing hard in this phase of the class is key to making the most out of H.I.I.T. training. This block has the potential to push fitness levels to new heights.

TECHNIQUE

BURPEE/PUSHUP

- Facing bench complete 1 Burpee
- While in Plank complete 1 Pushup
- **Use Squat to jump out on Plank**
- **Abs braced**
- **Chest to elbow height.**
- Jump on/off bench and complete Tuck Jump

TUCK JUMP WITH SHOE TOUCH/TUCK JUMP WITH UNDERHAND CLAP

- Start standing on bench
- Jump off bench, onto floor, then rebound off floor into Tuck Jump
- Choice is to touch shoes or clap underneath legs
- **Abs braced**
- **Chest up**
- **Knees soft in landing**

↓ **OPTION:** TUCK JUMP A IS EASIER

Layer 2: Quick rebound off the floor causes a fast reaction in the legs.



07. CORE CHALLENGE

TRACK SETUP

Core challenge!

Exercise	
0:11	C-Crunch with Plate
0:39	C-Crunch with Extension
1:06	Set up Plank
1:12	Plank with Triple Knee Swing
2:00	Recovery



07. TRAVELING LIGHT 2:05mins

COACHING TIP

This track is harder than it looks, remember to offer the option of no plate.

CONNECTION

Let the music set the vibe!

DRIVE

The last working track is still extremely challenging. Throw in some praise to keep participants in it till the last Triple Knee Swing!

TECHNIQUE

C-CRUNCH WITH PLATE

- Lie on back
- Plate at forehead
- Knees in line with hips
- **Crunch in, ribs to hips**
- Lower head and feet back to floor

↓ **OPTION:** NO PLATE

C-CRUNCH WITH EXTENSION

- Arms and legs crunch in and extend out to 45° extension
- **Chin slightly tucked in Crunch**
- **Lower back towards floor**

↓ **OPTION:** NO PLATE

PLANK WITH TRIPLE KNEE SWING

- Roll onto front into Plank
- Hands under shoulders
- **Abs braced**
- **Back long and straight**
- Swing 1: Front knee travels towards same elbow
- Swing 2: Knee travels towards middle
- Swing 3: Knee travels across to opposite elbow

↓ **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 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 ADD ON GIANT SETS

Speed Circuit Training

- Program Specific

3 30/30 DRILL

Speed Duration Training

- Program Specific

4 LADDERS

Speed Time Challenge

- *Mix and Match*

5 DOUBLE DROP SET

Speed Interval Challenge

- *Mix and Match*

6 1 MINUTE CHALLENGE

Anaerobic Circuit Challenge

- Program Specific

7 CORE CHALLENGE

Athletic Core Conditioning

- Program Specific

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 t. And that's good news for everybody!



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.

