

LES MILLS GRIT 28

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INTRODUCTION

Here it is! Super cool and completely innovative! The Creative team here at Les Mills International have come up with a way to package GRIT 28 as one unit, which means everyone now gets 3 workouts in 1.

The Bonus Athletic Block is in place of GRIT PLYO. Research and feedback have led us to believe that the Bonus Athletic Block will be more inclusive to a wider audience and the concept is pretty cool too, so we hope you love it!

This round, the Bonus Athletic Block is a different structure to Strength and Cardio: 8 tracks that get mixed together with GRIT CARDIO to create a **GRIT ATHLETIC** workout. GRIT ATHLETIC will now be the name of any class that incorporates the 'Bonus Athletic Block'. If you would like to teach a **GRIT ATHLETIC** class, here's the format:

TRACK 1: CARDIO 28 WARMUP

TRACK 2: CARDIO 90 SECOND LADDER

THE BONUS ATHLETIC BLOCK

TRACK 3: TABATA (*using Cardio Track 03 music*)

TRACK 4: 1 MINUTE JUMP TRAINING

TRACK 5: COACH CALLS

TRACK 6: 50 SECOND JUMP TRAINING

TRACK 7: COACH CALLS

TRACK 8: 40 SECOND JUMP TRAINING

TRACK 9: COACH CALLS

TRACK 10: JUMP TRAINING

TRACK 11: CARDIO CORE



GRIT STRENGTH MUSIC

01 **Father, Father** (3:08)
Jay Prince
© 2016 Drmclb.
Written by: Riley, Kawu-Eugenio, McKay

02 **Ante Up (Robin Hoodz theory)** (2:13)
M.O.P
© 2000 Columbia Records, a division of Sony Music Entertainment.
Written by: Grinnage, Murry, Pittman

03 **Atypique** (2:19)
Syskey
© 2017 / Phase One Network, Inc. Licensed Courtesy of Phase One Network, Inc.
Written by: Zampini

Introducing (Kool Hertz Remix) (2:11)
BadboE feat. MC Kitch
© 2012 Breakbeat Paradise Recordings.
Written by: Pederson

04 **Voodoo** (0:55)
Studio Mauve
© 2019 Les Mills Music Licensing Ltd.
Written by: Unknown

Infinity Signs (1:55)
CRAY
© 2016 Donna Knows.
Written by: Unknown

Touch the Sky (0:20)
Kanye West feat. Lupe Fiasco
Courtesy of the Universal Music Group.
Written by: Mayfield, West

Touch the Sky (0:45)
Kanye West feat. Lupe Fiasco
Courtesy of the Universal Music Group.
Written by: Mayfield, West

Voodoo (0:50)
Studio Mauve
© 2019 Les Mills Music Licensing Ltd.
Written by: Unknown

Infinity Signs (1:56)
CRAY
© 2016 Donna Knows.
Written by: Unknown

Touch the Sky (0:18)
Kanye West feat. Lupe Fiasco
Courtesy of the Universal Music Group.
Written by: Mayfield, West

Touch the Sky (0:56)
Kanye West feat. Lupe Fiasco
Courtesy of the Universal Music Group.
Written by: Mayfield, West

05 **MDR** (4:42)
Party Favor & Baauer
© 2018 Area 25.
Written by: Raglan, Rodrigues

06 **Atypique** (2:19)
Syskey
© 2017 / Phase One Network, Inc. Licensed Courtesy of Phase One Network, Inc.
Written by: Zampini

Introducing (Kool Hertz Remix) (2:11)
BadboE feat. MC Kitch
© 2012 Breakbeat Paradise Recordings.
Written by: Pederson

07 **Praise The Lord (Da Shine)** (2:07)
A\$AP Rocky feat. Skepta
© 2018 RCA Records, a division of Sony Music Entertainment.
Written by: Mayers, Adenuga, Delgado

08 **Dubalicious** (1:00)
Not On A Monday
© 2019 Les Mills Music Licensing Ltd.
Written by: Fairley



L–R: Joy Jingjing, Yale Ye, Ken Kun, Reagan Kang, Bas Hollander, Michael Haiquan, Roy Chaojie.

From Shanghai and exciting news to share with Release 28! This time round you will receive GRIT 28 as one packaged structure. In this package you will receive a Strength and Cardio workout and a Bonus Athletic Block that you can insert into Cardio after track 2 to make a 30-minute GRIT ATHLETIC class. Very exciting! This means you receive 3 in 1 workouts, lots of variety and, as always, 3 amazing H.I.I.T. workouts. This Strength workout is packed with fresh structure and loads of intensity to challenge and make the class pop! Enjoy!

GRIT STRENGTH CREDITS

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

Chief Creative Officer – Dr. Jackie Mills

Technical Consultant – Bryce Hastings

Research & Technical Advisor – Dr Jinger Gottschall

Program Coach – Erin Maw

Production Coordinator – Alex Pugh

GRIT STRENGTH PRESENTERS

Bas Hollander (Japan) is a LES MILLS GRIT, LES MILLS SPRINT and BORN TO MOVE Trainer and a LES MILLS TONE, BODYATTACK, BODYCOMBAT, BODYPUMP, BODYSTEP, CXWORX and RPM Instructor. He is the Training Manager for Les Mills Japan.

Reagan Kang (Malaysia) is a LES MILLS GRIT and BODYPUMP Trainer and a BODYCOMBAT, CXWORX and RPM Instructor.

Ken Kun (China) is a LES MILLS GRIT, CXWORX and BODYCOMBAT Trainer/Presenter, a BODYBALANCE/BODYFLOW Instructor and a LES MILLS SPRINT Coach. He is from Zhengzhou.

Shadows:

Joy Jingjing (China)

Yale Ye (China)

Michael Haiquan (China)

Roy Chaojie (China)



01. WARMUP

EQUIPMENT: Medium barbell, medium weight plate.

	<i>Exercise</i>
0:00	Squat , plate at collarbones
0:15	Squat Press with plate
0:29	Backward-Stepping Lunge (L+R) plate at collarbones
0:59	Backward-Stepping Lunge with Plate Press (L+R)
1:14	Burpee
1:29	Burpee with Jump
1:43	Squat Press with plate
1:58	Backward-Stepping Lunge with Plate Press (L+R)
2:13	Burpee
2:27	Burpee with Jump
2:42	Burpee with Jump and Speed
2:57	<i>Recovery</i>



01. FATHER, FATHER 3:08mins

CONNECTION

The upbeat tune in this track sets a positive vibe for the class. Structure is super simple, just 3 moves repeated. Use coaching to connect and build energy for the workout blocks ahead.

TECHNIQUE

SQUAT/ SQUAT PRESS WITH PLATE

- Feet outside hip-width
- Plate sits high on collarbones
- Hips back and down in Squat
- Butt to 90°
- Knees out over toes
- Chest up
- Abs braced
- Elbows slightly forward of face in Press

BACKWARD-STEPPING LUNGE WITH PLATE PRESS

- Feet parallel to start
- Plate sits high on collarbones
- Long step back
- Back knee travels towards floor
- Front thigh parallel to floor
- Chest up
- Step out from Lunge and press plate over head
- Elbows slightly forward in Press

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
- Land softly and keep feet wide in Jump

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



02. LADDER

TRACK SETUP

90-second ladder with 2 moves. Add on a rep each round.

Exercise	
0:00	Set up and demonstrate barbell moves: Hang Clean x1, Backward-Stepping Lunge (2 for 1) (L+R) with Barbell Press Overhead
0:29	Hang Clean x1, Backward-Stepping Lunge (2 for 1) with Barbell Press Overhead <i>Beginner:</i> Aim for 5 reps <i>Intermediate:</i> Aim for 6 reps <i>Advanced:</i> Aim for 7+ reps
2:01	Recovery



02. ANTE UP 2:13mins

COACHING TIP

Explain clearly that the Lunges with barbell are 2 for 1. Ensure everyone understands the option for the Lunge.

CONNECTION

This track is really inclusive and caters to all fitness levels. Beginners aim for 5, intermediate 6 and advanced 7+ reps. This is a great coaching focus which enables all participants to feel successful.

DRIVE

The intensity in this track will set the standard for the class ahead. 90 seconds of H.I.I.T. lifts the heart rate to the roof! Encourage members to reach high in the Ladder to achieve the best possible class start.

H.I.I.T. SCIENCE

Achieving a maximum training intensity with weights requires recruitment of all the major muscle groups. This combination fires all of the big calorie burners in the upper and lower body.

TECHNIQUE

HANG CLEAN

- **Hands grip bar just outside thighs**
- Barbell mid-thigh to start
- **Pull bar up the body, leading with elbows**
- **Catch bar high on collarbones with soft knees**
- **Abs braced**
- Lift elbows to clean bar back down body
- **Chest up**
- **Bar close to body**

Layer 2: Flick the elbows quickly under the bar to drive intensity in the move

BACKWARD-STEPPING LUNGE WITH BAR PRESS OVERHEAD

- Feet parallel to start
- **Bar sits high on collarbones**
- **Long step back**
- **Back knee travels towards floor**
- **Front thigh parallel to floor**
- **Chest up**
- Step out from Lunge and press bar overhead
- **Elbows slightly forward in Press**

↓ **OPTION:** NO PRESS WITH THE BARBELL

Layer 2: Drive out of the back foot to propel the body forward and generate power





03. TABATA

TRACK SETUP

Tabata: 8 rounds, 2 moves, 20 seconds on with active recovery. Plate required for move 1.

Exercise	
0:00	Set up and demonstrate moves: Lateral Squat Jump with Plate Arch (L+R), Pushup Power Burpee
0:28	Lateral Squat Jump with Plate Arc (L+R)
0:48	Recovery: Plank Hold (on knees or toes)
0:58	Pushup Power Burpee
1:18	Recovery: Plank Hold (on knees or toes)
1:28	Lateral Squat Jump with Plate Arc (L+R)
1:49	Recovery: Plank Hold (on knees or toes)
1:59	Pushup Power Burpee
2:19	Recovery: Plank Hold (on knees or toes)
2:29	Lateral Squat Jump with Plate Arc (L+R)
2:40	Recovery: Plank Hold (on knees or toes)
3:00	Pushup Power Burpee
3:18	Recovery: Plank Hold (on knees or toes)
3:29	Lateral Squat Jump with Plate Arc (L+R)
3:47	Recovery: Plank Hold (on knees or toes)
3:58	Pushup Power Burpee
4:19	Recovery



03. ATYPIQUE / INTRODUCING 4:30mins

COACHING TIP

In this track, there are 3 components to teach members: the 2 moves and the Plank, in the intro. Focus on coaching move 1 and the Plank concept. Save move 2 demonstration for the first 10 seconds of Plank hold. The Lateral Squat Jump with Plate Arch is a complex move, so break it down and focus on technique.

CONNECTION

Isometric holds have been added in to these Tabata sets to activate the core. Core exercises enable participants to connect with their bodies and engage in the workout.

DRIVE

Track 2 lifted the heart rate and the only place in Track 3 to go is up! Tabata intervals are perfect, quick, H.I.I.T. sets that will keep the heart rate in those high zones. Tap into some motivation and encourage members to maximize the work in the 20-second intervals.

H.I.I.T. SCIENCE

One of the key components of Tabata intervals is the 2:1 work-rest ratio. The fatigue from the preceding block means you begin each interval after a partial recovery. This is a great way to accumulate lactate and drive the change we know H.I.I.T. delivers.

TECHNIQUE

LATERAL SQUAT JUMP WITH PLATE ARC

- **Feet wide, knees soft, arms straight. Plate in front of thighs to start**
- **Jump laterally side to side keeping feet wide**
- **Both feet take off and land**
- **Hips back and down**
- **Plate circles above the head from one thigh to the other**
- **Elbows forward**
- **Knees out over toes**
- **Ab braced as plate circles over head**

↓ **OPTION:** PLATE STAYS AT COLLARBONES

Layer 2: The bigger the circle the greater the core activation



PLANK

- **Hands in line with shoulders**
- **Back long and straight**
- **Abs braced**
- **Butt down**
- **Eye gaze on ground just in front of hands**

↓ **OPTION:** On knees

PUSHUP POWER BURPEE

- **Start in Plank position**
- **Hands just outside shoulder-width**
- **Complete one Pushup, on knees or toes**
- **Jump feet forward, outside hands, into low Squat**
- **Chest up**
- **Abs braced in Jump**

↓ **OPTION:** WALK FEET FORWARD AND BACK

Layer 2: Focus on the hip drive to generate power and work the core harder



04. COMBINATION TRAINING 1&2

TRACK SETUP

Combination training: 2 rounds, 4 moves. Add on a move every 30 seconds.

Exercise	
0:00	Set up and demonstrate first move: Barbell Clean to Front Squat
0:24	Barbell Clean to Front Squat
0:55	Recovery
Add:	
Overhead Press	
1:15	Barbell Clean to Front Squat, Overhead Press
1:49	Recovery
Add:	
1	Backward-Stepping Lunge Barbell to collarbones (L+R)
	2:09 Barbell Clean to Front Squat, Overhead Press, Backward-Stepping Lunge Barbell to collarbones (L+R)
	2:50 Recovery
	Add:
Bent Over Row	
3:10	Full Combo: Barbell Clean to Front Squat, Overhead Press, Backward-Stepping Lunge Barbell to collarbones (L+R), Bent Over Row x1
3:55	Recovery
3:55	Set up and demonstrate first move of set 2: Squat Jumps with Plate
4:16	Squat Jumps with Plate
4:43	Recovery
Add:	
Plate Snatch	
5:04	Squat Jump with Plate x1, Plate Snatch x1
5:39	Recovery
2	Add: Bear Crawl (B x4) (F x4)
	5:59 Squat Jump with Plate x1, Plate Snatch x1, Bear Crawl (B x4) (F x4)
	6:40 Recovery
	Add:
Pushup	
7:00	Full Combo: Squat Jump with Plate x1, Plate Snatch x1, Bear Crawl (B x4) (F x4), Pushup x1
7:45	Recovery



04. VODOO / INFINITY SIGNS / TOUCH THE SKY 7:55mins

COACHING TIP

This track is probably the most complex to set up. Accurate demonstration and a clear explanation will enable success. When adding on new moves always demonstrate the whole combo so members understand the relationship between the moves.

CONNECTION

This track is playful and fun; enjoy building suspense. Members don't know what the next move will be so keep them guessing!

DRIVE

The final set of 45 seconds is all about drive. When round 4 hits, participants should be confident with the combo and ready to crush the reps.

H.I.I.T. SCIENCE

The secret to safe and effective H.I.I.T. training is keeping load in the muscles and out of the joints. Squat and Lunge depth are good examples of this. Maximizing the range to 90° hip and knee flexion, fires up the glutes and quads while minimizing stress on the knee joint and lumbar spine.

TECHNIQUE

BARBELL CLEAN TO FRONT SQUAT/ OVERHEAD PRESS

- Bar mid-thigh, feet outside hip-width to start
- Elbows lead
- Clean bar to collarbones
- Squat with bar on collarbones
- Knees out, hips back to 90°
- Clean the bar back to mid-thigh
- Brace abs in Press
- Elbows slightly forward of face

↓ **OPTION:** USE PLATE

Layer 2: Drive out of the bottom of the Squat using speed and force to generate power

BACKWARD-STEPPING LUNGE WITH BARBELL TO COLLARBONES

- Feet parallel to start
- Bar sits high on collarbones
- Long step back into Lunge
- Back knee travels towards floor
- Front thigh parallel to floor
- Chest up

↓ **OPTION:** BAR ON BACK OR USE A PLATE

Layer 2: Focus on range in the Lunge, to work leg muscles harder

BENT OVER ROW

- Chest up
- Feet underneath hips
- Tip forward from the hips
- Pull bar from knees to belly
- Elbows in
- Hands grip bar just outside thighs

Layer 2: Use back muscles to pull the bar in; send the energy and the work to the postural muscles

SQUAT JUMP/PLATE SNATCH

- Feet wide, arms straight holding plate
- Bend knees out over toes
- Chest up
- Jump high out of Squat
- Land softly
- Arms straight
- Jump forward into loaded Squat with abs braced
- Drive plate out and up to just above forehead-height
- Jump back into Squat, arms swing straight down

Layer 2: This is Resistance Training-the plate is trying to weigh you down. How high can you jump against the resistance?



04. VOOODOO / INFINITY SIGNS / TOUCH THE SKY 7:55mins

BEAR CRAWL

- **From Squat after Snatch, lower hands to floor and complete 4 Bear Crawls, reverse then forward**
- Back straight
- **Abs braced**
- **Hands in line with shoulders**
- Knees close to floor
- Move opposite foot and hand

Layer 2: Try to stay compact to feel the Reactive Core Training

PUSHUP

- **Elbows in line with shoulders**
- **Back long and straight**
- **Abs braced**

↓ **OPTION:** ON KNEES

Layer 2: Drive with force out of the bottom of the Press to generate more power and maximize the upper body work



05. EMOM

TRACK SETUP

EMOM: Every minute on the minute! 4 rounds, 6 reps high intensity, 12 reps medium and 18 reps low. Aim to complete each set within 1 minute.

Reps	Exercise
0:00	Set up and demonstrate barbell moves: Squat and Push Press Narrow Row x1, High Pull x1 (1 for 1) Squat Heel Rise
0:29	<i>MINUTE 1</i> 6 Squat and Push Press 12 Narrow Row x1, High Pull x1 (1 for 1) 18 Squat Heel Rise
1:31	<i>MINUTE 2</i> 6 Squat and Push Press 12 Narrow Row x1, High Pull x1 (1 for 1) 18 Squat Heel Rise
2:30	<i>MINUTE 3</i> 6 Squat and Push Press 12 Narrow Row x1, High Pull x1 (1 for 1) 18 Squat Heel Rise
3:30	<i>MINUTE 4</i> 6 Squat and Push Press 12 Narrow Row x1, High Pull x1 (1 for 1) 18 Squat Heel Rise
4:29	<i>Recovery</i>



05. MDR 4:42mins

COACHING TIP

Demonstrate all 3 moves in the setup, so that members know exactly what to expect from the minute ahead. This will enable them to focus on reps.

CONNECTION

Participants are focused on counting reps and aiming for recovery. Avoid talking too much and let the music and self-motivation come into play.

DRIVE

Big motivation in the final minute. We have never done a 4-minute EMOM in GRIT before; this is a massive set and really challenging. Big motivation and encouragement are needed to get them through this one.

H.I.I.T. SCIENCE

A 4 minute block sits at the outer limit of H.I.I.T. training. The goal is to hold an 85% of maximum intensity for the full 4 minutes. This will challenge the energy systems, particularly following the fatigue of the previous tracks.

TECHNIQUE

SQUAT AND PUSH PRESS

- **Feet outside hip-width**
- **Bar high on collarbones**
- **Drop down into Squat**
- **Hips back, knees out over toes**
- **Chest up**
- Drive up from Squat Push Press with bar over head
- **Elbows forward of face**
- **Abs braced**
- **Catch bar high on collarbones with soft knees**

↓ **OPTION:** LIGHTER WEIGHT ON BARBELL

NARROW ROW/HIGH PULL

- **Feet underneath hips**
- **Tip forward from hips in Row**
- **Pull bar from knees to belly**
- **Elbows in**
- **Hands grip bar just outside thighs**
- **Bar at mid-thigh for High Pull**
- **Elbows lead**
- **Chest up**
- **Bar stays close to body**
- Bar to lower chest
- Return to mid-thigh

Layer 2: Strength vs. Power. Use the back muscles in the Row and the hip drive in the High Pull

SQUAT HEEL RISE

- Bar onto meaty part of back to start
- **Feet outside hip-width**
- **Hips back**
- **Butt to 90°**
- **Knees out over toes**
- Elbows under bar
- Squeeze glutes coming out of Squat and lift heels off floor
- **Abs braced**
- **Chest up**

↓ **OPTION:** NO HEEL RISE

Layer 2: Squeeze the butt to drive out of the Squat and brace abs to control the movement



06. TABATA

TRACK SETUP

Tabata 2: 8 rounds, 2 new moves, 20 seconds each. Extra Plank challenge as active 10-second recovery.

Exercise	
0:00	Set up and demonstrate moves: Burpee Jump, Squat Jump (with touch down)
0:28	Burpee Jump
0:48	Recovery: Plank Hold (on knees or toes); <i>Advanced:</i> Lift one leg (R)
0:58	Squat Jumps
1:18	Recovery: Plank Hold (on knees or toes); <i>Advanced:</i> Lift one leg (L)
1:28	Burpee Jump
1:49	Recovery: Plank Hold (on knees or toes); <i>Advanced:</i> Lift one leg (R)
1:59	Squat Jump
2:19	Recovery: Plank Hold (on knees or toes); <i>Advanced:</i> Lift one leg (L)
2:29	Burpee Jump
2:40	Recovery: Plank Hold (on knees or toes); <i>Advanced:</i> Lift one leg (R)
3:00	Squat Jump
3:18	Recovery: Plank Hold (on knees or toes); <i>Advanced:</i> Lift one leg (L)
3:29	Burpee Jump
3:47	Recovery: Plank Hold (on knees or toes); <i>Advanced:</i> Lift one leg (R)
3:58	Squat Jump
4:19	Recovery



06. ATYPIQUE / INTRODUCING 4:30mins

COACHING TIP

Plank options cater to different levels of ability. Ensure everyone understands the options and encourage them to take the one that best matches their level.

CONNECTION

Linking the workout together and applying Tabata concepts means members will know the work effort expected from a track like this. So get participants excited for the challenge with positive high energy because they will need it!

DRIVE

At this point of the class it's about stamina not power. Leaving out the bar and weight enables members to feel successful right to the end. Rather than focusing on intensity cues, coach benefits to give people a reason to keep pushing!

H.I.I.T. SCIENCE

The secret to maximizing gains from H.I.I.T. training is achieving big spikes in our heart rate. Tabata intervals are perfect for spiking intensity in the last phase of the class. Pushing to maximum in these blocks will change fitness and body composition.

TECHNIQUE

BURPEE JUMP

- **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**
- **Land softly out of Jump**

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

Layer 2: Shoot the legs in and out to move fast in the Burpee and get the heart rate really high

SQUAT JUMP

- **Feet wide, knees out over toes**
- **Hips sit back and down**
- **Hands reach towards or touch the floor**
- **Swing the arms up to jump out of the Squat**
- **Chest up**
- **Abs braced to Jump**
- **Land softly out of the Jump**

Layer 2: Momentum comes from the arm swing. The faster you swing the arms, the faster the body reacts

PLANK

- **Hands in line with shoulders**
- **Back long and straight**
- **Abs braced**
- **Butt down**
- **Eyes focused on floor, in front of hands**

↑ **OPTION:** LIFT ONE LEG

↓ **OPTION:** NO LEG LIFT

↓ **OPTION:** ON KNEES



07. CORE

TRACK SETUP

Ladder challenge, 2 moves with plate. 90 seconds to climb the ladder and aim for as many reps as possible.

	<i>Exercise</i>
0:00	Set up with plate and demonstrate 2 ladder moves: C-Crunch with Extension, Plate Pike to Extension
0:29	Ladder Climb, C-Crunch with Extension, Plate Pike to Extension (1 for 1) Aim: 7 reps
2:00	<i>Recovery</i>



07. PRAISE THE LORD (DA SHINE) 2:07mins

COACHING TIP

There's a countdown in this one so a quick setup is key!

CONNECTION

For the first time, the Core is another 'training track'. Be super positive and excited about this new innovation!

DRIVE

The last track is still a working track; it should be hard and effective! Sell the benefits of a strong core and focus on pushing for reps; the aim is to get as close to 7 as possible.

TECHNIQUE

C-CRUNCH WITH EXTENSION

- Lying on back with plate at forehead to start
- **Crunch plate to knees**
- **Ribs to hips with chin tucked in**
- **Extend arms and legs to 45°**
- **Press lower back towards the floor in the Extension**

↓ **OPTION:** NO PLATE

PLATE PIKE TO EXTENSION

- **Adding on from C-Crunch**
- **Extend arms and legs vertically, plate in hands**
- **Ribs to hips**
- **Arms in line with shoulders**
- Feet in line with hips
- Tail bone lifts
- **Press lower back towards the floor in the Extension**

↓ **OPTION:** NO PLATE



GRIT CARDIO MUSIC

- 01

Run Wild (2:46)

Thutmose & NoMBe

© 2018 TH3RD BRAIN.
Written by: Ibrahim, Muron
- 02

Heater (2:10)

Chase & Status

Courtesy of the Universal Music Group.
Written by: Kennard, Milton, Levy, McGillivray, Lane
- 03

Sixes (2:20)

D.O.D

© 2018 Central Station Records under Excl Licence from CNR Music Belgium.
Written by: O'Donnell
- 04

Bassride (2:10)

Afrojack

© 2018 Wall Recordings under exclusive license to Armada Music B.V.
Written by: Van De Wall
- Back Seat Lovin'** (1:51)

R3LL, Chris Jane feat. TT The Artist & Pure 100%

© 2017 Dim Mak Records, Inc.
Written by: Aik, Griffith, Wilson, Itam
- Living This Game** (0:58)

JUMPA vs. SARAZAR feat. Muntu

© 2018 paper rocket music.
Written by: Oestmann, Tamba, Rahmel
- Watch Me** (0:20)

Jaden Smith

Courtesy of the Universal Music Group.
Written by: Winfrey, Rambert, Smith
- Watch Me** (0:45)

Jaden Smith

Courtesy of the Universal Music Group.
Written by: Winfrey, Rambert, Smith
- Back Seat Lovin'** (1:45)

R3LL, Chris Jane feat. TT The Artist & Pure 100%

© 2017 Dim Mak Records, Inc.
Written by: Aik, Griffith, Wilson, Itam
- Living This Game** (1:02)

JUMPA vs. SARAZAR feat. Muntu

© 2018 paper rocket music.
Written by: Oestmann, Tamba, Rahmel

- Watch Me** (0:20)

Jaden Smith

Courtesy of the Universal Music Group.
Written by: Winfrey, Rambert, Smith
- Watch Me** (0:55)

Jaden Smith

Courtesy of the Universal Music Group.
Written by: Winfrey, Rambert, Smith
- 05

Through The Roof (4:41)

Hermitude

© 2015 Elefant Traks.
Written by: Dubber, Stuart, Levinson
- 06

Sixes (2:20)

D.O.D

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Written by: O'Donnell
- Bassride** (2:10)

Afrojack

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Written by: Van De Wall
- 07

3AM (2:01)

Baauer, AJ Tracey & Jae Stephens

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Written by: Rodrigues, Wolton, Adkison
- 08

OUTRO

Use Strength track 08 music



L-R: Joy Jingjing, Michael Mai, Key Kong, Ben Main, Erin Maw, Sisley Pan, Yale Qin.

GRIT CARDIO CREDITS

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01. WARMUP

TRACK SETUP

90-second ladder with 2 moves. Add on a rep each round.

Exercise	
0:02	Jog/Run with heels up OTS
0:31	High Knee Run
0:44	Burpee
0:57	Lateral Skater (L+R)
1:09	High Knee Run
1:22	High Knee Run faster
1:34	Burpee
1:47	Lateral Skater (L+R)
2:00	Lateral Skater with Knee Lift (L+R)
2:13	High Knee Run
2:25	High Knee Run (faster)
2:38	Recovery



01. RUN WILD 2:46mins

CLASS SETUP

30 minutes to train H.I.I.T., challenge the body and have fun. Give a shout out to anyone new, show the options and then roll into the Warmup.

CONNECTION

The music is high energy and the structure is super simple, just 3 moves repeated, so use coaching time to connect and build energy for the workout blocks ahead.

TECHNIQUE

JOG/RUN/HIGH KNEE RUN OTS

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

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**
- **Land softly out of Jump**

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

LATERAL SKATER WITH KNEE LIFT

- **Jump side to side shifting body weight**
- **Chest up**
- **Hips square to front**
- **Land softly with bent knee**
- **Push off outside of the foot**
- **Single-leg Squat to absorb landing**

Layer 2: Lift the inside knee to hip-height; imagine jumping over a bench, side to side

↓ **OPTION:** SKATER WITH NO KNEE LIFT



02. LADDER

TRACK SETUP

90-second ladder with 2 moves. Add on a rep each round.

Exercise	
0:00	Set up and demonstrate moves: Squat Knee (2 for 1), Skater with Knee Lift (L+R) (2 for 1)
0:29	Squat Knee (2 for 1), Skater with Knee Lift (L+R) (2 for 1) <i>Beginner:</i> Aim for 5 reps <i>Intermediate:</i> Aim for 6 reps <i>Advanced:</i> Aim for 7+ reps
1:58	<i>Recovery</i>



02. HEATER 2:10mins

COACHING TIP

Practise the Squat Knee in the mirror to perfect your technique. See how Ben breaks down the move and clearly demonstrates the '2 for 1' counts in the ladder.

CONNECTION

This track is really inclusive and caters to all fitness levels. Beginners aim for 5, intermediate 6 and advanced 7+ reps. This is a great coaching focus which enables all participants to feel successful.

DRIVE

The intensity in this track will set the standard for the workout ahead. 90 seconds of H.I.I.T. lifts the heart rate to the roof! Encourage members to reach high in the ladder to achieve the best possible class start.

H.I.I.T. SCIENCE

Achieving an initial spike in heart rate will set this workout up for success. Keeping the movement sharp and explosive will help achieve that by recruiting the maximum amount of muscle fibers.

TECHNIQUE

SQUAT KNEE

- **Jump wide into Squat**
- Right foot slides in as left knee pops up
- Left foot slides into middle and right knee pops up in return to Squat
- **Feet wide, knees out over toes in Squat**
- Use abs to pop knee up
- **Keep chest lifted**

Layer 2: Reactive Core. Brace the core tightly to increase the intensity in the knee pop



LATERAL SKATER WITH KNEE LIFT

- Jump side to side, shifting body weight
- **Chest up**
- Hips stay square to the front
- **Land softly with bent knee**
- Push off from outside of foot
- **Single-leg Squat to absorb landing**

↓ **OPTION:** SKATER WITH NO KNEE

Layer 2: Recoil action of the single-leg Squat to absorb and push out of the leg to generate more leg power



03. TABATA

TRACK SETUP

Tabata: 8 rounds, 2 moves, 20 seconds on with active recovery.

Exercise	
0:00	Set up and demonstrate moves: Lateral Lunge with Touch Down x1, Block Jump x1 (L+R), Plank Jack x1, Butt Kick x1
0:29	Lateral Lunge with Touch Down x1, Block Jump x1 (L+R)
0:49	Recovery: Plank Hold (on knees or toes)
0:58	Plank Jack x1 Butt Kick x1
1:19	Recovery: Plank Hold (on knees or toes)
1:28	Lateral Lunge with Touch Down x1, Block Jump x1 (L+R)
1:49	Recovery: Plank Hold (on knees or toes)
1:59	Plank Jack x1, Butt Kick x1
2:19	Recovery: Plank Hold (on knees or toes)
2:29	Lateral Lunge with Touch Down x1, Block Jump x1 (L+R)
2:40	Recovery: Plank Hold (on knees or toes)
2:58	Plank Jack x1, Butt Kick x1
3:19	Recovery: Plank Hold (Knees or Toes)
3:29	Lateral Lunge with Touch Down x1, Block Jump x1 (L+R)
3:49	Recovery: Plank Hold (Knees or Toes)
3:58	Plank Jack x1, Butt Kick x1
4:19	Recovery



03. SIXES / BASSRIDE 4:30mins

COACHING TIP

In this track, there are 3 components to teach members: the 2 moves and the Plank. Focus on coaching move 1 and the Plank in the intro. Save move 2's demonstration for the first 10 seconds of the Plank hold.

CONNECTION

Isometric holds have been added to these Tabata sets as an extra way for members to engage and connect with their bodies. Activating the core early on in the class improves results and can be referred back to later with core brace intensity cues.

DRIVE

Track 2 lifted the heart rate; now, the only place to go is up! Tabata are perfect, quick, H.I.I.T. sets that will keep the heart rate in those high zones. Tap into some motivation and encourage members to maximize the work in the 20-second intervals.

H.I.I.T. SCIENCE

One of the key components of Tabata intervals is the 2:1 work-rest ratio. The fatigue from the preceding block means you begin each interval after a partial recovery. This is a great way to accumulate lactate and drive the change we know H.I.I.T. delivers.

TECHNIQUE

LATERAL LUNGE WITH TOUCHDOWN/ BLOCK JUMP

- Start with feet together, step to side into Lateral Lunge
- **Touch floor with outside of hands**
- Repeat on other side
- **Outside knee presses out over toes in Lunge**
- Inside leg straight and anchored to floor
- **Hips back, chest up on Touch Down**
- Feet under hips in Jump
- **Abs braced**
- **Bent knee landing**

↓ **OPTION:** Reach towards floor in Lateral Lunge

Layer 2: Stay low in the legs to hit fast multi directional changes



PLANK

- **Hands in line with shoulders**
- **Back long and straight**
- **Abs braced**
- **Butt down**
- Eyes focus on floor just in front of hands

↓ **OPTION:** Hold Plank on knees

PLANK JACK/BUTT KICK

- **In Plank position, jack feet out and in**
- **Abs braced to jack feet**, hold upper body still
- **Jump feet wide outside hands into Squat**
- Jump up and kick heel to butt from Squat
- **Soft knee landing out of Jump**
- Chest up

↓ **OPTION:** WALK FEET IN PLANK JACK, SQUAT JUMP, NO BUTT KICK

Layer 2: Use the Squat to transition quickly between the two moves



04. COMBINATION TRAINING 1&2

TRACK SETUP

Combination Training: 2 rounds, 4 moves. Add on a move every 30 seconds.

Exercise		
1	0:00	Set up and demonstrate first set: Lateral High Knee Run (R) (x5), Lateral High Knee Run (L) (x5), Squat Jump with 180° Turn (Back/Front)
	0:24	Lateral High Knee Run (R) (x5), Lateral High Knee Run (L) (x5), Squat Jump with 180° Turn (Back/Front)
	0:53	Recovery
	Add:	Burpee
	1:15	Lateral High Knee Run (R) (x5), Lateral High Knee Run (L) (x5), Squat Jump with 180° Turn (Back/Front), Burpee x1
	1:50	Recovery
	Add:	Tuck Jump
	2:10	<i>Full Combo:</i> Lateral High Knee Run (R) (x5), Lateral High Knee Run (L) (x5), Squat Jump with 180° Turn (Back/Front), Burpee Tuck Jump
	2:48	Recovery
	3:09	<i>Repeat Full Combo:</i> Lateral High Knee Run (R) (x5), Lateral High Knee Run (L) (x5), Squat Jump with 180° Turn (Back/Front), Burpee Tuck Jump
2	3:53	Recovery
	3:53	Turn side-on and demonstrate first move of set 2: Bear Crawl F x4, B x4
	4:15	Bear Crawl F x4, B x4
	4:44	Recovery
	Add:	Long Jump x2 with 180° Turn F/B
	5:05	Bear Crawl F x4, B x4, Long Jump x2 with 180° Turn F/B
	5:38	Recovery
	Add:	Pushup Power Burpee x1
	5:59	<i>Full Combo:</i> Bear Crawl F x4, B x4, Long Jump x2 with 180° Turn F/B, Pushup Power Burpee x1
	6:40	Recovery
	7:00	<i>Repeat Full Combo:</i> Bear Crawl F x4 B x4, Long Jump x2 with 180° Turn F/B, Pushup Power Burpee x1
	7:46	Recovery



04. BACK SEAT LOVIN' / LIVING THIS GAME / WATCH ME 7:56mins

COACHING TIP

This track is probably the most complex to set up. Accurate demonstration and clear explanations will enable success. When adding on new moves always demonstrate the whole combo so members understand the relationship between the moves.

CONNECTION

This track is playful and fun: enjoy building suspense. Members don't know what the next move will be so keep them guessing!

DRIVE

The final set of 45 seconds is all about drive. When round 4 hits, participants should be confident with the combo and ready to crush the reps.

H.I.I.T. SCIENCE

The secret to safe and effective H.I.I.T. training is to keep load in the muscles and out of the joints. Using a Squat to transition in and out of a Burpee is a good example of this.

TECHNIQUE

LATERAL HIGH KNEE RUN

- Move laterally (L+R), 5 each side
- Pump high knees up towards chest
- Keep hips square to front and stay light on the feet
- **Chest up**
- **Abs braced**

SQUAT JUMP WITH 180° TURN

- **Feet wide, jump back and then forwards**
- Both feet take off and land
- Feet stay wide
- **Brace abs so whole body turns as one**

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**
- **Soft knee landing**

↓ **OPTION: NO JUMP**

TUCK JUMP

- **Jump knees to chest**
- **Abs braced**
- **Chest up**
- **Knees soft to land**

↓ **OPTIONS: ANY HEIGHT FOR TUCK JUMP, OR STRAIGHT LEG JUMP**

Layer 2: Everything in this set is about the knee drive. To maintain intensity, drive the knees in the Runs, in and out on the Burpees and into the Tuck Jumps

BEAR CRAWL

- Turn side-on, Bear Crawl forward and back x4
- **Butt down, knees close to floor**
- **Abs braced**
- **Back straight**

Layer 2: Tight and compact to move with control and activate the core harder

LONG JUMP

- **Long Jump forward**
- **Jump feet wide in Squat**
- **Abs braced**
- Both feet take off and land
- **Soft knee landing**

Layer 2: Focus on the hip drive for power in the Jumps

PUSHUP POWER BURPEE

- **Start in Plank position**
- **Hands just outside shoulder-width**
- Complete one Pushup, on knees or toes
- **Chest to elbow height**
- **Jump feet forward, outside hands, into low Squat**
- **Chest up in Jump**
- **Abs braced in Jump**

↓ **OPTION: WALK FEET FORWARD AND BACK**



05. EMOM

TRACK SETUP

EMOM: Every minute on the minute! 4 rounds, 6 reps high intensity, 12 reps medium and 18 reps low. Aim to complete each set within 1 minute.

	Reps	Exercise
0:00		Set up and demonstrate moves: Burpee Twist (R+L) x3 Jump Lunge (2 for 1) (R+L) x12 Speed Jack with hands over head
0:28		MINUTE 1
	6	Burpee Twist (R+L) x3
	12	Jump Lunge (2 for 1) (R+L) x12
	24	Speed Jack with hands over head
1:30		MINUTE 2
	6	Burpee Twist (R+L) x3
	12	Jump Lunge (2 for 1) (R+L) x12
	24	Speed Jack with hands over head
2:30		MINUTE 3
	6	Burpee Twist (R+L) x3
	12	Jump Lunge (2 for 1) (R+L) x12
	24	Speed Jack with hands over head
3:29		MINUTE 4
	6	Burpee Twist (R+L) x3
	12	Jump Lunge (2 for 1) (R+L) x12
	24	Speed Jack with hands over head
4:31		Recovery



05. THROUGH THE ROOF 4:41mins

COACHING TIP

Clearly demonstrate the Burpee Twist, and explain the concept well. This track intro is short so prepare well in advance to ensure success.

CONNECTION

Participants are focused on counting reps and aiming for recovery. Avoid talking to much and let the music and self motivation come into play.

DRIVE

Big motivation in the final minute. We have never done a 4-minute EMOM in GRIT before; this is a massive set and really challenging. Big motivation and encouragement are needed to get them through this one.

H.I.I.T SCIENCE

A 4 minute block sits at the outer limit of H.I.I.T. training. The goal is to hold an 85% of maximum intensity for the full 4 minutes. This will challenge the energy systems, particularly following the fatigue of the previous tracks.

TECHNIQUE

BURPEE TWIST

- **Start standing, jump feet back into Plank position**
- **Abs braced**
- **Back long and straight**
- **Lift arm and leg on one side to turn chest to the ceiling**
- **Touch hand to bent knee**
- **Return to Plank position**
- Repeat on opposite side
- Hips stay lifted in Twist

↓ **OPTION: HALF BURPEE NO TWIST**



JUMP LUNGE

- **Long step back**
- Back knee towards floor
- **Chest up**
- **Arms swing to jump up and switch legs**
- **Front thigh parallel to floor**
- **Soft knee landing**

↓ **OPTION: BACKWARD-STEPPING LUNGE**

Layer 2: Stay low and loaded to switch quickly and work the legs faster

SPEED JACK HANDS OVERHEAD

- Feet Jack out and in
- **Knees bent and pressed out over toes**
- **Chest up with hands overhead**
- **Abs braced**
- **Stay light on balls of feet**

Layer 2: Stay low and light in the legs and switch quickly to achieve high reps



06. TABATA

TRACK SETUP

Tabata 2: 8 rounds, 2 new moves, 20 seconds each. Extra Plank challenge as active 10 second recovery.

Exercise	
0:00	Set up and demonstrate moves: Burpee Jump, Squat Tuck Jump
0:29	Burpee Jump
0:49	Recovery: Plank Hold (on knees or toes) Advanced: Lift one leg (R)
0:58	Squat Tuck Jump
1:19	Recovery: Plank Hold (on knees or toes) Advanced: Lift one leg (L)
1:28	Burpee Jump
1:49	Recovery: Plank Hold (on knees or toes) Advanced: Lift one leg (R)
1:59	Squat Tuck Jump
2:19	Recovery: Plank Hold (on knees or toes) Advanced: Lift one leg (L)
2:29	Burpee Jump
2:40	Recovery: Plank Hold (on knees or toes) Advanced: Lift one leg (R)
2:58	Squat Tuck Jump
3:19	Recovery: Plank Hold (on knees or toes) Advanced: Lift one leg (L)
3:29	Burpee Jump
3:49	Recovery: Plank Hold (on knees or toes) Advanced: Lift one leg (R)
3:58	Squat Tuck Jump
4:19	Recovery



06. SIXES / BASSRIDE 4:30mins

COACHING TIP

Plank options cater to different levels of ability. Ensure everyone understands the options and encourage them to take the one that best matches their level.

CONNECTION

Linking the workout together and applying Tabata concepts means members will know the work effort expected from a track like this. So get participants excited for the challenge with positive high energy because they will need it!

DRIVE

At this point of the class it's about stamina not power. Leaving out the bar and weight enables members to feel successful right to the end. Rather than focusing on intensity cues, coach benefits to give people a reason to keep pushing!

H.I.I.T. SCIENCE

The secret to maximizing gains from H.I.I.T. training is achieving big spikes in our heart rate. Tabata intervals are perfect for spiking intensity in the last phase of the class. Pushing to maximum in these blocks will change fitness and body composition.

TECHNIQUE

BURPEE JUMP

- **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**
- **Land softly out of Jump**

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

Layer 2: Shoot the legs in and out to move fast in the Burpee and get the heart rate really high

PLANK HOLD

- **Hands in line with shoulders**
- **Back long and straight**
- **Abs braced**
- **Butt down**
- **Eyes focused on floor in front of hands**
- **Advanced:** Lift alternating leg and hold
- **Hips and shoulders square to floor**

↓ **OPTION:** Hold Plank on knees

SQUAT TUCK JUMP

- Start in Squat leading into Tuck Jump
- **Hips back and down**
- **Knees out over toes, chest up in Squat**
- **Abs braced in Tuck Jump**
- Soft knee landing

↓ **OPTIONS:** SQUAT JUMP OR SMALL TUCK JUMP

Layer 2: Use arms for momentum to propel your body off the floor and generate power



07. CORE

TRACK SETUP

Ladder challenge, 90 seconds to climb the ladder and aim for as many reps as possible.

	<i>Exercise</i>
0:00	Set up and demonstrate move: Side Hover with Oblique Crunch F/B
0:24	Side Hover with Oblique Crunch F/B (1 for 1) Aim: 7 reps
1:58	<i>Recovery</i>



07. 3:00AM 2:01mins

COACHING TIP

There’s a countdown in this one so a quick setup is key!

CONNECTION

For the first time, the Core is another ‘training track’. Be super positive and excited about this new innovation!

DRIVE

The last track is still a working track, which should be hard and effective! Sell the benefits of a strong core and focus on pushing for reps; the aim is to get as close to 7 as possible.

TECHNIQUE

SIDE HOVER WITH OBLIQUE CRUNCH

- Start on side
 - **Elbow in line with shoulder**
 - **Back long and straight**
 - **Bottom hip lifted**
 - Top hip forward
 - Knee crunches towards elbow
 - **Top ribs crunch towards hips**
- ↓ **OPTION:** BOTTOM KNEE DOWN



GRIT ATHLETIC MUSIC

03

TABATA
Use Cardio track 03 music

04

Higher Ground (1:30)
TNGHT, Hudson Mohawke, Lunice
© 2015 Wrap Records Limited.
Written by: Birchard, Sealee

05

Do Or Die (4:02)
Rope Slide
© 2019 Les Mills Music Licensing Ltd.
Written by: Glover, Steele

06

Higher Ground (1:11)
TNGHT, Hudson Mohawke, Lunice
© 2015 Wrap Records Limited.
Written by: Birchard, Sealee

07

Heartbeat Loud (Andy C VIP Remix)
(1:42)
Andy C & Fiora
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Records UK, a Warner Music Group Company.
Written by: Cutler, Salovaara, Andy C

Heartbeat Loud (Andy C VIP Remix)
(1:38)
Andy C & Fiora
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Records UK, a Warner Music Group Company.
Written by: Cutler, Salovaara, Andy C

08

Higher Ground (1:11)
TNGHT, Hudson Mohawke, Lunice
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Written by: Birchard, Sealee

09

Give Me Your Love (Andy C Remix)
(4:15)
Sigala feat. John Newman & Nile
Rodgers
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Australia Pty Ltd.
Written by: Fielder, Newman, Manovski

Give Me Your Love (Andy C Remix)
(0:43)
Sigala feat. John Newman & Nile
Rodgers
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license to Astrx Music, a division of Ministry of Sound
Australia Pty Ltd.
Written by: Fielder, Newman, Manovski

10

Higher Ground (1:00)
TNGHT, Hudson Mohawke, Lunice
© 2015 Wrap Records Limited.
Written by: Birchard, Sealee

11

OUTRO
Use Strength track 08 music



L–R: Reagan Kang, Ben Main, Erin Maw, Bas Hollander, Key Kong, Ken Zhang, Roy Huang.

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Shadows:

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Ben Main (New Zealand)

Roy Chaojie (China)

Ken Zhang (China)



03. TABATA

TRACK SETUP

Tabata: 8 rounds, 2 moves, 20 seconds on with active recovery.

Exercise	
0:00	Set up and demonstrate moves: Plyo Sumo Bench Jump, Tricep Pushup With Speed Jack x1
0:29	Plyo Sumo Bench Jump
0:49	Recovery: Plank Hold hands on bench (on knees or toes)
0:58	Tricep Pushup With Speed Jack x1
1:19	Recovery: Plank Hold hands on bench (on knees or toes)
1:28	Plyo Sumo Bench Jump
1:49	Recovery: Plank Hold hands on bench (on knees or toes)
1:59	Tricep Pushup With Speed Jack x1
2:19	Recovery: Plank Hold hands on bench (on knees or toes)
2:29	Plyo Sumo Bench Jump
2:40	Recovery: Plank Hold hands on bench (on knees or toes)
2:58	Tricep Pushup With Speed Jack x1
3:19	Recovery: Plank Hold hands on bench (on knees or toes)
3:29	Plyo Sumo Bench Jump
3:49	Recovery: Plank Hold hands on bench (on knees or toes)
3:58	Tricep Pushup With Speed Jack x1
4:19	Recovery



03. CARDIO TRACK 03 MUSIC

CLASS SETUP

Bench with 2 risers on each end, 1 medium weight plate.

TRACK TIPS

In this track there are 3 components to teach members: the 2 moves and the Plank. Focus on coaching move 1 and the Plank concept in the intro. Save move 2's demonstration for the first 10 seconds of the Plank hold.

CONNECTION

Isometric holds have been added in to these Tabata sets to activate the core. Core exercises enable participants to connect with their bodies and engage in the workout.

DRIVE

One of the key components of Tabata intervals is the 2:1 work-rest ratio. The fatigue from the preceding block means you begin each interval after a partial recovery. This is a great way to accumulate lactate and drive the change we know H.I.I.T. delivers.

TECHNIQUE

TRICEP PUSHUP WITH SPEED JACK

- On end of bench, squat and place palms on edge
- Jump back into Plank position
- Tricep Pushup, on knees or toes
- Elbows in
- **Chest to Elbow height**
- Back long and straight
- **Jump out of Plank into Squat with abs braced**
- Feet either side of bench
- Jump quickly on/off bench
- **Knees soft**
- **Chest up**
- Land with bent knees to transition back into Pushup

↓ **OPTION:** PUSHUP ON KNEES

Layer 2: Drive through palms off bench to gain momentum for the Squat and bring explosive power to the upper body

PLYO SUMO BENCH JUMP

- Feet straddle bench
- High Jump on/off landing in Squat on floor
- **Bend knees to take off and land**
- **Brace abs in Jump**
- **Chest up**

↓ **OPTION:** JUMP, NO BENCH

Layer 2: Focus on jumping high. Imagine you're in a rugby line out and the lads grab you by the shorts and throw you in the air

PLANK

- **Hands in line with shoulders**
- **Back long and straight**
- **Abs braced**
- **Butt down**
- Eyes focused on floor, in front of hands

↓ **OPTION:** ON KNEES



04. 1 MINUTE JUMP TRAINING

TRACK SETUP

Jump training: 1 minute of jumping clockwise around the bench.

Exercise	
0:00	Set up on RIGHT side of bench and demonstrate move: 360° Jump Around Bench (Anti Clockwise)
0:23	1 minute 360° Jump Around Bench Anticlockwise (Clockwise for participants)
1:23	Recovery



04. HIGHER GROUND 1:30mins

COACHING TIP

Set up and demonstrate the move carefully, as this is a GRIT innovation. Instructors move ANTICLOCKWISE so members can mirror your movements. If the room is crowded give the option to jump over the bench rather than around. Rhythm cues either: "step step jump" or "one two jump".

CONNECTION

Members can move on or off the beat of the music. Staying on the beat is challenging and a cool way to connect with the music.

DRIVE

The bench sets the standard for the workout. Once participants are moving well, focus on coaching around the bench with distance and height for a big heart rate kick.

H.I.I.T. SCIENCE

Jumping requires explosive recruitment of the major leg muscles. This is a great way to drive heart rate.

TECHNIQUE

360° JUMP AROUND BENCH

- Jump around the outside of the bench in a square
- Stepping one foot forward at a time
- Land the step and hit a Jump
- Repeat sequence around the bench
- One round is eight steps and four Jumps
- Swing arms and **keep chest up**
- **Soft knee landing**

↓ **OPTION:** JUMP FORWARD AND OVER THE BENCH RATHER THAN AROUND

Layer 2: Use arm drive to achieve momentum in the Jump and clear the bench





05. COACH CALLS

TRACK SETUP

Coach Calls: 1 holding pattern, 1 call out.

Exercise		
1	0:02	Set up facing bench and demonstrate Holding Pattern and Call Out: <i>Holding:</i> Jumping Lunge Combo with Plate Press Overhead <i>Call Out:</i> "SWITCH" Bench Jump 180° Turn with Plate
	0:28	Pushups 16 reps on the beat 25 seconds max reps
	0:55	<i>Stand, grab plate and begin Coach Calls:</i> <i>Holding:</i> Jumping Lunge Combo with Plate Press Overhead <i>Call Out:</i> "SWITCH" Bench Jump with 180° Turn with Plate
	2:14	<i>Recovery</i>
2	2:14	Set up Pushups set 2: advanced option is feet on bench
		Pushups
	2:28	16 reps on the beat 25 seconds max reps
	2:55	<i>Stand, grab plate and begin Coach Calls:</i> <i>Holding:</i> Jumping Lunge Combo with Plate Press Overhead <i>Call Out:</i> "SWITCH" Bench Jump with 180° Turn with Plate
	4:00	<i>Recovery</i>



05. DO OR DIE 4:02mins

COACHING TIP

Quickly demonstrate the holding pattern with call out like Erin does before the Pushups. There's no countdown in this track, so ensure everyone in the class understands the concept of Coach Calls. Make sure you know the music well so that you can lead.

CONNECTION

This is inspired by athletic and sport training. It's important to set this track up well so everyone understands the concept and relevance of Coach Calls because there are two more Coach Call sets to come!

DRIVE

This track is all about generating intensity and force! Focus on load in the Lunge and height in the Jumps. Fast force production comes from the quick reaction and big kick off the bench, so encourage members to maximize thrust.

H.I.I.T. SCIENCE

The secret to safe and effective H.I.I.T. training is keeping load in the muscles and out of the joints. Squat and Lunge depth are good examples of this. Maximizing the range to 90° hip and knee flexion, fires up the glutes and quads while minimizing stress on the knee joint and lumbar spine.

TECHNIQUE

PUSHUP

- Hands on bench, outside shoulders
- Chest drops in line with elbows
- Back straight
- Butt down
- Abs braced

↓ **OPTION:** PUSHUP ON KNEES

↑ **OPTION:** DECLINE PUSHUP

- Hands on floor, feet on bench
- Chest drops no lower than elbows
- Abs braced
- Back long and straight

Layer 2: Drive out of the base of the Pushup for upper body power

JUMPING LUNGE COMBO WITH PLATE PRESS OVERHEAD

- Start with feet just outside hip-width, plate high on collarbones
- One Squat, one Lunge (R), one Squat, one Lunge (L)
- **Knees out over toes, chest up, hips back in Squat**
- Jump into Lunge from Squat
- **Back leg long, bottom knee down towards floor**
- **Hips square, chest up**
- **Front knee out over toes**
- **Soft knee landing**
- Plate Presses Overhead in Jump to Lunge
- **Elbows slightly forward**
- Jump back into Squat and repeat Lunge on other side

↓ **OPTION:** STEP INTO SQUAT AND LUNGE

Layer 2: Focus on load to take the legs to quick fatigue; stay low

BENCH JUMP WITH 180° TURN WITH PLATE

- Plate sits high on collarbones, elbows locked in
- Jump on/off bench, 180° Turn
- Both feet take off and land
- **Bent knee landing**
- **Abs braced**
- **Feet stay wide**

↓ **OPTION:** NO PLATE

Layer 2: Smack the bench quickly to generate force



06. 50 SECOND JUMP TRAINING

TRACK SETUP

Jump training: 50 seconds jumping anticlockwise around the bench.

<i>Exercise</i>	
0:00	Set up on LEFT side of bench and demonstrate move: 360° Jump Around Bench (clockwise)
0:23	50 seconds of 360° Jump Around Bench clockwise (anticlockwise for participants)
1:13	<i>Recovery</i>



06. HIGHER GROUND 1:20mins

COACHING TIP

Quickly demonstrate the Bench Jump, CLOCKWISE for instructors this time.

CONNECTION

The repetition in the music track provides a point of connection. Moving with the beat increases the challenge of this track.

DRIVE

10 seconds less than the first round of Jump Training, but it's still going to be challenging! Focus on intensity in the Jumps. Now that the body has muscle memory, participants should be able to move more efficiently.

TECHNIQUE

360° JUMP AROUND BENCH

- Jump around the outside of the bench in a square
- Stepping one foot forward at a time
- Land the step and hit a Jump
- Repeat sequence around the bench
- One round is eight steps and four Jumps
- Swing arms and **keep chest up**
- **Soft knee landing**

↓ **OPTION:** JUMP FORWARD AND OVER THE BENCH RATHER THAN AROUND

Layer 2: Use arm drive to achieve momentum in the Jump and clear the bench



07. COACH CALLS

TRACK SETUP

Coach Calls 2: 2 rounds, 1 holding pattern with 3 call outs.

Exercise		
1	0:00	Set up at end of bench and demonstrate Holding Pattern with 2 Call Outs: Holding Pattern: Shuttle Call Out: Drop (Burpee), Dodge (Double Shuffle (L+R) with Touch Down)
	0:33	Begin Coach Calls Holding Pattern: Shuttle Call Out: Drop (Burpee), Dodge (Double Shuffle (L+R) with Touch Down)
	1:39	Recovery
2	1:41	Recover and demonstrate the added Call Out: Catch (Plyo Sumo Bench Jump)
	2:10	Begin Coach Calls Holding Pattern: Shuttle Call Out: Drop (Burpee), Dodge (Double Shuffle (L+R) with Touch Down) Catch (Plyo Sumo Bench Jump)
	3:16	Recovery



07. HEARTBEAT LOUD 3:20mins

COACHING TIP

The challenge in this track is for members to stay focused in order to react correctly. Watch how frequently you call Drop, Dodge and Catch. Allow members to experience the holding pattern and be mindful of how fast and frequently you change the movement patterns.

CONNECTION

The creative team were inspired by NFL training for this track. Find some cool sports language and examples like Erin and Bas do to get members feeling like they are on the field playing the game.

DRIVE

Quick reactions come from staying compact in our movements. This helps create efficient, quick movement patterns.

H.I.I.T. SCIENCE

Quick reactions come from staying compact in our movements. This helps create efficient, quick movement patterns.

TECHNIQUE

SHUTTLE

- Feet wide
- Chest up
- Knees soft
- Stay light on balls of feet



DROP (BURPEE)

- Burpee on the end of the bench
- Bend knees
- Hands on either side of bench
- Feet jump long back into Plank position
- Abs braced
- Back long and straight
- Feet jump wide outside hands
- Lift chest to stand

Layer 2: Quick powerful movements. Stay low in the Shuttle to jump in and out of the Burpee super quick and reactive

DODGE

- Lateral Shuffle side to side
- **Keep feet wide, knees soft**
- **Stay light on feet**
- **Knees press out over toes**
- **Reach hands towards floor**
- Chest up

↓ **OPTION:** REACH HAND TOWARDS FLOOR, NO TOUCH DOWN

Layer 2: Stay light on the balls of the feet to shoot across the floor and react fast

CATCH (PLYO SUMO BENCH JUMP)

- Feet straddle bench
- Jump onto bench and High Jump off, landing in Squat on floor
- **Bend knees to take off and land**
- **Brace abs to jump**
- **Chest stays up**

↓ **OPTION:** JUMP, NO BENCH

Layer 2: Focus on high Jump. Imagine you're in a rugby line-out and the lads grab you by the shorts and throw you in the air



08. 40 SECOND JUMP TRAINING

TRACK SETUP

Jump training: 40 seconds of jumping clockwise around the bench with coach call outs.

Exercise	
0:00	Set up on RIGHT side of bench and demonstrate move: 360° Jump Around Bench (begin anticlockwise)
0:23	40 seconds of 360° Jump Around Bench (begin clockwise for participants) with Call Out <i>CALL OUT: "SWITCH"</i> to change direction of jumping
1:05	<i>Recovery</i>



08. HIGHER GROUND 1:11mins

COACHING TIP

Give members a few reps jumping around the bench before beginning call outs. Let them feel the movement pattern and get into the rhythm.

CONNECTION

This is where Track 17 and 19 Coach Calls connect to jump training. Keep that chaos training in play so the body has to keep guessing.

DRIVE

Focus drive on the moment as Key calls the “catch and go”. In order to hit that quick change the core has to engage and the body has to tap into that powerful force, working the body harder.

TECHNIQUE

360° JUMP AROUND BENCH

- Jump around the outside of the bench in a square
- Stepping one foot forward at a time
- Land the step and hit a Jump
- Repeat sequence around the bench
- One round is eight steps and four Jumps
- Swing arms and **keep chest up**
- **Soft knee landing**

↓ **OPTION:** JUMP FORWARD AND OVER THE BENCH RATHER THAN AROUND

Layer 2: Use arm drive to achieve momentum in the Jump and clear the bench



09. COACH CALLS

TRACK SETUP

Coach calls 3: 3 rounds, 2 Holding Patterns, 1 Call Out.

Exercise		
1	0:00	Set up in middle of bench and teach Holding Pattern with 1 Call Out:
	0:23	Holding Pattern: Up/Down On Bench
	0:34	Call Out: Squat Hold
	0:45	Begin Coach Calls
		Holding Pattern: Up/Down On Bench
		Call Out: Squat Hold
	1:18	Recover, face bench and demonstrate move 2: Up/Down On Bench (faster)
	1:30	Up/Down On Bench (faster)
	1:52	Recovery
2		
	2:04	Slow Speed Ladder to start
	2:15	Begin Coach Calls
		Holding Pattern: Up/Down On Bench
		Call Out: Squat Hold
	2:53	Recover, face bench Slow Up/Down On Bench to start
	2:59	Quick Up/Down On Bench
3	3:22	Recovery
	3:35	Slow Speed Ladder to start
	3:47	Begin Coach Calls
		Holding Pattern: Speed Ladder on/off bench
		Call Out: Squat Hold
	4:26	Recover, face bench slow Up/Down On Bench to start
	4:31	Quick Up/Down On Bench
	4:54	Recovery



09. GIVE ME YOUR LOVE 4:58mins

COACHING TIP

Get to know this music well, as there is no countdown.

CONNECTION

Let the music play a big role in this track. The moves build with the music so let the energy unleash when the beat drops. Members know what Coach Calls are so minimize talk and maximize work.

DRIVE

3 rounds to finish this one! Try and find some variation to the call out of “hold” like Erin and Bas do. In set 1 Erin does a couple, set 2 Bas does more, then final set Erin doesn’t do any! Lots of variation will keep it interesting and challenging. Keep the work effort high by making members hold for longer. Big push for that final up/down run!

H.I.I.T. SCIENCE

Staying on the balls of the feet keep the calf-Achilles unit under constant tension and allow us to move faster.

TECHNIQUE

UP/DOWN ON BENCH

- Face bench
- Run up up down down, on/off bench
- **Light on feet**
- **Knees bent**
- **Chest up**

Layer 2: Use your arms to drive your legs; faster arms means faster feet

SQUAT HOLD

- Feet either side of bench
- **Sit back into Squat**
- **Butt to 90°**
- **Knees out over toes**
- **Chest up**
- Arms straight out above head
- **Elbows slightly forward**

Layer 2: Drive out of the bottom of the Squat for quick reaction



SPEED LADDER

- Feet either side of bench
- Run on/off bench
- Rhythm: up up down down
- **Stay light on feet**
- **Knees soft**
- **Chest up**
- **Abs braced**

Layer 2: Super light on the feet, almost like on tiptoes will increase speed and energy output



10. JUMP TRAINING

TRACK SETUP

Jump training: 30 seconds around the bench with a Tuck!

<i>Exercise</i>	
0:00	Set up on LEFT side of bench and demonstrate move: 360° Jump Around Bench with Tuck Jump
0:23	360° Jump Around Bench with Tuck Jump
0:53	<i>Recovery</i>



10. HIGHER GROUND 1:00mins

COACHING TIP

Quickly demonstrate, and offer option. This one is tough!

CONNECTION

This track brings it all back together. You have 30 seconds to wrap it up and really feel this one in the body! Give lots of praise in the build-up and plenty of encouragement during the set!

DRIVE

This is it! Final 30 seconds. Time to give everything you have now! Members and coaches, share the energy and battle through together!

TECHNIQUE

360° JUMP AROUND BENCH WITH TUCK JUMP

- Tuck Jump around the outside of the bench in a square
- Stepping one foot forward at a time
- Land the step and hit a Tuck Jump
- Repeat sequence around the bench
- One round is eight steps and four Tuck Jumps
- Swing arms and **keep chest up**
- **Soft knee landing**
- Rhythm cue: “one two Tuck, one two Tuck”
- **Abs braced**
- **Land soft out of the Tuck**

↓ **OPTION:** STAY WITH BLOCK JUMP

Layer 2: Big knee drive in the Tuck to generate power and increase intensity



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 flip chart, 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!



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.

