

LES MILLS GRIT 29

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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 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 cool too, so we hope you love it!

This round, the Bonus Athletic Block is a different structure to Strength and Cardio: 6 tracks that are 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 29 WARMUP

TRACK 2: CARDIO 29 COMBINATION DROP SET

THE BONUS ATHLETIC BLOCK

TRACK 03: LADDER 1

TRACK 04: LADDER 2

TRACK 05: LADDER 3

TRACK 06: LADDER 4

TRACK 07: LADDERS

TRACK 08: PUSH PAUSE (*using Cardio track 05 music*)

TRACK 10: CARDIO 29 CORE

MIX and MATCH

For maximum member experience and format consistency, GRIT STRENGTH and GRIT CARDIO have not been designed to be combined this round. The only combination should include the GRIT CARDIO and GRIT ATHLETIC formats as described above.



GRIT STRENGTH MUSIC

01

Jungle (Remix) (3:32)
X-Ambassadors & Jamie N Commons
feat. Jay-Z
© 2014 KIDinaKORNER/Interscope Records.
Written by: Gonzalez, Grant, Commons, Carter, Harris

02

Crowd Around (3:56)
The Lost Soles
© 2019 Les Mills Music Licensing Ltd.
Written by: Unknown

03

U Betta (1:30)
Machinedrum
© 2017 Ninja Tune.
Written by: Stewart

Soundclash (1:35)
Flosstradamus, TroyBoi
© 2015 Ultra Records, LLC.
Written by: Cameruci, Young, Troy

Vexed (1:45)
MEMBA & WiDE AWAKE feat. Xo Man
© 2018 Musical Freedom Label Ltd.
Written by: Chaudhary, Curry, Joseph, Crisp, Kinlocke

U Betta (1:25)
Machinedrum
© 2017 Ninja Tune.
Written by: Stewart

Soundclash (1:35)
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© 2015 Ultra Records, LLC.
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Vexed (1:58)
MEMBA & WiDE AWAKE feat. Xo Man
© 2018 Musical Freedom Label Ltd.
Written by: Chaudhary, Curry, Joseph, Crisp, Kinlocke

04

Indomitable (2:05)
DJ Shub feat. Northern Cree Singers
© 2016 Independent.
Written by: Unknown

Make Yaself Be Heard (1:55)
Rest Ashore
© 2019 Les Mills Music Licensing Ltd.
Written by: Unknown

Indomitable (2:07)
DJ Shub feat. Northern Cree Singers
© 2016 Independent.
Written by: Unknown

05

Mach One (3:06)
Marc Madness
© 2018 Suit of Bullets.
Written by: Unknown

06

Stir Fry (0:30)
Migos
Courtesy of the Universal Music Group.
Written by: Williams, Marshall, Ball, Cephus

Stir Fry (1:33)
Migos
Courtesy of the Universal Music Group.
Written by: Williams, Marshall, Ball, Cephus

07

Creep (0:57)
TLC
© 1994 LaFace Records LLC
Under license from Sony Music Commercial Group, a division
of Sony Music Entertainment.
Written by: Austin



L-R: Erin Maw, Ben Main, Reagan Kang, Bas Hollander.

Here we go again! Back in New Zealand at an incredible location in Auckland.
So, what can you expect from LES MILLS GRIT 29? Well, it's a super easy, chill workout, which will leave you feeling refreshed and vitalized... Said no one ever!

Like the prior releases, in each round the team look to create an innovative and uniquely challenging workout! Release 29 develops further from Release 28 with more creativity and craziness! A fresh structure, with every minute of every move designed to push your fitness threshold to the next level. You won't be disappointed... or breathing!

Again, having 3 in 1 workouts so you can experience the whole package is really exciting. Like Release 28, the Bonus Athletic Block will be inserted into this GRIT Cardio (not Strength) workout after track 2 to create GRIT Athletic. We hope you love it! We do!

GRIT 29 crew! Xx

MIX and MATCH

For maximum member experience and format consistency, GRIT STRENGTH and GRIT CARDIO have not been designed to be combined this round. The only combination should include the GRIT CARDIO and GRIT ATHLETIC formats as described in the notes.

CLASS SETUP

One barbell with moderate to heavy weights and one moderate weight plate.
Aim to be super inclusive and inviting. Welcome anyone new, and explain the workout and the expectations. Always tell members at the start of the class this workout is for them, and they can dial up or down whatever they need to, even if they need to lose the bar for the plate. A great mind-set to get into at the start of each workout is to remember to coach to all class participants so everyone feels successful.

GRIT STRENGTH PRESENTERS

Bas Hollander (Japan) is a LES MILLS GRIT, LES MILLS SPRINT, LES MILLS THE TRIP, LES MILLS TONE and BORN TO MOVE Trainer/Presenter. He is also the Training Manager for Les Mills Japan.

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

Erin Maw (New Zealand) is a LES MILLS GRIT, BODYATTACK, BODYCOMBAT and BODYJAM Trainer and a CXWORX and BODYBALANCE/ BODYFLOW Instructor. She is based in Auckland.

Ben Main (New Zealand) is a LES MILLS GRIT, BODYATTACK and BODYPUMP Trainer who is based in Auckland.

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
- Special thanks to Melroy Oostra*



01. WARMUP

EQUIPMENT: Barbell with moderate to heavy weights and 1 moderate weight plate.

	<i>Exercise</i>
0:00	Mobility Movement
0:12	Squat with Plate at collarbones
0:24	Squat with Plate Press
0:49	Backward-Stepping Lunge with Plate Press (L+R)
1:07	Barbell Clean
1:19	Barbell Clean & Press
1:32	Pushup
2:03	Barbell Clean & Press
2:27	Barbell Narrow Row
2:58	Barbell Clean & Press
3:23	<i>Recovery</i>



01. JUNGLE 3:32mins

CONNECTION

The Warmup is a great time to connect with members and assess their general ability and technique. Lead every class according to the level of the group. If you notice a lot of new participants then focus on demonstrating moves and coaching technique. If the class has regular members, then coach for intensity and motivation.

TECHNIQUE

SQUAT WITH PLATE / SQUAT WITH PLATE PRESS

- Feet just outside hip-width
- Plate sits high on collarbones
- Hips back and down
- Hips just above knee line
- Knees out
- 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 towards floor
- Plate Press over head
- Front thigh parallel to floor
- Front knee pushed out to track foot
- Chest up
- Elbows slightly forward of face in Press

BARBELL CLEAN & PRESS

- Lead with elbows
- Clean bar to collarbones
- Brace abs to press bar over head
- Elbows slightly forward
- Catch at collarbones and clean down to thighs
- Soft knees
- Keep bar close to body

PUSHUP

- Chest drops down to elbows, in line with shoulders
- Back long and straight
- Abs braced

↓ **OPTION: PUSHUP ON KNEES**

BARBELL NARROW ROW

- Chest up
- Feet underneath hips
- Tip forward from the hips
- Pull bar from knees to belly
- Elbows in narrow
- Hand grip on bar just outside thighs
- Abs braced



02. COMBINATION DROP SET

TRACK SETUP: 90 seconds of work, 40 seconds of full combo. Drop a move every time the bell rings.

Exercise

- SET 1:
- 0:00

Set up and demonstrate moves with barbell: **Narrow Row** (x1), **Drop Squat Clean & Press** (x1), **Overhead Press** (x1)
- 0:24

Narrow Row (x1), **Drop Squat Clean & Press** (x1), **Overhead Press** (x1)
- 1:05

Lose Overhead Press: **Narrow Row** (x1), **Drop Squat Clean** (x1)
- 1:37

Lose Narrow Row: **Drop Squat Clean** (x1)
- 1:54

Recovery

- SET 2:
- 1:54

Recover and demonstrate moves with plate; **Lateral Squat Jump** (L+R) (x1), **Overhead Squat Press** (x1), **Forward Squat Press** (x1)
- 2:19

Lateral Squat Jump (L+R) (x1), **Overhead Squat Press** (x1), **Forward Squat Press** (x1)
- 2:56

Lose Forward Press: **Lateral Squat Jump** (L+R) (x1), **Overhead Squat Press** (x1)
- 3:28

Lose Overhead Squat Press: **Lateral Squat Jump** (L+R)
- 3:50

Recovery



02. CROWD AROUND 3:56mins

COACHING TIP

Pre-cue the change in moves before the bell so members can flow continuously through the 90 seconds of work without stopping. In Set 2, explain the Squat before the Lateral Jump (like Erin does in the Master Class) and to stay in the Squat after the Forward Press.

CONNECTION

The music is super funky, so don't come in too hot and hard. This is the first working track and a complex structure, so focus on clear coaching and give praise for nailing the combinations. If participants feel a sense of achievement in the first working track, they are more likely to put in the same effort for the rest of the class.

DRIVE

90-second sets are great to peak the heart rate. To achieve this result, dial up the vocal intensity and coaching language in the shortest blocks on 20 seconds.

H.I.I.T. SCIENCE

Integrated exercises under load combining the upper and lower body are a great way to drive the heart rate into the maximum training zone.

TECHNIQUE

LATERAL SQUAT JUMP

- **Feet wide**, Squat first
- Stay low, Lateral Squat Jump L+R
- Both feet take off and **land in Squat**
- **Bend knees to absorb landing**
- **Hold plate to collarbone**
- Elbows in
- **Chest up and abs braced**

↓ OPTION: LATERAL STEPPING SQUAT

Layer 2: Stay low to keep the legs loaded for fast fatigue

OVERHEAD SQUAT PRESS / FORWARD SQUAT PRESS

- **Keep feet wide** and low from Lateral Squat Jump
- **Hips back and down**
- **Knees out**
- **Elbows slightly forward of face in Forward Squat Press**
- Chest up and arms in line with shoulders in Press

Layer 2: Punch the plate away from the body to work the upper body harder

DROP SQUAT CLEAN & PRESS

- **Clean bar up to collarbones, keep bar close to body**
- **Jump wide into low Squat and catch bar at collarbones**
- **Hips back and down, feet wide**
- **From base of Squat drive up and press bar over head, abs braced**
- **Elbows slightly forward**
- **Chest up**
- **Use Squat to catch barbell on collarbones**
- **Clean bar down to thigh and jump feet in**

Layer 2: Power out of the base of the Squat to activate the legs

NARROW ROW

- **Chest up**
- **Feet underneath hips**
- **Tip forward from hips**
- **Pull bar from knees to belly**
- Elbows in narrow
- **Hand grip on bar just outside thighs**

Layer 2: Squeeze the shoulder blades together to work the posterior chain



03. SUPERSET KICKER

TRACK SETUP: 6 rounds of work. 25 seconds of upper body, 25 seconds of lower body, with an extra kicker on the end of each set.

Exercise	
SET 1:	
0:00	Set up and demonstrate moves with barbell: Clean & Press, Squat with Heel Rise and the kicker Squat Jump
0:29	Clean & Press
0:53	Squat with Heel Rise
1:20	10 sec kicker: Squat Jump
1:30	Recovery
SET 2:	
1:30	Recover and demonstrate moves with body weight: Switch Climber (L+R) (x1), Pushup (x1)
1:55	Switch Climber (L+R) (x1), Pushup (x1)
2:20	Power Lunge (L+R)
2:45	20 sec kicker: Squat Jump
3:03	Recovery
SET 3:	
3:03	Recover and demonstrate moves with barbell: Squat Press (x1), Shoulder Press (x1)
3:29	Squat Press (x1), Shoulder Press (x1)
3:55	Backward-Stepping Lunge (L+R)
4:18	30 sec kicker: Squat Jump
4:50	Recovery
REPEAT SETS 1, 2 AND 3 WITH NEW KICKER: POWER BURPEE	
SET 1:	
4:50	Setup and demonstrate moves: Clean & Press and Squat with Heel Rise
5:14	Repeat Set 1 with 10 sec kicker: Power Burpee
6:13	Recovery
SET 2:	
6:13	Recover and demonstrate moves: Switch Climber (L+R) (x1), Pushup (x1)
6:37	Repeat Set 2 with 20 sec kicker: Power Burpee
7:49	Recovery
SET 3:	
7:49	Recover and demonstrate move: Squat Press (x1), Shoulder Press (x1)
8:15	Repeat Set 3 with 30 sec kicker: Power Burpee
9:36	Recovery



03. U BETTA / SOUNDCLASH / VEXED 9:48mins

COACHING TIP

Because the first kicker is only 10 seconds long try demonstrating the move in the track setup. That way members can get started as soon as the countdown hits.

CONNECTION

Working upper body vs. lower body followed by a cardio kicker creates powerful muscular responses. Use this track to connect the mind to the body and to bring bodily awareness so members understand and feel the benefits of this training concept. Explain the muscular benefits that come from load and range, then flip in contrast to why cardio is great in Strength H.I.I.T. and how it should feel, helping members understand the concept of H.I.I.T.

DRIVE

The drive in this track is the 10/20/30 second kickers that are designed to push the heart rate maximum and drive next level fitness. Encourage members to treat the kickers as if they were Tabata sets - fast, explosive and maximum effort.

H.I.I.T. SCIENCE

The kicker in these sets comes directly after fatiguing the body with power movements. Training explosively under fatigue is an ideal way to increase blood lactate and spark muscle change.

TECHNIQUE

CLEAN & PRESS

- **Lead with elbows**
- **Clean bar to collarbones**
- **Brace abs to Press bar overhead**
- **Elbows slightly forward of face in Press**
- **Catch at collarbones and clean down to thighs**
- **Soft knees**
- **Keep bar close to body**

Layer 2: Drop under the bar quickly; make it rattle and drive intensity

SQUAT WITH HEEL RISE

- Bar on meaty part of back
- **Feet outside hip-width**
- **Hips back**
- **Hips just above knee line**
- **Knees out**
- **Chest up**
- **Abs braced**
- Elbows under bar
- Squeeze glutes coming out of Squat and lift heels off floor

↓ OPTION: NO HEEL RISE

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

SQUAT JUMP

- **Feet wide, knees out**
- Hips back and down
- Hands reach towards or touch the floor
- Arms swing up and jump out of Squat
- **Chest up**
- **Abs braced to Jump**
- **Soft knee landing**

↓ OPTION: NO JUMP

Layer 2: Momentum comes from the arm swing, the bigger the swing the higher the Jump and the more muscles that are recruited.

SWITCH CLIMBER WITH PUSHUP

- Start in Plank position
- **Hands under shoulders**
- **Back long and straight**
- Alternate jumping L+R foot outside of L+R hand
- Land on heel
- Pushup in Plank position
- **Brace abs to jump feet**
- **Keep hips low and back long**

↓ OPTION: TAP FEET INSTEAD OF JUMP, PUSHUP ON KNEES

POWER LUNGE

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

↓ OPTION: BACKWARD-STEPPING LUNGE



03. U BETTA / SOUNDCLASH / VEXED 9:48mins

SQUAT PRESS WITH SHOULDER PRESS

- 1 Slow, 1 Quick, Full Squat, Half Squat
- 1 Squat Press followed by a quick Push Press
- **Feet outside hip-width**
- **Clean bar up to collarbones**
- Bar sits in palm of hands
- Drop down into Squat
- **Hips back, knees out**
- **Chest up**
- Drive up from Squat Press with bar over head
- **Elbows forward of face**
- **Abs braced**
- Catch bar high on collarbones
- **Bend and straighten knees to press bar back over head**

Layer 2: Load the legs with full range to generate power

BACKWARD-STEPPING LUNGE

- Feet parallel to start
- Bar on meaty part of back
- **Long step back**
- Back knee travels towards floor
- **Front thigh parallel to floor**
- **Front knee pushed out to track foot**
- **Chest up**

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

POWER BURPEE

- **Plank position to start**
- **Hands just outside shoulder-width**
- **Jump feet forward outside hands into low Squat**
- **Chest up**
- Abs braced

↓ OPTION: WALK FEET FORWARD AND BACK

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



04. AMRAP

TRACK SETUP: Three 90-second rounds of 5/10/15. Aim for as many rounds as possible in Set 1 and use that number as a goal for Set 2 and Set 3 with enhanced challenges.

Exercise	
SET 1:	
0:00	Set up and demonstrate moves with plate
	5 Plate Snatch
	10 Overhead Squat
	15 Squat Jump
0:34	Begin AMRAP of 5, 10, 15 counting rounds
	Every 30 seconds: Bell signals Bear Crawl forward x4, back x4, then continue AMRAP
2:03	Recovery
SET 2:	
2:03	Recover and repeat AMRAP ; aim for the same number of rounds as set 1
2:30	Begin AMRAP of 5, 10, 15 counting rounds
	Every 20 seconds: Bell signals Bear Crawl forward x4, back x4, then continue AMRAP
4:00	Recovery
SET 3:	
4:00	Recover and repeat AMRAP ; aim for the same rounds as Set 1
4:24	Begin AMRAP of 5, 10, 15 counting rounds
	Every 15 seconds: Bell signals Bear Crawl forward x4, back x4, then continue AMRAP
5:54	Recovery



04. INDOMITABLE / MAKE YASELF BE HEARD 6:07mins

COACHING TIP

There is a lot going on in this track, so watch carefully how Bas sets up in the Master Class. Practice this intro with move demonstrations before going to teach this track.

CONNECTION

As hard as this track is, it's also super playful, so coach like it's a game. Set 1 is all about setting a standard; Sets 2 and 3 raise the stakes. Keep the feel of this track light and fun so members are keen to play the game again!

DRIVE

The first AMRAP number sets the bar. Participants will go internal, counting rounds and reps waiting for the bell. The role of the coach in the last 2 sets is to motivate and encourage members to aim for the same number of rounds completed in Set 1. Try not to talk too much, as this may be distracting. Look for opportunities to boost energy levels with clever coaching. Not everyone will hit their AMRAP number in rounds 2 and 3, but giving it their best shot will be the challenge.

H.I.I.T. SCIENCE

Squat mechanics are an important part of this track. Keeping the knees in line with the toes and the chest up will help to keep the load in the muscles and out of the joints.

TECHNIQUE

PLATE SNATCH

- **Feet wide**, arms straight
- Plate held low to start
- Jump forward into loaded Squat
- **Abs braced**
- **Chest up**
- Drive plate out and up to just above forehead
- Jump back into Squat, swing arms straight down

Layer 2: Resistance training – the plate is trying to weigh you down.

OVERHEAD SQUAT

- Feet wide, plate over head
- Arms straight, **elbows slightly forward**
- Drop hips back into Squat
- Knees out over toes
- **Hips back and down to just above knee level**
- **Chest up**

↓ OPTION: SQUAT WITH PLATE AT COLLARBONES

SQUAT JUMP

- **Feet wide**, arms straight, holding plate low
- **Bend knees out over toes**
- Jump high out of the Squat
- **Land softly**
- **Chest up**

↓ OPTIONS: SQUAT WITH NO JUMP, OR JUMP WITH NO PLATE

Layer 2: Compress in the Squat and drive out of the balls of the feet for more power

BEAR CRAWL

- **From Squat after Snatch, lower hands to floor and complete 4 Bear Crawl steps forward, then backwards**
- 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



05. PUSH PAUSE

TRACK SETUP: Two 1-minute rounds. Repeat one move with music; hold another move when music pauses.

Exercise

SET 1:

- 0:00

Set up and demonstrate moves with body weight:
Play: **Squat Burpee Pushup**
Pause: Hold bottom of **Pushup**, either on toes, knees or in **Plank** for options
- 0:29

Begin **Squat Burpee Pushup**. When music pauses, react into holding pattern; continue **Squat Burpee Pushup** when music picks up again
- 1:29

Recovery

SET 2:

- 1:29

Recover and demonstrate moves with barbell:
Play: **Squat Press** with barbell or **Plate Press**
Pause: Hold **Front Squat** with barbell or plate at collarbones
- 1:54

Begin **Squat Press** with barbell or **Plate Press**. When music pauses, react into holding pattern; continue **Front Squat Press** with barbell or **Plate Press** when music picks up again
- 2:54

Recovery



05. MACH ONE 3:06mins

COACHING TIP

Fire out the options of holding Pushup on knees or Plank in the track setup (like Ben does). Not everyone in class will be capable of holding the Pushup position. Always give the option of bar or plate for Set 2.

CONNECTION

Let the music lead this one. The best thing a coach can do in this track is demonstrate the 'Push Pause' a few times so members are confident about the sequence.

DRIVE

All members need in this track is encouragement to 'hold' in the pause for as long as they can. If members need to shake out, it's cool to take an option. The music is banging and the concept is challenging, so let members follow the beat and movements and give the 2 working minutes their best effort.

H.I.I.T. SCIENCE

Keeping the intensity high in this final working track will determine the fitness gained from this workout. This is where we disrupt our biochemistry to generate changes in body composition and fitness that are specific to H.I.I.T.

TECHNIQUE

SQUAT PRESS

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

↓ OPTION: USE A PLATE

Layer 2: Use the bottom of the squat to drive out and create momentum to help drive the bar

SQUAT BURPEE PUSHUP

- Squat, jump back into Plank position, one Pushup, jump forward into 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 in Pushup
- Back long, strong and straight
- Chest to elbow height in Pushup

↓ OPTIONS: HOLD PUSHUP ON KNEES, OR PLANK POSITION

Layer 2: Push the palms into the floor to drive out of the Pushup



06. CORE

TRACK SETUP: 3 moves, 10 reps each, as many rounds as possible in 90 seconds.

Exercise	
0:00	Set up and demonstrate moves for 90-second AMRAP 10 C-Crunch Extension with Plate 10 Cross Crawl (L+R for 2) 10 Mountain Climber (L+R for 1)
0:29	Begin AMRAP
1:59	Recovery



06. STIR FRY 2:03mins

COACHING TIP

Demonstrate all moves and clearly explain the 2 for 1 Mountain Climber so they understand that L+R = 1 rep.

CONNECTION

This Core track is a working track. So keep members focused on the challenge with high energy coaching.

DRIVE

Setting a goal of 3 rounds for AMRAP is difficult! Having a number focus will keep members pushing hard, right to the 29th minute! Using the Plate for resistance and Mountain Climber will keep everyone working to the finish line.

TECHNIQUE

C-CRUNCH EXTENSION WITH PLATE

- Lie on back, plate at forehead
- Crunch in bringing plate to knees
- **Ribs to hips with chin slightly tucked in**
- Extend arms, and legs to 45°
- **Press lower back towards the floor in extension**

↓ OPTION: NO PLATE

CROSS CRAWL

- Lie on back
- Legs at 45°, finger tips to temples
- **Opposite shoulder crunches towards opposite knee**
- **Rotate from the center of the chest**
- Elbows wide and lifted if possible

↓ OPTION: KNEES BENT OR TAP FEET TO FLOOR

MOUNTAIN CLIMBER

- Plank position to start
- **Hands under shoulders**
- **Back long and straight**
- Alternate driving knee forward between hands
- **Brace abs to keep the body tight**



GRIT CARDIO MUSIC

01 **Take It Up A Notch** (3:28)
Lack Of Afro feat. Wax & Herbal T
© 2017 LOA Records Ltd.
Written by: C. Jones, M. Jones, Gibbons, Andrews

02 **Put Your Hands Up** (3:56)
The Lost Dolls
© 2019 Les Mills Music Licensing Ltd.
Written by: DJ Riz, DJ Sizzahandz

03 **Jelly** (1:30)
Opiuo feat. Texture Like Sun
© 2016 Slurp Music.
Written by: Davey-Wright, Pearl

Me and My Friends (1:35)
Wave Ordeal
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Written by: Berman, Bernstein

Tsukahara (1:45)
SDMS
© 2018 Tuned Theory Records.
Written by: SDMS

Jelly (1:25)
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Written by: Berman, Bernstein

Tsukahara (1:56)
SDMS
© 2018 Tuned Theory Records.
Written by: SDMS

04 **Trumpets** (2:05)
Timmy Trumpet & Lady Bee
© 2018 Hussle Recordings, a division of TMRW Music Pty Ltd.
Written by: Smith, Helsloot, Latupapua

The Bomb (1:55)
Kenny Dope
© 1999 Henry Street/INGrooves.
Written by: Badalamenti

Trumpets (2:06)
Timmy Trumpet & Lady Bee
© 2018 Hussle Recordings, a division of TMRW Music Pty Ltd.
Written by: Smith, Helsloot, Latupapua

05 **Bring It Back** (3:06)
Deorro, MAKJ & Max Styler
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Written by: Orrosquieta, Mackenzie, Styler

06 **Heads Up** (2:02)
JAIN
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Under license from Sony Music Commercial Group, a division of Sony Music Entertainment.
Written by: Galice

07 **OUTRO**
Use Strength track 07 music



L-R: Ben Main, Bas Hollander.

Here we go again! Back in New Zealand at an incredible location in Auckland.

So, what can you expect from LES MILLS GRIT 29? Well, it's a super easy, chill workout, will leave you feeling refreshed and vitalized... Said no one ever!

Like the prior releases, in each round the team look to create an innovative and uniquely challenging workout! Release 29 develops further from Release 28 with more creativity and crazy! A fresh structure, with every minute of every move designed to push your fitness threshold to the next level. You won't be disappointed... or breathing!

Again having 3 in 1 workouts so you can experience the whole package is really exciting.

Like Release 28, the Bonus Athletic Block will be inserted into this GRIT Cardio workout after Track 2 to create GRIT Athletic. We hope you love it! We do!

GRIT 29 crew! Xx

CLASS SETUP

Aim to be super inclusive and inviting. Welcome anyone new and explain the workout and the expectations. Always tell members at the start of the class this workout is for them, and they can dial up or down whatever they need. A great mind-set to get into at the start of each workout is to remember to teach to the class so everyone feels successful.

GRIT CARDIO PRESENTERS

Bas Hollander (Japan) is a LES MILLS GRIT, LES MILLS SPRINT, LES MILLS THE TRIP, LES MILLS TONE and BORN TO MOVE Trainer/Presenter. He is also the Training Manager for Les Mills Japan.

Ben Main (New Zealand) is a LES MILLS GRIT, BODYATTACK and BODYPUMP Trainer who is based in Auckland.

GRIT CARDIO 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

Special thanks to Melroy Oostra



01. WARMUP

	<i>Exercise</i>
0:00	Mobility Movement
0:09	Squat
0:27	Double Squat Pulse Jump
0:45	Squat Burpee
1:03	High Knee Run
1:22	Squat
1:31	Double Squat Pulse Jump
1:40	Squat Burpee
1:58	High Knee Run
2:17	High Knee Sprint
2:35	Squat
2:44	Squat Burpee Jump
3:02	Squat Burpee Jump with Pushup
3:21	<i>Recovery</i>



01. TAKE IT UP A NOTCH 3:28mins

CONNECTION

The Warmup is a great time to connect with members and assess their general ability and technique. Lead every class according to the level of the group. If you notice a lot of new participants, then focus on demonstrating moves and coaching technique. If the class has regular members, then coach for intensity and motivation.

TECHNIQUE

SQUAT / DOUBLE SQUAT PULSE JUMP

- Feet wide
- Hips sit back and down
- Knees out over toes
- Hips in line with knees
- Chest up
- Feet wide Squat Jump
- Soft landing
- Abs braced

↓ OPTION: NO JUMP

SQUAT BURPEE JUMP WITH PUSHUP

- Squat, jump back into Plank position, jump forward into Wide Squat, stand up
- 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 in Jump

↓ OPTION: WALK FEET OUT AND IN, NO JUMP

HIGH KNEE RUN

- Chest up
- Abs braced

PUSHUP

- Hands outside shoulder-width
- Chest dropped in line with shoulders
- Back long and straight
- Abs braced

↓ OPTION: PUSHUP ON KNEES



02. COMBINATION DROP SET

TRACK SETUP: 90 seconds of work, 40 seconds of full combo. Drop a move every time the bell rings.

Exercise	
SET 1:	
0:00	Set up and demonstrate moves: Lateral High Knees (R), Touch Down Block Jump (x1), Butt Kick (x1), Lateral High Knees (L), Touch Down Block Jump (x1), Butt Kick (x1)
0:23	Lateral High Knees , Touch Down Block Jump (x1), Butt Kick (x1) (L+R)
1:05	Lose Lateral High Knees: Touch Down Block Jump (x1), Butt Kick (x1)
1:33	Lose Butt Kick: Touch Down Block Jump
1:53	Recovery
SET 2:	
1:53	Recover and demonstrate moves: Burpee (x1), Pushup (x1), Frog Jump (x1), Squat Jump (x1)
2:19	Burpee (x1), Pushup (x1), Frog Jump (x1), Squat Jump (x1)
3:01	Lose Frog Jump: Burpee (x1), Pushup (x1), Squat Jump (x1)
3:31	Lose Pushup: Burpee (x1), Squat Jump (x1)
3:48	Recovery



02. PUT YOUR HANDS UP 3:56mins

COACHING TIP

Pre-cue the change in moves before the bell so members can flow continuously through the 90 seconds of work without stopping to watch.

CONNECTION

The music is super funky, so don't come in too hot and hard. This is the first working track and a complex structure, so focus on clear coaching and give praise for nailing the combinations. If participants feel a sense of achievement in the first working track they are more likely to put in the same effort for the rest of the class.

DRIVE

90-second sets are great for getting the heart rate up early on. To achieve this result, dial up the vocal intensity and coaching language in the shortest blocks of 20 seconds.

H.I.I.T. SCIENCE

Using a Squat to absorb the landings in the Jumps will reduce the impact forces encountered in the knees, hips and ankles. This keeps the load in the muscles and out of the joints.

TECHNIQUE

LATERAL HIGH KNEES

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

Layer 2: Stay super light to travel fast across the floor

BLOCK JUMP

- **Feet wide**
- Drop into Squat
- **Knees out over toes**
- Reach towards or touch the floor
- **Chest up**
- Drive off the floor to Jump
- Use Squat to absorb landing

↓ OPTION: SQUAT REACHING TOWARDS FLOOR WITH NO JUMP

Layer 2: Generate power by driving out of the bottom of the Squat

BUTT KICK

- Both feet take off and land at the same time
- Kick heels to butt
- **Chest up**
- **Soft knee landing**

↓ OPTION: SQUAT JUMP

Layer 2: Quick rebound off the floor to get maximum reps

PUSHUP / FROG JUMP / SQUAT JUMP

- Knees jump in/out to Plank into Pushup
- Knees jump into 90° then back to Plank
- Butt down
- **Abs braced in Jump**
- Knees stay close to the floor
- **PUSHUP: Hands outside shoulder-width**
- **Chest in line with elbows**
- Hips and shoulders square to floor
- **Long spine**
- **Butt down**
- **Abs braced**
- **Soft knee landing in Squat Jump**

↓ OPTION: PUSHUP ON KNEES

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



03. SUPERSET KICKER

TRACK SETUP: 6 rounds of work. 25 seconds of upper body, 25 seconds of lower body, with an extra kicker on the end of each set.

Exercise	
SET 1:	
0:00	Set up and demonstrate moves: Plank Walk (R) (x1), Donkey Kick (x1), Plank Walk (L) (x1), Donkey Kick (x1)
0:30	Plank Walk (R) (x1), Donkey Kick (x1), Repeat (L+R)
0:55	Broad Jump with 180° Turn
1:20	10 sec kicker: Squat Burpee Jump
1:29	Recovery
SET 2:	
1:29	Recover and demonstrate moves: Switch Climber (L+R) (x1), Pushup (x1)
1:53	Switch Climber (L+R) (x1), Pushup (x1)
2:20	Power Lunge (L+R)
2:44	20 sec kicker: Squat Burpee Jump
3:04	Recovery
SET 3	
3:05	Recover and demonstrate moves: Inch Worm (F+B), Squat Jump (x1)
3:29	Inch Worm (F+B), Squat Jump (x1)
3:55	Speed Ladder
4:21	30 sec kicker: Squat Burpee Jump
4:49	Recovery
RECOVER AND REPEAT SETS 1, 2 AND 3 WITH NEW KICKER: SQUAT TUCK	
SET 1:	
4:49	Set up and demonstrate moves: Plank Walk (R) (x1), Donkey Kick (x1) (L+R)
5:15	Repeat Set 1 with 10 sec kicker: Squat Tuck
6:14	Recovery
SET 2:	
6:14	Recover and demonstrate moves: Switch Climber (L+R) (x1), Pushup (x1)
6:38	Repeat Set 2 with 20 sec kicker: Squat Tuck
7:49	Recovery
SET 3:	
7:49	Recover and demonstrate moves: Inch Worm (F+B), Squat Jump (x1)
8:15	Repeat Set 3 with 30 sec kicker: Squat Tuck
9:34	Recovery



03. JELLY / ME AND MY FRIENDS / TSUKAHARA 9:46mins

COACHING TIP

Because the first kicker is only 10 seconds long try demonstrating the move in the track setup. That way, members can get started as soon as the countdown hits.

CONNECTION

Working upper body vs. lower body followed by a cardio kicker creates powerful muscular responses. Use this track to connect the mind to the body and to bring bodily awareness so members understand and feel the benefits of this training concept.

DRIVE

The drive in this track is the 10/20/30 second kickers that are designed to push heart rate maximum and drive next level fitness. Encourage members to treat the kickers as if they were Tabata sets – fast, explosive and maximum effort.

H.I.I.T. SCIENCE

Supersetting these exercises flips the focus from the upper body and core to the lower body. This provides total body conditioning and also allows participants to keep the intensity high in each block.

TECHNIQUE

PLANK WALK, DONKEY KICK

- **Hands in line with shoulders**
- **Back long and strong**
- **Abs braced**
- Walk side to side
- Press palms into floor and drive knees towards chest in Donkey Kick
- **Abs braced to jump knees in**

↓ OPTION: FROG JUMP INSTEAD OF DONKEY KICK

Layer 2: Shoot the knees in and out like a cannon to power the core

BROAD JUMP WITH 180° TURN

- Long Jump (x2) with 180° turns
- **Squat position to start**
- **Feet wide**
- Both feet take off and land at the same time
- **Land soft out of Jump**
- **Abs braced in 180° Turn**

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

SQUAT 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: Use the knees and drive in and out of the Burpee for more power

SWITCH CLIMBER / PUSHUP

- Plank position to start
- **Hands under shoulders**
- **Back long and straight**
- Alternate jumping L+R foot outside of L+R hand
- Land on heel if possible
- Pushup in place
- **Abs braced in Jump**
- Hips low

↓ OPTION: TAP FEET INSTEAD OF JUMP, PUSHUP ON KNEES

Layer 2: Brace the abs tighter to switch the feet faster

POWER LUNGE

- **Jump 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**

↓ OPTION: BACKWARD-STEPPING LUNGE

Layer 2: Swing the arms for big momentum



03. JELLY / ME AND MY FRIENDS / TSUKAHARA 9:46mins

INCH WORM / SQUAT JUMP

- Squat position to start
- Use Squat to walk hands out from body into Plank
- Abs braced
- Back long
- Soft knee landing
- Chest up

↓ OPTIONS: NO SQUAT JUMP

Layer 2: Brace abs tighter to walk hands back faster to get extra reactive core work

SPEED LADDER

- Feet together, hands over head
- Feet run out/out/in/in
- Chest up
- Knees soft

Layer 2: Stay light on the balls of the feet to maintain speed

SQUAT TUCK

- Squat position to start
- Hips back and down, knees out, chest up
- Abs braced, chest up in Tuck Jump
- Soft knee landing

↓ OPTIONS: SQUAT JUMP OR SMALL TUCK

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



04. AMRAP

TRACK SETUP: Three 90-second rounds of 5/10/15. Aim for as many rounds as possible in Set 1 and use that number as a goal for Set 2 and Set 3 with enhanced challenges.

Exercise	
SET 1:	
0:00	Set up and demonstrate moves: 5 Lateral Block Jump 10 180° Squat Jump 15 Lateral Skaters
0:33	Begin AMRAP of 5, 10, 15 counting rounds Every 30 seconds: Bell signals Bear Crawl forward (x4), back (x4), then continue AMRAP
2:05	Recovery
SET 2:	
2:05	Recover and repeat AMRAP , aim for the same rounds as set 1
2:28	Begin AMRAP of 5, 10, 15 counting rounds Every 20 seconds: Bell signals Bear Crawl forward (x4), back (x4), then continue AMRAP
3:59	Recovery
SET 3:	
3:59	Recover and repeat AMRAP ; aim for the same rounds as Set 1
4:24	Begin AMRAP of 5, 10, 15 counting rounds Every 15 seconds: Bell signals Bear Crawl forward (x4), back (x4), then continue AMRAP
5:55	Recovery



04. TRUMPETS / THE BOMB 6:06mins

COACHING TIP

There is a lot going on in this track, so watch carefully how Bas sets up in the master class. Practice this intro with move demonstrations before going to teach this track.

CONNECTION

As hard as this track is, it's also super playful, so coach like it's a game. Set 1 is all about setting a standard; Sets 2 and 3 raise the stakes. Keep the feel of this track light and fun so members are keen to play the game again!

DRIVE

The first AMRAP number sets the bar. Participants will go internal, counting rounds and reps waiting for the bell. The role of the coach in the last 2 sets is to motivate and encourage members to aim for the same number of rounds completed in Set 1. Try not to talk too much, as this may be distracting. Look for opportunities to boost energy levels with clever coaching. Not everyone will hit their AMRAP number in Sets 2 and 3, but giving it their best shot will be the challenge.

H.I.I.T. SCIENCE

Explosive lateral movement patterns require a focus on lower limb alignment and stability. The challenge is to keep the center of the knee cap in line with the middle of the foot. This minimizes rotation stresses on the joint tissues.

TECHNIQUE

LATERAL BLOCK JUMP

- **Stay light on feet**
- Step across and jump up
- **Chest up, knees soft**

↓ OPTION: NO JUMP OR LATERAL STEP AND SQUAT

Layer 2: Increase air time. With less time on the floor and more in the air to drive the heart rate

180° SQUAT JUMP

- Both feet take off and land at the same time
- **Keep feet wide**
- **Abs braced**
- **Land in Squat**

↓ OPTION: SQUAT JUMPS TO THE FRONT OR WITHOUT 180° TURN

Layer 2: Brace abs to control the move so you can get more reps

LATERAL SKATERS

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

Layer 2: Swing the arms to shift body weight and find a solid rhythm movement pattern

BEAR CRAWL

- Bear Crawl forward (x4) and back (x4)
- Opposite hand and foot move at the same time
- **Butt down, knees close to floor**
- **Abs braced**
- **Back straight**

Layer 2: Stay tight and compact to move with control and to better activate the core



05. PUSH PAUSE

TRACK SETUP: Two 1-minute rounds. Repeat one move with music; hold another move when music pauses.

Exercise

SET 1:

- 0:00

Set up and demonstrate moves:
Play: **Single Arm Burpee Jump** (L+R)
Pause: Hold **Single Arm Plank** either toes, knees or with both arms on the ground as an option
- 0:29

Begin **Single Arm Burpee**. When music pauses react into holding pattern; continue **Single Arm Burpee** when music picks up again
- 1:29

Recovery

SET 2:

- 1:29

Recover and demonstrate moves:
Play: **Air Tap**
Pause: **Freedom Squat**
- 1:55

Begin **Air Tap**. When music pauses react into holding pattern, continue **Air Tap** when music picks up again
- 2:55

Recovery



05. BRING IT BACK 3:06mins

COACHING TIP

Fire out the options of holding Plank on both hands in the track setup (like Bas does). Not everyone in class will be capable of holding a plank on one hand. Always give the option of a Two Hand Burpee.

CONNECTION

Let the music lead this one. The best thing a coach can do in this track is demonstrate the 'Push Pause' a few times so members are confident about the sequence.

DRIVE

All members need in this track is encouragement to 'hold' in the pause for as long as they can. If members need to shake out, it's cool to take an option. The music is banging and the concept is challenging, so let members follow the beat and movements and give the 2 working minutes their best effort.

H.I.I.T. SCIENCE

Keeping the intensity high in this final working track will determine the fitness gained from this workout. This is where we disrupt our biochemistry to generate changes in body composition and fitness that are specific to H.I.I.T.

TECHNIQUE

SINGLE ARM BURPEE JUMP

- **Squat, jump back into Plank position with one arm down**
- **Jump forward into Wide Squat and jump up**
- **Feet outside hip-width**
- **Butt down and back, just above knee-height**
- **Chest up**
- **Hips square to floor in Plank**
- **Abs braced in Jump**
- **Back long, strong and straight**
- **Soft knee landing**

↓ OPTION: TWO ARM BURPEE

Layer 2: Press the heels hard into the floor to help drive out of the Squat

AIR TAP

- **Feet wide**
- **Reach towards floor**
- **Jump out of Squat and while in the air, tap heels together**
- **Land softly with feet wide**
- **Chest up in touch down**
- **Abs braced**

↓ OPTION: NO HEEL TAP

Layer 2: Push the floor away through the heels to generate height to tap heels together



Workout for Water:

06. CORE

This is our Workout for Water track, so hype it up and have some fun. It's a chance for our tribe to change the world for thousands of children in Ethiopia. Join us here: <https://www.workoutforwater.org/>

TRACK SETUP: 3 moves ,10 reps each, as many rounds as possible in 90 seconds.

Exercise	
0:00	Set up and demonstrate moves for 90-second AMRAP : 10 C-Crunch 10 Cross Crawl (L+R for 2) 10 Mountain Climber (L+R for 1)
0:28	Begin AMRAP
1:56	Recovery



Workout for Water:

06. HEADS UP 2:02mins

COACHING TIP

Demonstrate all moves and clearly explain the 2 for 1 Mountain Climber so they understand that L+R = 1 rep.

CONNECTION

This Core track is a working track. So keep members focused on the challenge with high energy coaching.

DRIVE

Setting a goal of 3 rounds for AMRAP is difficult! Having a number focus will keep members pushing hard, right to the 29th minute!

TECHNIQUE

C-CRUNCH

- Lie on back
- Crunch in, ribs to hips, hands reach towards toes
- **Open up to extension hands and legs at 45°**
- **Chin tucked in slightly**
- **Lower back presses towards the floor**

↓ OPTION: NO EXTENSION FEET TOUCH FLOOR

CROSS CRAWL

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

↓ OPTION: KNEES BEND AND TOUCH FLOOR

MOUNTAIN CLIMBER

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



GRIT ATHLETIC MUSIC

03 **The Money** (2:30)
Stafford Brothers, Waka Flocka Flame
© 2018 Cut The Check.
Written by: Malphurs, Hiott, Davis

04 **M.O.S.T.C.O** (2:30)
DJ Shub feat. Northern Cree Singers
© 2016 Independent.
Written by: Unknown

05 **Eli Eli (Maduk Remix)** (2:30)
Misun
© 2015 Liquicity Records.
Written by: van der Schoot, Wojcik

06 **The Drop** (2:32)
Bro Safari
© 2013 Bro Safari Music.
Written by: Weiller

07 **The Money** (1:30)
Stafford Brothers, Waka Flocka Flame
© 2018 Cut The Check.
Written by: Malphurs, Hiott, Davis

M.O.S.T.C.O (1:15)
DJ Shub feat. Northern Cree Singers
© 2016 Independent.
Written by: Unknown

Eli Eli (Maduk Remix) (1:15)
Misun
© 2015 Liquicity Records.
Written by: van der Schoot, Wojcik

The Drop (1:25)
Bro Safari
© 2013 Bro Safari Music.
Written by: Weiller

08 **PUSH PAUSE**
Use Cardio track 05 music

09 **CORE**
Use Cardio track 06 music

10 **OUTRO**
Use Strength track 07 music

Please note, on the app the Athletic music begins at 01. Please look for the song title, rather than the track number to avoid confusion, and check below for formatting.

TRACK 1: CARDIO 29 WARMUP
TRACK 2: CARDIO 29 COMBINATION DROP SET

THE BONUS ATHLETIC BLOCK

TRACK 03: LADDER 1
TRACK 04: LADDER 2
TRACK 05: LADDER 3
TRACK 06: LADDER 4
TRACK 07: LADDERS
TRACK 08: PUSH PAUSE (using Cardio 29 track 05 music)
TRACK 10: CARDIO 29 CORE



L-R: Erin Maw, Reagan Kang.

Here we go again! We hope you and your class loved the first Bonus Athletic Block focused on Reactive Training. Now we are back with a new H.I.I.T. concept focused on speed and power in the form of Ladder Drills. Coaches it's time to imagine you're on the football field, the bench is your weapon to challenge speed, agility and power. The Bonus Athletic Block for 29 is comprised of 4 different Ladders and one special kicker at the end you will love to hate! Enjoy!

If you would like to teach a GRIT Athletic class here's the format:

TRACK 1: CARDIO 29 WARMUP

TRACK 2: CARDIO 29 COMBINATION DROP SET

THE BONUS ATHLETIC BLOCK

TRACK 03: LADDER 1

TRACK 04: LADDER 2

TRACK 05: LADDER 3

TRACK 06: LADDER 4

TRACK 07: LADDERS

TRACK 08: PUSH PAUSE (*using Cardio track 05 music*)

TRACK 10: CARDIO 29 CORE

GRIT ATHLETIC PRESENTERS

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

Erin Maw (New Zealand) is a LES MILLS GRIT, BODYATTACK, BODYCOMBAT and BODYJAM Trainer and a CXWORX and BODYBALANCE/ BODYFLOW Instructor. She is based in Auckland.

CLASS SETUP

Bench with two riser's on each end, 1 medium weight plate for the very end, keep plate underneath bench

CLASS INTRO

Welcome to GRIT Athletic, sports-inspired H.I.I.T. training to challenge and improve overall athletic performance. The focus of this workout is to challenge speed and power in the form of Ladder Drills, a concept commonly found in football training. We will learn to tap into our fast-twitch muscle fibers and explosive power to challenge our athleticism and fitness.

TRACK TIPS FROM ERIN:

This workout is super easy to learn with countdowns in each track. Practice the moves before you try so you can nail the Double Heisman.

OPTIONS: All 4 Ladders can be done on the floor, or with one or no risers as an option.

MIX and MATCH

For maximum member experience and format consistency, GRIT Strength and GRIT Cardio have not been designed to be combined this round. The only combination should include the GRIT Cardio and GRIT Athletic formats as described in the notes.

GRIT ATHLETIC 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

Special thanks to Melroy Oostra



03. LADDER 1

TRACK SETUP: 30 seconds of Part A, 30 seconds of Part B, recover then drill Parts A+B for 40 seconds.

Exercise	
0:00	PART A: Set up with bench side on and demonstrate moves: Block Jump (x1), Up Down Along Bench (R), Block Jump (x1), Up Down Along Bench (L)
0:25	Block Jump (x1), Up Down Along Bench (R), Block Jump (x1), Up Down Along Bench (L)
0:54	PART B: Offset Pushup (x1), Bear Crawl Along Bench (R), Off Set Pushup (x1), Bear Crawl Along Bench (L)
1:25	Recovery
1:44	PART A + B TOGETHER A: Block Jump (x1), Up Down Along Bench (R), Block Jump (x1), Up Down Along Bench (L) (x1) B: Offset Pushup (x1), Bear Crawl Along Bench (R), Offset Pushup (x1), Bear Crawl Along Bench (L)
2:23	Recovery



03. THE MONEY 2:30mins

COACHING TIP

The structure of all the Ladder tracks is the same, so make sure everyone understands how they work. In the Pushup with Bear Crawl, tell members to jump in after the Pushup and jump out after the Bear Crawl.

CONNECTION

Ladder imagery is a cool way to get members into the athletic mindset. Turning the bench into a 'Ladder' makes the training feel more authentic and fun.

DRIVE

Ladder 1 is all about developing and coaching the Ladders concept to participants. The best approach is to be more conversational and educational with emphasis on power in the Block Jumps, speed in the Up/Downs and strength in the Pushups, especially in the 40 second block.

H.I.I.T. SCIENCE

Training in multiple planes of movement helps recruit more muscles which enhances agility and athleticism.

TECHNIQUE

BLOCK JUMP

- **Start facing bench at one end**
- **One Block Jump on floor**
- **Hips back and down**
- **Knees out**
- **Chest up**
- **Knees soft**
- **Run up/down across bench**
- **Stay light on feet**

Layer 2: Power vs. Speed. Big arm drive in the Block Jump, then super light on the feet for speed

BEAR CRAWL WITH PUSHUP

- Back to starting position
- **Chest to elbow-height in Pushup**
- **Back long and straight**
- **Abs braced**

↓ OPTION: PUSHUP ON KNEES

- Feet jump in from Pushup, **knees in line with hips** in Bear Crawl
- **Hips and shoulders square to the floor**
- **Abs braced**
- **Back straight**
- Knees close to the floor

Layer 2: Find strength in the upper body by driving out of the Pushup, then brace the core tightly for great reactive core training in the Bear Crawl.



04. LADDER 2

TRACK SETUP: 30 seconds of Part A, 30 seconds of Part B, recover then drill Parts A+B for 40 seconds.

Exercise	
0:00	Part A: Set up standing with both feet on step at the top and demonstrate: Double Heisman
0:25	Double Heisman (L+R)
0:56	PART B: Speed Jack forward and back along bench
1:25	Recovery
1:45	PART A + B TOGETHER A: Double Heisman (L+R) B: Speed Jack forward and back (no specific reps). Once back to top of bench begin Double Heisman
2:24	Recovery



04. M.O.S.T.C.O 2:30mins

COACHING TIP

Double Heisman (also known in Plyo 26 as 3 Step Agility) is the most complex movement pattern in this release, so practice first before coaching. Encourage members to practice during track setup like Erin does in master class.

CONNECTION

Utilize Ladder imagery to transport the class onto the field and into the athletic training zone.

DRIVE

The ultimate goal in each Ladder is to tap into fast-twitch and speed training. Once members find a rhythm maintainable, drill the quick-fire feet cues and speed focus to increase the effort output.

H.I.I.T. SCIENCE

Staying on the balls of the feet helps to increase speed and improves explosiveness.

TECHNIQUE

DOUBLE HEISMAN

- Both feet on bench to start
- 1 knee up then 2 quick steps to change knees

BREAK DOWN

- Step L foot off bench onto floor whilst the R knee pops up to chest, R foot back to bench, L foot steps on bench then R foot drops to floor and L knee drives up
- Rhythm: L – R – L / R – L – R
- **Hips square to front**
- **Chest up**
- **Knees soft**

Layer 2: Pop the knee up high to fire up the obliques

SPEED JACKS

- **Jump on/off bench whilst moving forward and back**
- **Knees soft**
- **Chest up**
- **Abs braced**
- **Stay light on the balls of the feet**

Layer 2: Imagine you're doing Ladder Drills, see the squares in front of you, stay super light, super quick in/out patterns on the squares



05. LADDER 3

TRACK SETUP: 30 seconds of Part A, 30 seconds of Part B, recover then drill Parts A+B for 40 seconds.

Exercise	
0:00	Part A: Set up standing behind bench, facing forward, and demonstrate: Side Shuffle Tap Around Bench (L+R)
0:24	Side Shuffle Tap Around Bench (L+R)
0:53	PART B: Speed Ladder forward and back along bench
1:24	Recovery
1:43	PART A + B TOGETHER A: Side Shuffle Tap Around Bench (L+R) (x1) B: Speed Ladder forward and back along bench (no specific reps). Once back to top of bench begin Side Shuffle Tap Around Bench
2:23	Recovery



05. ELI ELI 2:30mins

COACHING TIP

Good technique is important in the Side Shuffle. Make sure members keep feet wide and bend their knees to touch down.

CONNECTION

Let the drum and bass set the rhythm in this track. The focus of this ladder is speed and agility so the fast euphoric music drives the pace.

DRIVE

The movements are simple so members can hit intensity and speed straight away. This results in high heart rate and quick fatigue. Keep the energy high and coaching quick and direct.

H.I.I.T. SCIENCE

Keeping the chest up as we reach toward the floor protects the lumbar spine from increased joint load. Doing this under fatigue is a great training strategy for injury prevention.

TECHNIQUE

SIDE SHUFFLE TAP

- Start at the back of bench
- **Feet wide and butt low**
- Quick Shuffle Taps down alongside the bench both L+R
- **Hips back and chest is up in touch down**

Layer 2: Brace the core really tightly to control the directional changes, this is 3D agility training to test the body's quick reactions

SPEED LADDER

- Run feet on/on off/off along the bench, moving forward and back
- No set number of runs
- **Stay light on balls of the feet**
- **Knees soft**
- **Chest up**

Layer 2: Quick movement with the arms; the legs will react to the arm speed. More reps and speed means trying to pump the arms harder



06. LADDER 4

TRACK SETUP: 30 seconds of Part A, 30 seconds of Part B, recover then drill Parts A+B for 40 seconds.

Exercise	
0:00	Part A: Set up standing beside the bench facing forward and demonstrate: Lateral Leap Over Bench (L) (x1), High Knee Run (L+R) (x2), Lateral Leap Over Bench (R) (x1), High Knee Run (L+R) (x2)
0:24	Lateral Leap Over Bench (L) (x1), High Knee Run (L+R) (x2), Lateral Leap Over Bench (R) (x1), High Knee Run (L+R) (x2)
0:53	PART B: Long Jump 180° Turn
1:23	Recovery
1:43	PART A + B TOGETHER A: Lateral Leap Over Bench (L) (x1), High Knee Run (L+R) (x2), Lateral Leap Over Bench (R) (x1), High Knee Run (L+R) (x2) B: Long Jump 180° Turn (x2)
2:26	Recovery



06. THE DROP 2:32mins

COACHING TIP

Clearly explain the moves while demonstrating the 2 jumps over bench and 2 long jumps. Make sure everyone starts at the same spot.

CONNECTION

The moves in this track are the most explosive of all 4 Ladders. Focus coaching on power and intensity to connect with the training essence of this track.

DRIVE

Ladder 4 is the hardest in terms of heart rate, so participants will hit fast fatigue. Dial up the coaching, motivation and energy, especially in the 40 second set.

H.I.I.T. SCIENCE

Jumping is a great way to drive intensity. The difference between a Squat and a Squat Jump is down to rate of force development.

TECHNIQUE

LATERAL LEAP OVER BENCH WITH HIGH KNEE RUN

- **Soft knee landing**
- **Chest up**
- **Abs braced to Leap**
- Leap from side to side over the bench
- High knees
- **Stay light on the feet**

Layer 2: Power vs. speed. Drive out off the balls of the feet for a powerful athletic jump, then quick-fire the knees to drive the heart rate

LONG JUMP 180° TURN

- Stand beside bench, facing front of room
- Bend knees, drive off floor into Long Jump forward, **landing in a Squat**
- Squat Jump with 180° Turn
- Repeat around bench
- **Chest up in jump**
- **Abs braced to jump** and turn around
- **Use Squat to absorb landing**

↓ OPTION: SMALL JUMP OR STEP INTO JUMP AND STEP AROUND

Layer 2: Power in this move comes from the hip drive. To out Jump the length of your bench, thrust the hips forward out of the Jump



07. LADDERS

TRACK SETUP: Ladders 1, 2, 3, 4 back to back, 1 minute each with 15 second recovery.

Exercise	
0:00	Recover and repeat full Ladders 1, 2, 3 and 4
0:29	Ladder 1 (Part A + B together)
1:29	Recovery
1:43	Ladder 2 (Part A + B together)
2:44	Recovery
2:59	Ladder 3 (Part A + B together)
3:59	Recovery
4:13	Ladder 4 (Part A + B together)
5:12	Recovery



07. THE MONEY / M.O.S.T.C.O / ELI ELI / THE DROP 5:25mins

COACHING TIP

Quickly demonstrate Ladder 1 to refresh memories.

CONNECTION

Deep dive into what it takes to be an athlete, aiming for performance and fitness at the next level. Use these tools to transport your class into the mindset of an athlete. Take your class out of the gym and onto the pitch; training as a team, focusing on the win, and achieving results.

DRIVE

No holding back now, practice time is over! Drill maximum effort in each minute set to get the best results from this class. 1-minute blocks are long, especially at high intensity, find some key moments to drop encouraging motivation cues that will boost the members to give these sets everything they've got.

H.I.I.T. SCIENCE

Maintaining intensity in the last phase of the class is the key to making rapid changes in fitness and body composition.



08. PUSH PAUSE

TRACK SETUP: Two 1-minute rounds of Reactive Training. One holding pattern when the music plays, one holding patter when the music pauses.

Exercise

SET 1:

- 0:00

Set up and demonstrate moves with a plate:
Play: **Drop Squat Press On/Off Bench With Plate**
Pause: Hold **Squat With Plate Over Head**
- 0:29

Begin **Drop Squat Press On/Off Bench With Plate**: When music pauses react into holding pattern, continue **Drop Squat Press On/Off Bench With Plate** when music picks up again
- 1:29

Recovery

SET 2:

- 1:29

Recover and demonstrate moves:
Play: **Single Arm Plank to Jumping Bear**
Pause: Hold either **Single Arm Plank** OR **Jumping Bear** depending on where you are when music pauses
- 1:55

Begin **Single Arm Plank to Jumping Bear**. When music pauses react into holding pattern; continue **Single Arm Plank to Jumping Bear** when music picks up again
- 2:55

Recovery



08. USE CARDIO TRACK 05 MUSIC BRING IT BACK 3:06mins

COACHING TIP

Keep the intro super simple. ‘Say and do’ then allow the class to tap into the beat and feel of the music.

CONNECTION

Let the music lead this one. The best thing a coach can do in this track is demonstrate the ‘Push Pause’ a few times so members are confident about the sequence.

DRIVE

All members need in this track is encouragement to ‘hold’ in the pause for as long as they can. If members need to shake out, it’s cool to take an option. The music is banging and the concept is challenging, so let members follow the beat and movements and give the 2 working minutes their best effort.

H.I.I.T SCIENCE

The Bear to Single Arm Plank encouraged reactive core training. This teaches our core to react quickly during athletic movement patterns.

TECHNIQUE

DROP SQUAT ON/OFF BENCH WITH PLATE

- Both feet start on bench, plate at collarbones, elbows in
- Press plate over head in Squat
- Hips back and down in Squat
- Knees out over toes
- Elbows slightly forward of face in Press
- Chest up in Press

↓ OPTION: NO PLATE

Layer 2: Integrated training, drop low in the Squat to load the legs and punch the plate hard to fire the core and upper body

SINGLE ARM PLANK TO JUMPING BEAR

- Bear Crawl position, side on to bench
- Hands on bench in line with shoulders
- Knees in line with hips
- Jump feet out into Plank
- Extend RIGHT arm out in front
- Jump hands and feet back to Bear position
- Jump back to Plank, this time extending LEFT arm out in front
- Abs braced
- Spine long
- Hips lifted
- Hips and shoulders square to the floor
- Take feet slightly wider to help with balance
- Look at bench to maintain good neck alignment

↓ OPTION: Both HANDS IN PLANK

Layer 2: Sharp quick movements, shoot the knees in and out for reactive core training.





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. PRACTICE. 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 practice 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
- Practice saying your script while you practice 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.

