

LES MILLS GRIT **30**

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LES MILLS GRIT 30

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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 Strength 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: STRENGTH 30 – WARM UP

TRACK 2: STRENGTH 30 – THE 30 CHALLENGE

TRACK 3: STRENGTH 30 – PUSH / PULL

THE BONUS ATHLETIC BLOCK

TRACK 4: SET 1

TRACK 5: SET 2

TRACK 6: SET 3

TRACK 7: SET 4

TRACK 8: SET 5

TRACK 9: SET 6

TRACK 10: STRENGTH 30 – REP YOUR CLUB LADDER DRILL

TRACK 11: STRENGTH 30 – THE 30 CHALLENGE

TRACK 12: STRENGTH 30 – TABATA

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 Strength and GRIT Athletic formats as described above.



GRIT STRENGTH MUSIC

01.

Lift Yourself (2:39)

Kanye West

Courtesy of the Universal Music Group.
Written by: Winters, West
02.

Thunder Bay (2:00)

Hudson Mohawke

© 2011 Warp Records Limited. Courtesy of Warp Records.
Written by: Birchard
03.

Like That (1:25)

NGHTMRE & Big Gigantic

© 2018 Mad Decent.
Written by: Lalli, Marenyi, Hammerstein II, Romberg, Lucas
- 2012** (1:20)

Party Favor

© 2019 Mad Decent.
Written by: Ragland, Joseph
- Like That** (1:30)

NGHTMRE & Big Gigantic

© 2018 Mad Decent.
Written by: Lalli, Marenyi, Hammerstein II, Romberg, Lucas
- 2012** (1:27)

Party Favor

© 2019 Mad Decent.
Written by: Ragland, Joseph
04.

TTU (Too Turnt Up) (2:30)

Flosstradamus feat. Waka Flocka Flame

© 2014 Ultra Records, LLC.
Written by: Malphurs, Cameruci, Young, Duran
- Shellz** (2:30)

Ape Drums feat. Denzel Curry & Frizzo

© 2018 SpinninRecords.com
Written by: Lopez, Curry
- TTU (Too Turnt Up)** (2:30)

Flosstradamus feat. Waka Flocka Flame

© 2014 Ultra Records, LLC.
Written by: Malphurs, Cameruci, Young, Duran
- Shellz** (2:40)

Ape Drums feat. Denzel Curry & Frizzo

© 2018 SpinninRecords.com
Written by: Lopez, Curry
05.

Ladda Up (2:37)

Not On A Monday

© 2019 Les Mills Music Licensing Ltd.
Written by: Fairley
06.

Reserve (2:05)

Egzod feat. Leo The Kind

© 2019 Trap Nation.
Written by: Jackson, Martins
07.

6 Figures (3:13)

Kings

© 2018 Arch Angel Records.
Written by: Chapple-Wilson, Kesha
08.

Suntoucher (0:54)

Groove Armada

© 2001 Zomba Records Limited.
Written by: Cato, Findlay, Jeru The Damaja, White, Lee, Bell, Chambers, Gamble



L–R: Dennis Toppin, Kayla Atkins-Gordine,
Ben Main.

We’ve reached 30! This is a massive workout for a massive number. The team are super pumped for you to get this release and can’t wait for your members to experience some next-level HIIT-style training. LES MILLS GRIT Strength focuses load and range to elevate the heart rate into the maximum training zone. An extra highlight is the ‘rep’ challenges we have incorporated, taking this epic workout one step further.

Coach to your class and always make options and alternative target numbers available. Encourage members to set targets that are realistic and will challenge their personal fitness levels. Bring lots of hype, energy and encouragement. Have fun!

CLASS SETUP

Moderate to heavy barbell and two free weight plates the same size. Anyone new to GRIT should use lighter plates first; 2.5kg is recommended.

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. The bar can be switched out for the plate or bodyweight at anytime. A great mindset to get into the start of each workout is to remember to teach to the whole class so everyone feels successful.

GRIT STRENGTH CREDITS

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

Chief Creative Officer – Dr. Jackie Mills

Technical Consultant – Bryce Hastings

Program Coach – Erin Maw

Production Coordinator – Ashlee Young

Special thanks to the Les Mills Auckland GRIT Instructors, Angelo Abrogena, Jordan Wareham and Desmond Helu.

GRIT STRENGTH PRESENTERS

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

Kayla Atkins-Gordine (New Zealand) is a LES MILLS GRIT and BODYPUMP Presenter and a BODYBALANCE™/BODYFLOW™ and LES MILLS SPRINT™ Instructor. She is based in Auckland and is also a personal trainer and singer.

Dennis Toppin (Netherlands) is a LES MILLS GRIT and LES MILLS THE TRIP™ Trainer, a BORN TO MOVE™ Presenter/Instructor and a BODYPUMP and LES MILLS TONE™ Instructor. He is based in The Hague, where he is also a gym owner, school teacher, basketball coach and founder of the Fofie Foundation, building schools in less-privileged countries.



01. WARM UP

EQUIPMENT: Moderate to heavy barbell and a pair of free weight plates.

Exercise	
0:05	Stretch
0:15	Narrow Row
0:29	Narrow Row (x1) High Pull (1x)
0:49	Pushup
1:08	Squat Burpee
1:28	Squat Burpee Jump
1:43	Barbell Squat
2:02	Barbell Squat with Heel Rise
2:12	Squat Jump
2:22	Lateral Squat Jump
2:37	Recovery



01. LIFT YOURSELF 2:39mins

CONNECTION

This cool song kicks off the workout with some epic vibes. Facilitate this energy with a positive and inviting attitude. Get everyone moving and in the zone for an awesome class ahead.

TECHNIQUE

NARROW ROW

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

HIGH PULL

- Chest up
- Abs braced
- Feet underneath hips
- Hands just outside thighs
- Bar to mid-thigh
- Lead with elbows
- Bar stays close to body
- Elbows no higher than shoulders
- Return to mid-thigh

PUSHUP

- Hands outside shoulder-width
- Chest drops down to elbow height
- Long spine
- Butt down
- Abs braced

↓OPTION: ON KNEES

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
- Soft knee landing

↓OPTION: WALK FEET OUT AND IN, NO JUMP

BARBELL SQUAT HEEL RISE

- Bar onto meaty part of upper back
- Feet just outside hip-width
- Hips back
- Butt to 90 degrees
- Knees out, in line with toes
- Chest up
- Abs braced
- Elbows under bar
- Squeeze glutes coming out of Squat and lift heels off floor
- Strong ab brace

↓OPTION: NO HEEL RISE

SQUAT JUMP

- Feet wide, knees out over toes
- Hips back and down
- Hands reach towards or touch the floor
- Arms swing up to jump out of Squat
- Chest up
- Brace abs
- Soft knee landing

↓OPTION: SQUAT HEEL RISE

LATERAL SQUAT JUMP

- Jumping L+R
- Feet wide, knees out over toes
- Both feet take off and land
- Chest up
- Abs braced in Jump
- Soft knee landing

↓OPTION: LATERAL STEPPING SQUAT



02. THE 30 CHALLENGE

TRACK SETUP: 3 rounds of 30 seconds each. Aim for 10 Pushup Power Burpees before the bell to earn extra recovery.

<i>Exercise</i>	
0:00	Set up and demonstrate move, Pushup Power Burpee
0:19	x10 Pushup Power Burpee
0:50	x10 Pushup Power Burpee
1:20	x10 Pushup Power Burpee
1:47	<i>Recovery</i>



02. THUNDER BAY 2:00mins

COACHING TIP

A fast setup keeps the heart rate high from the Warm Up. Make the introduction and Pushup Power Burpee demonstration short and sharp.

CONNECTION

These rep sets are fast, so keep coaching to a minimum. Allow the music to lift the energy and provide quick tips on how to move faster.

DRIVE

This is the first 'reps' track with a number goal. Drive members to push hard early in the class. Focus coaching on aiming for the 30-rep target.

HIIT SCIENCE

Driving the heart rate into a maximum training zone in the first working block is key to success for a 30-minute HIIT class. The Pushup Power Burpee engages all the major muscle groups and is therefore a great way to achieve this.

TECHNIQUE

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**
- **Pop the chest up**
- **Brace core to jump feet forward and back into Plank**

↓OPTION: WALK FEET FORWARD AND BACK

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



03. PUSH / PULL

TRACK SETUP: 30 seconds Push, 30 seconds Pull, then 1 minute Push / Pull AMRAP.

Exercise

SET 1:	
0:00	Set up and demonstrate move, Squat Press with Barbell
0:24	Squat Press with Barbell
0:55	Clean Squat with Barbell
1:26	Recover and demonstrate combo, Squat Press with Barbell (x4), Clean Squat with Barbell (x4), Pushup (x4)
1:45	AMRAP: Squat Press with Barbell (x4), Clean Squat with Barbell (x4), Pushup (x4)
2:45	Recovery

SET 2:	
2:45	Set up and demonstrate move, Backward-Stepping Lunge with Barbell Press (L+R)
3:13	Backward-Stepping Lunge with Barbell Press (L+R)
3:43	Wide Row (x1) High Pull (x1)
4:14	Recover and demonstrate combo, Backward Stepping Lunge with Barbell Press (L+R) x4 (1 for 1), Wide Row (x1), High Pull (x1) x4, Tricep Pushup (x4)
4:33	AMRAP: Backward-Stepping Lunge with Barbell Press (L+R) x4 (1 for 1), Wide Row (x1) High Pull (x1) x4, Tricep Pushup (x4)
5:34	Recovery



03. LIKE THAT / 2012 5:42mins

COACHING TIP

Explain the AMRAP in the 20-second recovery after the first 30/30 and demonstrate the first two moves clearly. Stay up front for the first round and count out the x4 reps with the class.

CONNECTION

Push/Pull is another new training concept for GRIT Strength. Training and balancing out the front vs. back of the body is a great way for members to understand the benefits of GRIT Strength. Talk about muscle activation and highlight areas of the body that are working.

DRIVE

Aim for range with pace to elevate the heart rate. The AMRAP provides a perfect opportunity to push members further. Aiming for two rounds in the AMRAP will lift the heart rate and work the body harder.

HIIT SCIENCE

The Squat Press, Clean Squat and Backward Stepping Lunge Press are great exercises to train vertical drive. The key for these moves is to maintain a vertical flight path of the bar. This recruits the larger muscles of the upper and lower body to train power.

TECHNIQUE

SQUAT PRESS WITH BARBELL

- **Feet outside hip-width**
- **Bar high on collarbones**
- Bar in palm of hands
- **Drop down into Squat**
- **Hips back, knees out over toes**
- **Chest up**
- Drive up from Squat Press with bar over head
- **Elbows slightly forward**
- **Strong ab brace**
- **Catch bar high on collarbones with soft knees**

↓OPTION: LIGHTER WEIGHT ON BARBELL

Layer 2: Squeeze the glutes hard to power out from the base of the Squat

CLEAN SQUAT WITH BARBELL

- **Start with bar mid-thigh, feet outside hip-width**
- **Lead with elbows**
- **Clean bar to collarbones**
- Bar close to body
- Hold bar on collarbones in Squat
- **Knees out over toes, hips back in Squat**
- Lower the bar back to mid-thigh

↓OPTION: USE PLATE

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

PUSHUP

- **Hands outside shoulder-width**
- **Chest in line with elbows**
- **Long spine**
- Butt down
- **Abs braced**

↓OPTION: ON KNEES

Layer 2: Minimal time in the bottom of the Pushup to maintain momentum

BACKWARD-STEPPING LUNGE WITH BARBELL PRESS

- **Start with feet hip-width apart**
- **Bar high on collarbones**
- **Long step back**
- Back knee travels towards floor
- **Front thigh parallel**
- **Chest up**
- Step out from Lunge and Press bar over head
- **Elbows slightly forward in Press**
- **Abs braced**

↓OPTIONS: NO PRESS WITH THE BAR OR STEP BOTH FEET IN, SIDE BY SIDE, BEFORE PRESS

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

NARROW ROW

- **Chest up**
- Feet underneath hips
- **Tip forward from the hips**
- **Pull bar from knees to belly**
- Elbows in
- **Hands just outside thighs**
- **Abs braced**
- **Back straight**



03. LIKE THAT / 2012 5:42mins

HIGH PULL

- **Chest up**
- **Abs braced**
- Feet underneath hips
- **Hands just outside thighs**
- Bar to mid-thigh
- Lead with elbows
- **Bar stays close to body**
- **Elbows no higher than shoulders**
- Return to mid-thigh

TRICEP PUSHUP

- Set up Plank position
- **Hands in line with shoulders**
- **Abs braced**
- **Back long and straight**
- **Lower body as one until elbows are in line with shoulders**
- Push palms firmly into floor and lift whole body as one
- Elbows brush ribcage

↓OPTION: ON KNEES

Layer 2: Push the floor away to increase intensity



04. THE HUNDREDS

TRACK SETUP: 4 rounds of 2 minutes, 4 moves in 30 seconds, aiming for 25 reps each set.

Exercise	
SET 1:	
0:00	Set up and demonstrate move, Jump Lunge with Plate Overhead
0:29	Jump Lunge with Plate Overhead (L+R), R leg lead – Aiming for 25 reps (1 for 1)
0:59	Wide Fly (x1), Squat Jump (x1) – Aiming for 25 reps (1 for 1)
1:29	Mountain Climber (L+R), R leg lead – Aiming for 25 reps (2 for 1)
1:59	Lateral Squat Jump with Plate at Collarbones (L+R) – Aiming for 25 reps (1 for 1)
2:28	Recovery
SET 2:	
2:28	Recover and get ready to repeat SET 1
3:00	REPEAT SET 1 – L leg lead
4:58	Recovery
SET 3:	
4:58	Recover and get ready to repeat SET 1
5:28	REPEAT SET 1 – R leg lead
7:27	Recovery
SET 4:	
7:27	Recover and get ready to repeat SET 1
7:59	REPEAT SET 1 – L leg lead
9:58	Recovery



04. TTU (TOO TURNT UP) / SHELLZ 10:10mins

COACHING TIP

Set up clearly and preview each move before the bell signals the change. Focus on maintaining good technique whilst aiming for reps. Recommend 2.5kg plates for beginners and 5kg for experts.

CONNECTION

Coach this track to include everyone. Starting with 15 or 20 reps per 30 seconds is cool for beginners. 100 reps is the target and the high-end goal.

DRIVE

Dial up the motivational coaching in set 3, with lots of praise and encouragement. Aiming for 100 reps provides the drive. Quick tips on moving faster with better execution will help members achieve their goal.

HIIT SCIENCE

Four 2-minute blocks with only 30 seconds of recovery is a great way to build lactate as the muscles fatigue. Lactate is the trigger for growth hormone and the changes in body composition we see from HIIT training.

TECHNIQUE

JUMPING LUNGE WITH PLATE OVERHEAD

- **Jump into long Lunge and hold plate over head**
- Back knee towards floor
- **Chest up**
- **Abs braced**
- **Front thigh parallel to floor**
- **Soft knee landing**
- **Elbows slightly forward of face when plate is over head**

↓OPTIONS: JUMPING LUNGE PLATE AT COLLARBONES, NO PLATE OR BACKWARD-STEPPING LUNGE

Layer 2: Stay low and switch quickly to load the legs and get through the reps faster

WIDE FLY, SQUAT JUMP

- Grab 2 plates
- Start feet under hips, plates by side
- **Tip forward from hips, chest up**
- **Squeeze shoulder blades together; lift plates to shoulder height**
- **Back long and straight; chin tucked in**
- Complete 1 Wide Fly and bring plates down
- As plates lower, complete 1 weighted Squat Jump
- **Both feet take off and land**
- Chest up
- **Soft knee landing**

↓OPTION: NO JUMP, HEEL RISE

Layer 2: Drive the plates up by squeezing the shoulder blades together

MOUNTAIN CLIMBER

- Start in Plank position
- **Hands under shoulders**
- **Back long and straight**
- **Abs braced**
- Hips at shoulder height
- Alternating L+R knees drive in towards chest
- **Butt down**
- **Gaze on floor just in front of fingers**

Layer 2: Switch knees fast by driving from the ball of the foot

LATERAL SQUAT JUMP WITH PLATE AT COLLARBONES

- Jumping L+R with plate at collarbones
- **Tuck elbows in under plate**
- Plate faces the ceiling
- **Feet wide, knees out over toes**
- **Both feet take off and land**
- **Chest up**
- **Abs braced in Jump**
- **Knees bent to absorb landing**

↓OPTION: LATERAL STEPPING SQUAT

Layer 2: Stay low and loaded, drive out of the heels to generate more leg power



05. REP YOUR CLUB LADDER DRILL

TRACK SETUP: 2-minute Ladder with Shuttle Run on the bell. The goal is to climb as high up the Ladder as possible in 2 minutes! New Zealand got 8 – good luck!

<i>Exercise</i>	
0:00	Set up and demonstrate Ladder, Clean & Press (x1), Narrow Row (x1) 2 minutes to climb Ladder 1/1, 2/2, 3/3, 4/4 Bars to floor on bell, 5-second Shuttle Run OTS
0:29	BEGIN LADDER
2:30	<i>Recovery</i>



05. LADDA UP 2:37mins

COACHING TIP

Set up quickly and bring the hype. Ensure full extension in the Clean & Press and count 5 seconds in the Shuttle Run every time.

CONNECTION

This is our global challenge track! Designed by Les Mills Auckland GRIT instructors for the world! We would love your team to video and share their Ladders on Instagram @lesmillsgrit. GOOD LUCK!

DRIVE

Playful, fun and challenging, this track is designed to be mad HYPE! Enjoy getting your team excited about challenging the Kiwis on the other side of the world... Bring It On! (from Erin).

HIIT SCIENCE

The key to the Clean & Press is to imitate the move with power. This creates a weightless phase and allows participants to jump under the bar without trying to 'muscle' it into the Clean.

TECHNIQUE

CLEAN & PRESS

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

Layer 2: Drop deeper in the legs and find a rhythm to spike the heart rate further

NARROW ROW

- **Chest up**
- Feet underneath hips
- **Tip forward from the hips**
- **Pull bar from knees to belly**
- Elbows in
- **Hands just outside thighs**
- **Abs braced**
- **Back straight**

SHUTTLE RUN

- **Chest up**
- Light on the balls of the feet



06. THE 30 CHALLENGE

TRACK SETUP: 10 reps every 30 seconds with an optional jump over the bar!

<i>Exercise</i>	
0:00	Set up and demonstrate move, Squat Burpee Jump Over Bar (L+R) (1 for 1)
0:23	x10 Squat Burpee, Jump Over Bar (L+R) (1 for 1)
0:54	x10 Squat Burpee, Jump Over Bar (L+R) (1 for 1)
1:24	x10 Squat Burpee, Jump Over Bar (L+R) (1 for 1)
1:53	<i>Recovery</i>



06. RESERVE 2:05mins

COACHING TIP

Demonstrate normal Burpee Jump first, then add in the bar jump as the extra challenge. Tell members to turn their bars around if needed.

CONNECTION

Let the music lead this one and keep coaching to a minimum. The best thing a coach can do in this track is motivate for reps. Let members immerse themselves in the challenge as they count their reps.

DRIVE

This is the last big heart rate push and these 30 reps are going to be the toughest of the class. Drive participants to get as close to the target number as possible.

HIIT SCIENCE

Pushing hard when fatigued is the best way to break through our fitness threshold. This last block is perfect for this as it utilizes simple, explosive movements.

TECHNIQUE

SQUAT BURPEE, JUMP OVER BAR

- Turn bar longways and stand to one side
- **Squat, jump back into Plank position, jump forward into wide Squat then jump over the bar**
- **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**

↓OPTIONS: BURPEE ON THE SPOT OR JUMP OVER PLATE

Layer 2: Use the core to shoot the legs out super fast to increase the number of reps



07. TABATA

TRACK SETUP: Core challenge – 8 rounds of 15 seconds on, 5 seconds off.

<i>Exercise</i>	
0:00	Set up and demonstrate move, Bolt Knee (L+R)
0:29	Bolt Knee (L+R)
0:44	<i>Recovery</i>
0:49	Switch Climber (L+R)
1:05	<i>Recovery</i>
1:10	Bolt Knee (L+R)
1:26	<i>Recovery</i>
1:31	Switch Climber (L+R)
1:45	<i>Recovery</i>
1:50	Bolt Knee (L+R)
2:06	<i>Recovery</i>
2:11	Switch Climber (L+R)
2:25	<i>Recovery</i>
2:30	Bolt Knee (L+R)
2:46	<i>Recovery</i>
2:51	Switch Climber (L+R)
3:04	<i>Recovery</i>



07. 6 FIGURES 3:13mins

COACHING TIP

Provide Bolt Knee options in the introduction or early in the first working set.

CONNECTION

Keeping the hype and energy high is essential for this track. No checking out yet! Use praise and encouragement to get participants digging deep and focusing on the final three minute challenge.

DRIVE

This is a tough working track, designed to challenge members and push them further. Failure in these sets is still success if effort levels are 10/10.

TECHNIQUE

BOLT KNEE

- Start in Plank position
- **Hands under shoulders**
- Back long and straight
- **Bend knees and pull hips back**
- **Abs braced**
- **Shoot body forward and pull one knee forward between hands**
- Repeat with other knee

↓OPTION: BOLT ON KNEES THEN COME TO PLANK TO PULL KNEE FORWARD

Layer 2: Press the palms hard into the floor to help drive the knee quicker and harder

SWITCH CLIMBER

- Start in Plank position
- **Hands under shoulders**
- **Back long and straight**
- Jump alternate L+R foot outside L+R hand
- Land on heel
- **Brace abs to jump feet**
- **Hips low, back long**

↓OPTION: TAP FEET INSTEAD OF JUMP

Layer 2: Find a rhythm to help maintain focus and effort



GRIT CARDIO MUSIC

01.

Church (3:38)

Samm Henshaw feat. EARTHGANG

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Written by: Henshaw, Grant, McIntosh, Fann, Parker

02.

Big Crow (2:06)

DJ Shub feat. Black Lodge Singers

© 2016 Independent.

Written by: General, Robe

03.

Ferrari (2:27)

Cheat Codes feat. Afrojack

© 2019 Too Easy LLC under exclusive license to 300 Entertainment.

Written by: van de Wall, Dahl, Ford, Elifritz

Wassup (Listen To The Horns) (2:27)

Timmy Trumpet & Kastrat feat. Chuck Roberts

© 2018 Hussle Recordings, a division of TMRW Music Pty Ltd.

Written by: Smith, Blaik, Decker, Roberts

Ferrari (2:27)

Cheat Codes feat. Afrojack

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Written by: van de Wall, Dahl, Ford, Elifritz

Wassup (Listen To The Horns) (2:38)

Timmy Trumpet & Kastrat feat. Chuck Roberts

© 2018 Hussle Recordings, a division of TMRW Music Pty Ltd.

Written by: Smith, Blaik, Decker, Roberts

04.

Famalay (1:10)

His Silver

© 2019 Les Mills Music Licensing Ltd.

Written by: Montano, Alvarez, Doyle

Real (1:00)

Chrissy Criss & WiDE AWAKE

© 2018 War On Silence.

Written by: Williamson, Joseph, Crisp, Tendayi

Famalay (1:00)

His Silver

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Written by: Montano, Alvarez, Doyle

Real (1:00)

Chrissy Criss & WiDE AWAKE

© 2018 War On Silence.

Written by: Williamson, Joseph, Crisp, Tendayi

Famalay (1:00)

His Silver

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Written by: Montano, Alvarez, Doyle

Real (1:13)

Chrissy Criss & WiDE AWAKE

© 2018 War On Silence.

Written by: Williamson, Joseph, Crisp, Tendayi

05.

BARRACA (Extended Mix) (2:06)

Garmiani feat. MC Pikachu

© 2019 SpinninRecords.com.

Written by: Garmiani, Rodrigues, Pikachu

06.

Ongoing Thing (4:31)

20syl feat. Oddisee

© 2014 On And On Records.

Written by: Mohamed, Richard

07.

OUTRO

Use Strength Track 08 music

ALT 01.

Work Now (3:38)

Young Gee

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Written by: Octobor, Langeveld



L–R: Erin Maw, Natasha Vincent, Desmond Helu.

We’ve reached 30! This is a massive workout for a massive number. The team are super pumped for you to get this release and can’t wait for your members to experience some next-level HIIT-style training. LES MILLS GRIT Strength focuses load and range to elevate the heart rate into the maximum training zone. An extra highlight is the ‘rep’ challenges we have incorporated, taking this epic workout one step further.

Coach to your class and always make options and alternative target numbers available. Encourage members to set targets that are realistic and will challenge their personal fitness levels. Bring lots of hype, energy and encouragement. Have fun!

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 to. A great mindset to get into the start of each workout is to remember to teach to the whole class so everyone feels successful.

GRIT CARDIO CREDITS

- Creative Team** – Corey Baird, Erin Maw and Les Mills Jnr
- Chief Creative Officer** – Dr. Jackie Mills
- Technical Consultant** – Bryce Hastings
- Program Coach** – Erin Maw
- Production Coordinator** – Ashlee Young
- Special thanks to the Les Mills Auckland GRIT Instructors, Angelo Abrogena, Jordan Wareham and Desmond Helu.*

GRIT CARDIO PRESENTERS

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.

Natasha Vincent (New Zealand) is a LES MILLS GRIT Trainer/Presenter and a BODYCOMBAT and LES MILLS TONE™ Instructor. She is based in Auckland and is the Group Fitness Manager for Les Mills New Lynn.

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01. WARM UP

Please note: This track contains explicit content. Alternative Track 01 can be used in place of this track.

Exercise	
0:05	Arrange class in a circle
0:16	Squat
0:40	Jog OTS
0:51	Run/Jog/Side Shuffle in circle (either clockwise or anticlockwise)
1:14	Forward-Stepping Lunge with Rotation (moving in circle)
1:37	Jog (moving in circle)
1:49	High Knee Run (moving in circle)
2:12	Bear Crawl Forward (moving in circle)
2:23	Pushup (on the spot)
2:35	Squat Burpee (on the spot)
2:46	Squat Burpee Jump with Hands Over Head (on the spot)
2:58	Jog (moving in circle)
3:10	High Knee Run (moving in circle)
3:33	Easy Jog for the rest of the track



01. CHURCH CONNECTION

3:38mins

Teaching from the center of the room keeps the coach connected with the team. Facilitate this energy with a positive and inviting attitude. Get everyone moving and in the zone for the workout ahead.

TECHNIQUE

SQUAT

- Feet outside hip-width
- Hips sit back and down
- Knees out over toes
- Hips just above knee line
- Chest up
- Abs braced

JOG/RUN/HIGH KNEE RUN

- Knees soft
- Chest up
- Abs braced
- Lean back in High Knee Run
- Stay light on feet

FORWARD-STEPPING LUNGE WITH ROTATION

- Alternating slow Forward Stepping Lunge with Rotation
- Long step forward
- Front thigh drops parallel to floor
- Back knee towards floor
- Rotate upper body over front thigh
- Rotate from the center of chest
- Hips stay square to front
- Chest up

BEAR CRAWL FORWARD

- Opposite hand and foot move at the same time
- Butt down, knees close to floor
- Abs braced
- Back long and straight

PUSHUP

- Hands outside shoulder-width
- Drop chest in line with elbows
- Back long and straight
- Abs braced

↓OPTION: PUSHUP ON KNEES

SQUAT BURPEE JUMP WITH HANDS OVER HEAD

- 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
- Clap hands over head on Jump

↓OPTION: WALK FEET OUT AND IN, NO JUMP



02. THE 30 CHALLENGE

TRACK SETUP: 3 rounds of 30 seconds each. Aim for 10 Squat Burpee Jumps before the bell to earn extra recovery.

<i>Exercise</i>	
0:00	Set up and demonstrate move, Squat Burpee Jump with Hands Over Head
0:24	x10 Squat Burpee Jump with Hands Over Head
0:55	x10 Squat Burpee Jump with Hands Over Head
1:25	x10 Squat Burpee Jump with Hands Over Head
1:53	<i>Recovery</i>



02. BIG CROW 2:06mins

COACHING TIP

A fast setup time keeps the heart rate high from the Warm Up. Make the introduction and Burpee demonstration short and sharp.

CONNECTION

These rep sets are fast, so keep your coaching to a minimum. Allow the music to lift the energy and provide quick tips on how to move faster.

DRIVE

This is the first 'reps' track with a number goal. Drive members to push hard early in the class. Focus coaching on aiming for the 30-rep target.

HIIT SCIENCE

Driving the heart rate into a maximum training zone in the first working block is the key to success for a 30-minute HIIT class. The Squat Burpee Jump engages all the major muscle groups and is therefore a great way to achieve this.

TECHNIQUE

SQUAT BURPEE JUMP WITH HANDS OVER HEAD

- **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**
- Clap hands over head on 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



03. THE HUNDREDS

TRACK SETUP: 4 rounds of 2 minutes, 4 moves in each 30 second set, aiming for 25 reps each set.

Exercise	
SET 1:	
0:00	Set up and demonstrate moves, Butt Kick (x1), Jack (x1) (2 for 1)
0:29	Butt Kick (x1), Jack (x1) – Aiming for 25 reps (2 for 1)
0:58	Air Tap with Floor Touch (L+R) – Aiming for 25 reps (1 for 1)
1:28	Donkey Kick – Aiming for 25 reps (1 for 1)
1:57	Fast-Step Block Jump (F+B) – Aiming for 25 reps (1 for 1)
2:26	Recovery
SET 2:	
2:26	Recover and get ready to repeat SET 1
2:55	REPEAT SET 1
4:56	Recovery
SET 3:	
4:56	Recover and get ready to repeat SET 1
5:22	REPEAT SET 1
7:19	Recovery
SET 4:	
7:19	Recover and get ready to repeat SET 1
7:48	REPEAT SET 1
9:49	Recovery



03. FERRARI / WASSUP (LISTEN TO THE HORNS)

9:59mins

COACHING TIP

This is a big set! Set up clearly and preview each move before the bell signals the change. Focus on maintaining good technique whilst aiming for speed.

CONNECTION

Coach this track to include everyone. Starting with 15 or 20 reps per 30 seconds is cool for beginners. 100 reps is the target and the high-end goal.

DRIVE

Dial up the motivational coaching in set 3, with lots of praise and encouragement. Aiming for 100 reps provides the drive. Quick tips on moving faster with better execution will help members achieve their goal.

HIIT SCIENCE

Four 2-minute blocks with only 30 seconds of recovery is a great way to build lactate as the muscles fatigue. Lactate is the trigger for growth hormone and the changes in body composition we see from HIIT training.

TECHNIQUE

BUTT KICK / JACK

- **Feet just outside hip-width to start**
- Bend knees and jump, drive heels towards butt
- Touch hands to heels for advanced option
- **Land softly**
- Jump feet in and out
- **Chest up**
- **Abs braced**

↓OPTION: SQUAT JUMP

Layer 2: Utilize the balls of the feet to stay light and fast

AIR TAP WITH FLOOR TOUCH

- **Feet outside hip-width to start**
- Reach towards floor, jump out of Squat and tap heels together in air
- **Land softly, feet wide**
- **Chest up in touchdown**
- **Abs braced in Jump**

↓OPTION: NO HEEL TAP / REACH BUT NO NEED TO TOUCH FLOOR

Layer 2: Push the floor away in the base of the Squat to generate more power

DONKEY KICK

- Start in Plank position
- **Hands under shoulders**
- **Back long and straight**
- Jump knees in towards chest and out again into Plank
- Both feet take off and land back in Plank
- Hips down
- **Abs braced**

↓OPTION: PLANK JACK

Layer 2: Plant palms hard into the floor to strengthen back

FAST-STEP BLOCK JUMP

- Step forward, 1 Block Jump, step back, 1 Block Jump
- Two quick steps, staying light on the feet
- Hands over head in Block Jump
- **Chest up**
- **Abs braced**
- **Knees soft**

↓OPTION: LATERAL STEP, BLOCK JUMP

Layer 2: Ricochet off the floor to activate fast-twitch muscle fibers.



04. SUPERSETS

TRACK SETUP: 20 seconds to load on the beat, then 20 seconds to explode off the beat.

Exercise

SET 1:

- 0:00 Set up and demonstrate first move, **Lateral Squat Jump** – on the beat
- 0:29 **Lateral Squat Jump** – on the beat
- 0:49 **Lateral High Knee Run** (x5) (L+R) – off the beat
- 1:09 *Recovery*

SET 2:

- 1:09 Set up and demonstrate first move, **Lateral Skater with High Knee** (L+R) – on the beat
- 1:29 **Lateral Skater with High Knee** (L+R) – on the beat
- 1:51 **Butt Kick** (x1) **Tuck Jump** (x1) – off the beat
- 2:10 *Recovery*

REPEAT SET 1:

- 2:10 Set up and demonstrate first move, **Lateral Squat Jump** – on the beat
- 2:30 REPEAT SET 1
- 3:09 *Recovery*

REPEAT SET 2:

- 3:09 Set up and demonstrate first move, **Lateral Skater with High Knee** (L+R) – on the beat
- 3:29 REPEAT SET 2
- 4:10 *Recovery*

REPEAT SET 1:

- 4:10 Set up and demonstrate first move, **Lateral Squat Jump** – on the beat
- 4:30 REPEAT SET 1
- 5:09 *Recovery*

REPEAT SET 2:

- 5:09 Set up and demonstrate first move, **Lateral Skater with High Knee** (L+R) – on the beat
- 5:29 REPEAT SET 2
- 6:10 *Recovery*



04. FAMALAY / REAL 6:23mins

COACHING TIP

Count on the beat for the first couple of reps in every set to get everyone moving in time. If members do not want to move on the beat, that's okay.

CONNECTION

Use the contrast between the two songs (*Famalay* is fun and playful, whereas *Real* is emotive and powerful). Bring some dynamic fun and feel to your coaching.

DRIVE

Six rounds after The Hundreds brings this workout up a whole new level. Setup and recovery times are short to keep the heart rate high. Focus on the load and explode the training concept to motivate your team, especially in the final sets.

HIIT SCIENCE

Lateral moves improve agility. Many top athletes have the ability to explode laterally to avoid their opponent.

TECHNIQUE

LATERAL SQUAT JUMP

- Jumping L+R
- Stay low
- **Feet outside hip-width, knees out over toes**
- **Both feet take off and land**
- **Chest up**
- **Abs braced in Jump**

OPTION: OFF THE BEAT IN OWN TIME

Layer 2: Stay low to pre-load and prime the muscles for power

LATERAL HIGH KNEE

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

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

LATERAL SKATER WITH HIGH KNEE

- Jump side to side, shifting body weight with knee lift
- **Hips square to front**
- **Land softly with bent knee**
- Push off the outside of the foot

Layer 2: Dip and drive out of the glutes and standing leg for more power

BUTT KICK / TUCK JUMP

- **Both feet take off and land**
- Kick heels towards butt in air
- Drive knees forward into Tuck Jump
- **Chest up**
- **Use abs to pull knees up**
- **Land softly**

↓OPTION: SQUAT JUMP

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



05. THE 30 CHALLENGE

TRACK SETUP: 30 Burpees, 10 reps every 30 seconds, optional kicker of V-Tap Burpee.

<i>Exercise</i>	
0:00	Set up and demonstrate move, Squat Burpee Jump with V-Tap L+R (1 for 1)
0:24	x10 Squat Burpee Jump with V-Tap L+R (1 for 1)
0:54	x10 Squat Burpee Jump with V-Tap L+R (1 for 1)
1:24	x10 Squat Burpee Jump with V-Tap L+R (1 for 1)
1:54	<i>Recovery</i>



05. BARRACA (EXTENDED MIX) 2:06mins

COACHING TIP

Demonstrate normal Burpee Jump first, then add in the V-Tap as an extra challenge.

CONNECTION

Let the music lead this one and keep your coaching to a minimum. The best thing a coach can do in this track is motivate for reps. Let members immerse themselves in the challenge as they count their reps.

DRIVE

This is the last big heart rate push and these 30 reps are going to be the toughest of the class. Drive participants to get as close to the target number as possible.

HIIT SCIENCE

Pushing hard when fatigued is the best way to break through our fitness threshold. This last block is perfect for this as it utilizes simple, explosive movements.

TECHNIQUE

SQUAT BURPEE JUMP WITH V-TAP

- Variation on current Burpee Jump
- **Squat, jump back into Plank position, jump forward into wide Squat**
- Bring one foot forward and touch opposite hand in Jump
- Create the letter 'V' with the arm and foot
- **Both feet take off and land**
- **Use Squat to transition in and out of Jump**
- **Chest up with slight rotation in V-Tap**
- **Abs braced in Jump**
- **Use Squat to absorb landing**

↓OPTION: SQUAT BURPEE JUMP

Layer 2: Find a rhythm and maintain it to get through the reps





06. TABATA

TRACK SETUP: Core challenge – 8 rounds of 20 seconds on, 10 seconds off.

Exercise	
0:00	Set up and demonstrate move, Plank Jack with Shoulder Tap (L+R)
0:28	Plank Jack with Shoulder Tap (L+R)
0:50	Recovery
0:59	Mountain Climber (L+R)
1:19	Recovery
1:30	Plank Jack with Shoulder Tap (L+R)
1:50	Recovery
1:59	Mountain Climber (L+R)
2:20	Recovery
2:29	Plank Jack with Shoulder Tap (L+R)
2:49	Recovery
3:00	Mountain Climber (L+R)
3:20	Recovery
3:29	Plank Jack with Shoulder Tap (L+R)
3:49	Recovery
4:00	Mountain Climber (L+R)
4:19	Recovery



06. ONGOING THING 4:31mins

COACHING TIP

Give Plank Jack with Shoulder Tap options in the introduction or early in the first working set.

CONNECTION

Keeping the hype and energy high is essential for this track. No checking out yet! Use praise and encouragement to get participants digging deep and focusing on the final 4-minute challenge.

DRIVE

This is a tough working track, designed to challenge members and push them further. Failure in these sets is still success if effort levels are 10/10.

TECHNIQUE

PLANK JACK WITH SHOUDLER TAP

- **Start in Plank position, hands under shoulders, feet hip-width apart**
- **Back long and straight**
- **Abs braced**
- Tap L shoulder with R hand in Jack
- R hand back to floor, feet hip-width apart
- Repeat, using L hand
- **Abs braced in Jack**

↓OPTIONS: NO SHOULDER TAP OR
ALTERNATING FOOT TAP

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 towards chest
- **Butt down**
- **Eye gaze on floor just in front of hands**

Layer 2: Drive palms into floor to activate the core harder



ALT

01. WARM UP

WORK NOW 3:38mins

Exercise	
0:05	Arrange class in a circle
0:16	Squat
0:40	Jog OTS
0:51	Run/Jog/Side Shuffle in circle (either clockwise or anticlockwise)
1:14	Forward-Stepping Lunge with Rotation (moving in circle)
1:38	Jog (moving in circle)
1:49	High Knee Run (moving in circle)
2:12	Bear Crawl Forward (moving in circle)
2:24	Pushup (on the spot)
2:35	Squat Burpee (on the spot)
2:58	Jog (moving in circle)
3:10	High Knee Run (moving in circle)
3:35	Recovery



GRIT ATHLETIC MUSIC

01.

WARM UP

Use Strength Track 01 music
02.

THE 30 CHALLENGE

Use Strength Track 02 music
03.

PUSH / PULL

Use Strength Track 03 music
04.

I'm Good (1:52)

GRiZ

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Written by: Kwiecinski
05.

Set It Off (CRNKN Remix) (1:51)

Diplo feat. Lazerdisk Party Sex

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Written by: Pentz, Bechard, Johnson
06.

Blindfolds (1:51)

K.Sparks feat. Nation

© 2013 K. Sparks Music.

Written by: Hunter
07.

Set It Off (CRNKN Remix) (1:51)

Diplo feat. Lazerdisk Party Sex

© 2013 Mad Decent.

Written by: Pentz, Bechard, Johnson
08.

I'm Good (1:52)

GRiZ

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Written by: Kwiecinski
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Set It Off (CRNKN Remix) (1:51)

Diplo feat. Lazerdisk Party Sex

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Written by: Pentz, Bechard, Johnson
10.

REP YOUR CLUB LADDER DRILL

Use Strength Track 05 music
11.

THE 30 CHALLENGE

Use Strength Track 06 music
12.

TABATA

Use Strength Track 07 music
13.

OUTRO

Use Strength Track 08 music



L–R: Natasha Vincent, Erin Maw, Ben Main.

The third round of GRIT Athletic, and we’re rolling out a crazy new innovative Bonus Block to combine with GRIT Strength to make the GRIT Athletic 30 class.

What can you expect? Two parts to this training concept; unilateral training to focus on single-leg loading in order to strengthen our weaker sides and to pre-load before tapping into bilateral speed and power for an explosive heart rate kicker. We hope you like this different and innovative style of training. Enjoy!

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

TRACK 1: STRENGTH 30 – WARM UP

TRACK 2: STRENGTH 30 – THE 30 CHALLENGE

TRACK 3: STRENGTH 30 – PUSH / PULL

THE BONUS ATHLETIC BLOCK

TRACK 4: SET 1

TRACK 5: SET 2

TRACK 6: SET 3

TRACK 7: SET 4

TRACK 8: SET 5

TRACK 9: SET 6

TRACK 10: STRENGTH 30 – REP YOUR CLUB LADDER DRILL

TRACK 11: STRENGTH 30 – THE 30 CHALLENGE

TRACK 12: STRENGTH 30 – TABATA

CLASS SETUP

Bench with 2 risers on each end

1 medium weight plate

1 barbell with moderate to heavy weight

Keep equipment on one side of the bench as shown in Master Class.

GRIT ATHLETIC CREDITS

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

Chief Creative Officer – Dr. Jackie Mills

Technical Consultant – Bryce Hastings

Program Coach – Erin Maw

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

CLASS INTRODUCTION

Welcome to GRIT Athletic, sports-inspired HIIT training to challenge and improve overall athletic performance. There are 3 parts to this class: strength, unilateral training and bilateral training focusing on speed and power.

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 Strength and GRIT Athletic formats as described in the notes.



04. SET 1

TRACK SETUP: 20 seconds right leg, 20 seconds left leg, 40 seconds of power.

Exercise

R + L + POWER	
0:00	Set up on the end of bench facing class, R foot on bench. Demonstrate first move, Single-Leg Loaded Lunge (R)
0:25	Single-Leg Loaded Lunge (R)
0:46	Single-Leg Loaded Lunge (L)
1:04	Plyo Sumo Bench Jump
1:46	Recovery



04. I'M GOOD 1:52mins

COACHING TIP

Always demonstrate the 'load' and power moves on your right. Start on the RIGHT leg in every set.

CONNECTION

Working unilaterally is new to GRIT. Show participants how to execute the move for maximum success so they can try this new training style with confidence.

DRIVE

The drive comes in the 'explode' after the load. Primed muscles and a firing nervous system generate movement with power.

HIIT SCIENCE

Explosive movements like the Plyo Sumo Bench Jump facilitate maximum muscle fiber activation, driving metabolism and burning calories.

TECHNIQUE

SINGLE-LEG LOADED LUNGE

- 20 seconds on R, 20 seconds on L
- R foot on bench
- **Long step back L leg**
- **Hips square to front**
- **Chest up**
- **Jump up and land back in Lunge**
- **Soft landing**
- **Front knee turned out**

↓OPTION: NO BENCH

Layer 2: Keep the knee bent to add extra work on the standing leg; this move is all about pre-loading

PLYO SUMO BENCH JUMP

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

↓OPTION: JUMP ON FLOOR

Layer 2: Jump as high as possible every time, to take the legs to maximum capacity



05. SET 2

TRACK SETUP: 20 seconds right leg, 20 seconds left leg, 40 seconds of speed.

Exercise	
R + L + SPEED	
0:00	Set up standing beside bench. Demonstrate move, A Skip R (left knee lifts up)
0:25	A Skip R
0:46	A Skip L
1:04	High Knee Sprint OTS (L+R)
1:45	Recovery



05. SET IT OFF (CRNKN REMIX) 1:51mins

COACHING TIP

New move alert! A Skip is introduced in this track and repeated twice. The first round is about mastering the technique. Get the class bouncing light on their feet to lead into the countdown.

CONNECTION

Be super encouraging about attempting the A Skip for the first time. Use effective setup and clear cues to help members understand the movement pattern.

DRIVE

The Sprint set is about simple movements executed with intensity to drive up the heart rate.

HIIT SCIENCE

The arms help drive leg speed in the High Knee Sprint. The hands drive in a straight line from the hips to the lips.

TECHNIQUE

A SKIP

- **Start light on balls of feet in a bounce**
- R knee drives up for 20 seconds followed by L
- Use hips to help pull knee up
- Opposite arm swings forward
- Foot of R leg is flexed and ball of foot taps on the floor quickly
- **Chest up, abs braced**
- **Knees soft**

Layer 2: Use the obliques to drive the knee up hard and fast



HIGH KNEE SPRINT

- **Knees soft**
- **Chest up**
- **Abs braced**
- Lean back
- **Stay light on the feet**
- Pump the opposite arm with the knee

Layer 2: Training for the track, stay light, think fast, move fast



06. SET 3

TRACK SETUP: 20 seconds right leg, 20 seconds left leg, 40 seconds of power.

Exercise

R + L + POWER

0:00	Set up on the end of bench facing class, R foot on bench. Demonstrate move, Single-Leg Squat (x1), Lunge with Plate at Collarbones (R) (x1)
0:25	Single-Leg Squat (x1) to Lunge with Plate at Collarbones (R) (x1)
0:46	Single-Leg Squat (x1) to Lunge with Plate at Collarbones (L) (x1)
1:04	Lateral Bench Jump (L+R)
1:45	Recovery



06. BLINDFOLDS 1:51mins

COACHING TIP

Demonstrate the move well and encourage members to try jumping between the Squat and Lunge. This combination requires a little coordination, so stay up the front until the leg switch. Give the 'no plate' option for the load – it's still tough!

CONNECTION

Legs are starting to hit fatigue fast with lactic build-up in the muscles. Give praise and encouragement in the last 5 seconds of each set to keep the class fighting for those reps.

DRIVE

The freedom of losing the plate generates drive. Maximize muscle fiber recruitment to hit strong, powerful Jumps.

HIIT SCIENCE

Driving laterally across the bench trains agility and power. The lateral propulsion comes from the side glutes, which are key stabilizers of the hip and knee.

TECHNIQUE

SINGLE-LEG SQUAT / LUNGE WITH PLATE AT COLLARBONES

- Begin with R foot on bench
- **Plate high on collarbones**
- **Elbows tucked in**
- R side jump from Squat to Lunge and back to Lunge
- L leg moves from beside to behind
- **Long Lunge**
- **Knees soft**
- **Hips square to front**
- **Chest up**

↓OPTIONS: STEP FROM SQUAT TO LUNGE OR JUMP WITH NO PLATE

Layer 2: Use the glutes to power out of the Squat and Lunge, focusing on leg power

LATERAL BENCH JUMPS

- One foot on bench, one on floor
- **Feet outside hip-width**
- **Hips back and down into Squat**
- **Butt down and back, just above knee-height**
- **Knees out**
- **Chest up**
- Alternate L+R with a jump over the bench
- Keep legs loaded
- **Soft knee landing**

↓OPTION: NO JUMP, JUST STEP

Layer 2: Use a massive arm swing to help with momentum and drive over the bench



07. SET 4

TRACK SETUP: 20 seconds right leg, 20 seconds left leg, 40 seconds of speed.

Exercise

R + L + SPEED

- 0:00 Set up standing beside bench, demonstrate move, **A Skip** R (left knee lifts up)
- 0:23 **A Skip** R
- 0:45 **A Skip** L
- 1:06 **High Knee Sprint** OTS (L+R) (Bell on last 15 seconds)
- 1:44 *Recovery*



07. SET IT OFF (CRNKN REMIX) 1:51mins

COACHING TIP

Use the recovery to focus on technique for the A Skip. Physically demonstrate how to increase power and intensity.

CONNECTION

There are many benefits to unilateral training. As Ben explains, this training will highlight the weaker side of the body and increase movement awareness. Get participants to focus harder and increase the effort on the weaker side.

DRIVE

The Sprint round dials up the speed and intensity. The countdown bell starts the 15-second dash to the finish line.

HIIT SCIENCE

Knee drive comes from driving out of the abs and hip flexors. Keeping the chest lifted creates a platform for these muscles to work with maximum power.

TECHNIQUE

A SKIP

- **Start light on balls of feet in a bounce**
- R knee drives up for 20 seconds followed by L
- Use hips to help pull knee up
- Opposite arm swings forward
- Foot of R leg is flexed and ball of foot taps on the floor quickly
- **Chest up, abs braced**
- **Knees soft**

Layer 2: Use the obliques to drive the knee up hard and fast



HIGH KNEE SPRINT

- **Knees soft**
- **Chest up**
- **Abs braced**
- Lean back
- **Stay light on the feet**
- Pump the opposite arm with the knee

Layer 2: Training for the track stay light, think fast, move fast



08. SET 5

TRACK SETUP: 20 seconds right leg, 20 seconds left leg, 40 seconds of power.

Exercise

R+ L + POWER

0:00	Set up with back turned to bench, L foot on edge of bench, R leg set up in Long Lunge on floor Demonstrate Bulgarian Split Squat with Front Leg Lift (R)
0:25	Bulgarian Split Squat with Front Leg Lift (R)
0:46	Bulgarian Split Squat with Front Leg Lift (L)
1:04	Power Lunge on Bench (L+R)
1:46	Recovery



08. I'M GOOD 1:52mins

COACHING TIP

Set up the complex new move, Bulgarian Split Squat, during recovery. The back foot stays on the edge on the bench. Give the option of both feet on the floor.

CONNECTION

This move is effective training because it focuses on leg power, core and the stabilizers. Coach to the different muscle groups to connect with the training objectives of the track and help members understand and enjoy this training concept.

DRIVE

This is the last Power set. Time to dig deep and drive off the bench for maximum results.

HIIT SCIENCE

Lunging off the bench means we can focus on driving out of the front leg. There is less hip flexor tension in the rear leg, allowing participants to maximize leg drive.

TECHNIQUE

BULGARIAN SPLIT SQUAT WITH FRONT LEG LIFT

- Face away from bench
- R foot on floor, L foot on edge of the bench
- Drop into Lunge, then press off the front foot to lift into air
- **Front foot lands back in same spot**
- **Chest up**
- **Front knee soft on landing and turned out**

↓OPTION: SPLIT SQUAT ON FLOOR

Layer 2: Feel the core having to work hard to stabilize the body in this move for Reactive Core Training

POWER LUNGE ON BENCH

- Pivot on the back foot to face the bench
- Start with one foot on bench, one on floor
- **Jump high, landing in long Lunge**
- Back knee towards floor
- **Chest up and swing arms to jump and switch legs**
- **Front thigh parallel to floor**
- **Soft knees to absorb landing**
- Arms swing naturally

↓OPTION: NO BENCH TO LUNGE

Layer 2: Dig deep and drive the heel hard into the bench to get maximum airtime in the Lunge. High Lunge means high heart rate.





09. SET 6

TRACK SETUP: 20 seconds right leg, 20 seconds left leg, 40 seconds of speed.

<i>Exercise</i>	
<i>R + L + SPEED</i>	
0:00	Set up standing beside bench. Demonstrate move, C Skip R
0:23	C Skip R
0:45	C Skip L
1:06	High Knee Sprint OTS (L+R) (Bell on last 15 seconds)
1:44	<i>Recovery</i>



09. SET IT OFF (CRNKN REMIX) 1:51mins

COACHING TIP

The C Skip is an advanced version of the A Skip. Clearly demonstrate how to execute this move with one knee to the front and then the side. Focus on footwork rather than arms.

CONNECTION

A Skip and C Skip are fundamental warm up drills for sprinters. This set brings sports-inspired training into the class environment.

DRIVE

This last set is the toughest, physically and mentally. Tap into the athlete's mindset to encourage next-level performance. Challenge your team to sprint the last 100 meters on the final bell.

HIIT SCIENCE

Staying light on the balls of the feet increases agility and minimizes stress in the Achilles tendons.

TECHNIQUE

C SKIP

- Development of A Skip
- R knee forward x1, side x1
- Body bouncing lightly
- **Hips square to front**
- **Chest up**
- **Abs braced**
- Opposite arm to forward knee
- Same arm to side knee

↓OPTION: A SKIP

Layer 2: Feel the opening and priming of the hips as the knee drives up the side





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, i.e. 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,
 - e.g. 2-Minute Challenge: Beep Test
- This doesn’t apply to the Warm Up 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.

