

# LES MILLS GRIT 31

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## GRIT CARDIO

MUSIC AND CREDITS

01. WARM-UP

02. AMRAP

03. SUPERSETS

04. LADDER

05. DROP SET

06. COACH CALLS



# LES MILLS GRIT 31

**GRIT ATHLETIC**

## MUSIC AND CREDITS

**01. WARM-UP**

**03. BLOCK 1**

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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: 3 tracks that are mixed together with GRIT Cardio to create a **GRIT Athletic** workout. GRIT Athletic is 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: **ATHLETIC** WARM-UP

TRACK 2: *CARDIO 31 – AMRAP*

## **THE BONUS ATHLETIC BLOCK**

TRACK 3: BLOCK 1

TRACK 4: BLOCK 2

TRACK 5: *CARDIO 31 – LADDER*

TRACK 6: *CARDIO 31 – COACH CALLS*

## **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.

## **RELEASE FEEDBACK**

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# GRIT STRENGTH MUSIC

01. **Trophies** (2:48)  
Young Money feat. Drake  
Courtesy of the Universal Music Group.  
Written by: Graham, Thomas, Martin, Gerard, Hollis, Shebib, Abshire

02. **Position To Win** (2:29)  
Migos  
Courtesy of the Universal Music Group.  
Written by: McPherson, Ball, Chephus, Marshall, Profit

**GOKU** (2:01)  
Jaden  
Courtesy of the Universal Music Group.  
Written by: Scott, Rambert, Salaam, Smith

**Jump** (1:37)  
Kris Kross  
© 1992 Columbia Records, a division of Sony Music Entertainment.  
Written by: Gordy, Jr., Mizell, Perren, Richards, Bonner, Jones, Middlebrooks, Morrison, Napler, Noland, Pierce, Webster, Dupri, Nicolo

03. **Trifecta (We Came To Party)** (1:10)  
Dj Sliink, TWRK & Green Lantern  
© 2015 Moodswing.  
Written by: White, Skotnicki, Brottrell, Esentrik

**Bustin’ Loose** (1:05)  
Rebirth Brass Band  
Courtesy of Mardi Gras Records.  
Written by: Brown

**Not At All** (1:04)  
Jayceeoh & Stafford Brothers feat. Waka Flocka Flame  
© 2019 Foundation Media.  
Written by: C. Stafford, M. Stafford, Osher, Malphurs

**Trifecta (We Came To Party)** (1:01)  
Dj Sliink, TWRK & Green Lantern  
© 2015 Moodswing.  
Written by: White, Skotnicki, Brottrell, Esentrik

**Bustin’ Loose** (1:01)  
Rebirth Brass Band  
Courtesy of Mardi Gras Records.  
Written by: Brown

**Not At All** (1:00)  
Jayceeoh & Stafford Brothers feat. Waka Flocka Flame  
© 2019 Foundation Media.  
Written by: C. Stafford, M. Stafford, Osher, Malphurs

**Trifecta (We Came To Party)** (0:59)  
Dj Sliink, TWRK & Green Lantern  
© 2015 Moodswing.  
Written by: White, Skotnicki, Brottrell, Esentrik

**Bustin’ Loose** (1:01)  
Rebirth Brass Band  
Courtesy of Mardi Gras Records.  
Written by: Brown

**Not At All** (1:06)  
Jayceeoh & Stafford Brothers feat. Waka Flocka Flame  
© 2019 Foundation Media.  
Written by: C. Stafford, M. Stafford, Osher, Malphurs

04. **March** (3:57)  
Alexander Lewis  
© 2018 Lowly.  
Written by: Unknown

05. **Trifecta (We Came To Party)** (1:31)  
Dj Sliink, TWRK & Green Lantern  
© 2015 Moodswing.  
Written by: White, Skotnicki, Brottrell, Esentrik

**Bustin’ Loose** (1:05)  
Rebirth Brass Band  
Courtesy of Mardi Gras Records.  
Written by: Brown

**Not At All** (0:56)  
Jayceeoh & Stafford Brothers feat. Waka Flocka Flame  
© 2019 Foundation Media.  
Written by: C. Stafford, M. Stafford, Osher, Malphurs

**Take It To Da House** (2:06)  
Trick Daddy

06. © 2001 Slip-N-Slide Records, Inc. exclusively licensed to Atlantic Recording Corporation for the United States and WEA International Inc. for the world outside of the United States.  
Written by: Casey, Finch, Young, Seymour, Duggin, Taylor, Evans, Bobbit, Wesley, Brown

07. **Yeah Dats Me** (0:33)  
Big K.R.I.T.  
Courtesy of the Universal Music Group.  
Written by: Scott, Womack



L–R: Vili Fifita, Ben Main, Natasha Vincent.

Here we go, another EPIC round of releases with fresh concepts and incredible results from pumping up our heart rate to the max.

LES MILLS GRIT Strength 31 is packed with innovation and challenge. This is the first time you will see Advanced Options as well. This gives you and your members the freedom to teach and do the extra challenge of working up a level without the pressure of feeling like you have to. Remember to teach to everyone in your class, giving options where necessary and ensuring your members push their own fitness levels – whatever that may be. Always be super encouraging and remember to set up at the start what’s expected in a GRIT workout. To get the HIIT effect is about pushing 10/10 in every set, getting the heart rate high in the Warm-Up, then aiming to hit every challenge with maximum effort.

We hope you love this release – especially that extra kicker drop set at the end! Ouch!... you’re welcome!

Enjoy!

The LES MILLS GRIT crew

### CLASS SET-UP

Moderate to heavy barbell and two free weight plates of 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 that 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 body weight 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 Consultants** – Bryce Hastings, Andrew Newmarch & Rob Lee

**Program Coach** – Erin Maw

**Production Coordinator** – Ashlee Young

*Special thanks to Ben Main.*

## GRIT STRENGTH PRESENTERS

**Ben Main** (New Zealand) is a LES MILLS GRIT, BODYATTACK™ and BODYPUMP™ Trainer and is also a Les Mills Ambassador for all three programs. He 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 CONQUER™, LES MILLS CEREMONY™ and LES MILLS GRIT at Les Mills Victoria Street.

**Vili Fifita** (New Zealand) is a LES MILLS GRIT Trainer/Presenter and an Instructor for BODYCOMBAT, BODYPUMP, LES MILLS CEREMONY, LES MILLS CONQUER, LES MILLS SPRINT™ and LES MILLS THE TRIP™. He also works in the engineering industry in Auckland.

### RELEASE FEEDBACK

Tell us what you think of this release. Visit [lesmills.com/release-feedback](https://lesmills.com/release-feedback)



# 01. WARM-UP

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

| <i>Exercise</i> |                                                                               |
|-----------------|-------------------------------------------------------------------------------|
| 0:05            | <b>Barbell Squat</b>                                                          |
| 0:18            | <b>Barbell Squat</b> Faster                                                   |
| 0:32            | <b>Barbell Squat with Heel Raise</b>                                          |
| 0:45            | <b>Lateral Barbell Squat</b> (L+R)                                            |
| 0:58            | <b>Barbell Backward-Stepping Lunge</b> (L+R)                                  |
| 1:11            | <b>Barbell Backward-Stepping Lunge</b> Faster (L+R)                           |
| 1:25            | <b>Double Plate Row, Backward-Stepping Lunge</b> (L+R) <b>with Bicep Curl</b> |
| 1:51            | <b>Double Plate Row, Squat Jump</b>                                           |
| 2:05            | <b>Squat Burpee</b>                                                           |
| 2:18            | <b>Squat Burpee Jump</b>                                                      |
| 2:31            | <b>Squat Burpee Jump with Pushup</b>                                          |
| 2:48            | <i>Recovery</i>                                                               |



# 01. TROPHIES 2:48mins

## CONNECTION

Keep the coaching simple and the connection high in this one. Get the class moving well and bring lots of energy with an awesome tune to kick off Release 31!

## TECHNIQUE

### BARBELL SQUAT

- Bar onto meaty part of upper back
- **Feet just outside hip width**
- **Knees out over toes**
- **Hips back and down**
- Butt to 90 degrees
- **Chest up**
- **Abs braced**
- **Knees tracking out over feet**
- Elbows under bar
- Add Heel Raise
- Squeeze glutes coming out of Squat and lift heels off floor

### LATERAL BARBELL SQUAT

- Feet under hips
- Lateral step to take feet outside hip-width
- **Hips back and down**
- Butt to 90 degrees
- **Chest up**
- **Abs braced**
- **Knees tracking out over feet**
- Push out of the bottom of the Squat, back to feet under hips
- Repeat on the other side

### BARBELL BACKWARD-STEPPING LUNGE

- Bar onto meaty part of upper back
- Feet under hips
- **Long step back**
- **Back knee towards floor**
- **Front thigh parallel to floor**
- **Front knee tracking out over foot**
- **Chest up**
- **Abs braced**

### DOUBLE PLATE ROW

- **Chest up**
- Feet under hips
- **Tip forward from hips**
- Pull plates from knee up to ribs
- **Elbows wide**
- **Squeeze between shoulder blades**
- Knuckles face forward



### LUNGE WITH BICEP CURL

- Chest up
- Curl plates up to shoulders during Backward-Stepping Lunge
- Plates down to thighs as you step feet together



### SQUAT JUMP

- Feet outside hip width, knees out over toes
- Bend knees then jump
- **Abs braced**
- **Soft knee landing**
- **Chest up**

↓OPTION: NO JUMP

### SQUAT BURPEE JUMP WITH PUSHUP

- Squat, jump feet back to Plank, jump back to Squat, stand up
- Feet outside hip-width
- Butt down and back just above knee line
- **Use the Squat to transition**
- **Chest up**
- **Abs braced as feet jump back**
- Hands under shoulders
- **Back long, strong and straight**
- Add the Jump – soft knee landing
- Add Pushup – chest to elbow height

↓OPTION: NO JUMP

↓OPTION: PUSHUP ON KNEES



# 02. AMRAP

**TRACK SET-UP:** 3 working blocks with 3 moves – the goal is to complete 4 rounds starting with 6 reps of each move.

| Exercise |                                                                                                                                                                                 |
|----------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| SET 1:   | 2 minutes, aiming for 4 rounds                                                                                                                                                  |
| 0:00     | Set up and demonstrate moves: <b>Quarter-Turn Backward-Stepping Lunge with Plate Arc</b> (L+R), <b>Squat Jump, Plate Switch</b> (L+R), <b>Lateral Pushup</b> (L+R)              |
| 0:30     | x6 <b>Quarter-Turn Backward-Stepping Lunge with Plate Arc</b> (L+R) (1 for 1)<br>x6 <b>Squat Jump, Plate Switch</b> (L+R) (1 for 1)<br>x6 <b>Lateral Pushup</b> (L+R) (1 for 1) |
| 2:28     | Recovery                                                                                                                                                                        |
| SET 2:   | 90 seconds, aiming for 4 rounds                                                                                                                                                 |
| 2:28     | Recover and set up SET 2                                                                                                                                                        |
| 2:58     | x5 <b>Quarter-Turn Backward-Stepping Lunge with Plate Arc</b> (L+R) (1 for 1)<br>x5 <b>Squat Jump, Plate Switch</b> (L+R) (1 for 1)<br>x5 <b>Lateral Pushup</b> (L+R) (1 for 1) |
| 4:30     | Recovery                                                                                                                                                                        |
| SET 3:   | 1 minute, aiming for 4 rounds                                                                                                                                                   |
| 4:30     | Recover and set up SET 3                                                                                                                                                        |
| 4:59     | x3 <b>Quarter-Turn Backward-Stepping Lunge with Plate Arc</b> (L+R) (1 for 1)<br>x3 <b>Squat Jump, Plate Switch</b> (L+R) (1 for 1)<br>x3 <b>Lateral Pushup</b> (L+R) (1 for 1) |
| 6:02     | Recovery                                                                                                                                                                        |



## 02. POSITION TO WIN / GOKU / JUMP 6:07mins

There's time to demonstrate a few reps of the new Lunge with Plate Arc pattern. Give the class plenty of visuals in the first set as they learn the new move. Stay at the front and move with great range and purpose so the class can nail the execution early on.

### CONNECTION

Coach the options early to ensure the workout is inclusive. The Lunge with Plate Arc is tricky so keep the coaching simple each round; this will get people feeling confident for the later rounds.

### DRIVE

By Set 3 you can really drive the reps! Like Vili, challenge the class to hit 4 rounds. This will keep them focused right to the end of the track!

### HIIT SCIENCE

One of the key factors when designing a HIIT workout is finding ways to drive the heart rate into maximum training zones, recovering and the doing it again. An optimal HIIT workout will pack as many of these spikes of intensity into the duration of the class as possible.

In this track, we use descending blocks of time with reducing numbers of reps for each exercise followed by a recovery. This is a great way to drive the heart rate into a maximum training zone with the recoveries just long enough to enable participants to achieve the spike of intensity in each block.

### TECHNIQUE

#### LATERAL PUSHUP

- **Chest to elbow height**
- **Back long and straight**
- **Abs braced**
- Walk the hands to other side and repeat

↓OPTION: PUSHUP ON KNEES

*Layer 2: Drive out of the floor to fire up the pushing muscles of chest, shoulders and triceps*

#### QUARTER-TURN BACKWARD-STEPPING LUNGE WITH PLATE ARC

- Arc plate over head
- Arms straight
- **Abs braced**
- Long step back and quarter-turn into Lunge
- **Plate stops at front knee**
- **Chest up**
- Back knee bent towards the floor
- **Front knee tracking out over foot**
- Arc plate over head as you step feet together
- Repeat on other side

↓OPTION: QUARTER-TURN BACKWARD-STEPPING LUNGE WITH PLATE PRESS

*Layer 2: Keep the arms long in the Plate Arc to challenge the core as you turn*



#### SQUAT JUMP, PLATE SWITCH

- **Feet outside hip-width**
- **Hold top of SMARTPLATE™ in one hand**
- Jump and switch hands at the top of the Jump
- **Land softly** with plate in other hand
- **Knees tracking out over feet**
- **Chest lifted**
- **Abs braced**

↓OPTION: BOTH HANDS ON PLATE, NO SWITCH

*Layer 2: Drop deep into the Squat, then spring up for powerful legs*





# 03. SUPERSETS

**TRACK SET-UP:** 2 moves back-to-back, starting with 30 seconds of Load with the bar, then 15 seconds to Explode with the plate.

| Exercise      |                                                                                |
|---------------|--------------------------------------------------------------------------------|
| <b>SET 1:</b> | 30 seconds Load, 15 seconds Explode                                            |
| 0:00          | Set up and demonstrate move: <b>Barbell Clean Jump Squat Press</b>             |
| 0:23          | <b>Barbell Clean Jump Squat Press</b>                                          |
| 0:55          | <b>Squat Snatch with Plate</b>                                                 |
| 1:09          | Recovery                                                                       |
|               |                                                                                |
| <b>SET 2:</b> | 30 seconds Load, 15 seconds Explode                                            |
| 1:09          | Set up and demonstrate move: <b>Lateral Squat with Barbell (L+R)</b>           |
| 1:30          | <b>Lateral Squat with Barbell (L+R)</b>                                        |
| 2:00          | <b>Lateral Squat Jump with Plate Arc, Shoulder To Shoulder (L+R)</b>           |
| 2:15          | Recovery                                                                       |
|               |                                                                                |
| <b>SET 3:</b> | 30 seconds Load, 15 seconds Explode                                            |
| 2:15          | Set up and demonstrate move: <b>Backward-Stepping Lunge with Barbell (L+R)</b> |
| 2:33          | <b>Backward-Stepping Lunge with Barbell (L+R)</b>                              |
| 3:04          | <b>Scissor Lunge with Plate Press (L+R)</b>                                    |
| 3:18          | Recovery                                                                       |
|               |                                                                                |
| <b>SET 4:</b> | 20 seconds Load, 20 seconds Explode                                            |
| 3:38          | REPEAT SET 1                                                                   |
| 4:19          | Recovery                                                                       |
|               |                                                                                |
| <b>SET 5:</b> | 20 seconds Load, 20 seconds Explode                                            |
| 4:39          | REPEAT SET 2                                                                   |
| 5:20          | Recovery                                                                       |
|               |                                                                                |
| <b>SET 6:</b> | 20 seconds Load, 20 seconds Explode                                            |
| 5:39          | REPEAT SET 3                                                                   |
| 6:20          | Recovery                                                                       |
|               |                                                                                |
| <b>SET 7:</b> | 10 seconds Load, 30 seconds Explode                                            |
| 6:38          | REPEAT SET 1                                                                   |
| 7:20          | Recovery                                                                       |
|               |                                                                                |
| <b>SET 8:</b> | 10 seconds Load, 30 seconds Explode                                            |
| 7:39          | REPEAT SET 2                                                                   |
| 8:20          | Recovery                                                                       |
|               |                                                                                |
| <b>SET 9:</b> | 10 seconds Load, 30 seconds Explode                                            |
| 8:39          | REPEAT SET 3                                                                   |
| 9:20          | Recovery                                                                       |



# 03. TRIFECTA (WE CAME TO PARTY) / BUSTIN' LOOSE / NOT AT ALL 9:27mins

## COACHING TIP

Load and Explode training! Coach the set-up of the moves and timing clearly. Tash did a great job of getting everyone moving well in move 1, before showing move 2. This will help the class transition quickly and stay in the workout.

## CONNECTION

Get excited about the Explode moves. When we change from loading to exploding we move faster. Bring the energy both physically and vocally to keep the class working until the end of each set.

## DRIVE

Coach the benefits. See how Tash coached the strength at the bottom of the Squat and staying low in the Lunges to keep people in solid range. Driving the results will keep the class coming back for more!

## HIIT SCIENCE

Increasing power output is a great way to drive intensity into the HIIT zone. Power is generated by moving mass at speed.

In these blocks, we use increased mass in the Load phases followed by increased speed in the Explode phases. Under load we move slower; however, the added weight increases power output. In contrast, the body weight and plate exercises allow us to move at greater speed. The result is two contrasting training methods with the same outcome – maximum power production.

## TECHNIQUE

### BARBELL CLEAN JUMP SQUAT PRESS

- Feet outside hip-width
- **Lead with elbows**
- **Clean bar to collarbones; keep bar close to body**
- Jump wide into Squat to catch the bar
- **Knees tracking out over feet in Squat**
- **Abs braced**
- **Chest up**
- Drive out of the Squat and press bar over head
- **Elbows slightly forward**
- **Bend knees to catch the bar**
- Jump feet under hips as bar returns to thighs

↓OPTION: FEET WIDE, NO JUMP

*Layer 2: Full range to get deep into the muscles. Drop quickly under the bar, hit the range then explode from the floor*

### SQUAT SNATCH WITH PLATE

- Drop into Squat with plate low
- **Knees out over toes**
- **Chest up**
- **Abs braced**
- Jump feet together and snatch plate over head
- **Elbows slightly forward of hips**
- Stay on toes at the top, then quickly drop into the next rep

↓OPTION: KEEP FEET WIDE, NO JUMP

*Layer 2: Minimize your time at the top; dropping quickly into the heels gives more time under load*



### LATERAL SQUAT WITH BARBELL

- Feet under hips
- **Lateral step to take feet outside hip-width**
- **Hips back and down**
- Butt to 90 degrees
- **Chest up**
- **Abs braced**
- Push out of the bottom of the Squat, back to feet under hips
- Repeat on the other side

↓OPTION: PLATE INSTEAD OF BAR

*Layer 2: Step quickly to spend more time at the bottom of the Squat. Build the pressure to get results*



# 03. TRIFECTA (WE CAME TO PARTY) / BUSTIN' LOOSE / NOT AT ALL 9:27mins

## LATERAL SQUAT JUMP WITH PLATE ARC, SHOULDER TO SHOULDER

- Plate on one shoulder
- **Feet wide, squat first**
- Lateral Squat Jump side to side
- As you jump, push plate over head
- Catch on other shoulder as you land
- **Both feet take off and land**
- **Soft knee landing**
- **Chest up**
- **Abs braced**

↓OPTION: LATERAL STEP, NO JUMP

*Layer 2: Use the legs and arms to drive your body side to side. This is a full-body workout!*



## BACKWARD-STEPPING LUNGE WITH BARBELL

- Bar onto meaty part of upper back
- Feet under hips
- **Long step back**
- **Back knee towards floor**
- Front thigh parallel to floor
- **Front knee tracking out over foot**
- **Chest up**
- **Abs braced**

↓OPTION: PLATE INSTEAD OF BAR

*Layer 2: Stay low as you step feet together to challenge the quads and the glutes*

## SCISSOR LUNGE WITH PLATE PRESS

- **Plate at collarbones, feet hip-width apart**
- Jump one leg back to Lunge as you push plate over head
- **Long stride back in the Lunge**
- Jump feet back to hip-width and catch plate at collarbones
- **Front thigh parallel to floor**
- **Elbows slightly forward**
- **Chest up**
- **Abs braced**

↓OPTION: STEP BACK TO LUNGE; NO JUMP

*Layer 2: Load the front heel as you drop. The muscles will work harder to catch the body as you drop, giving results faster*



# 04. LADDER

**TRACK SET-UP:** 90-second ladder climb of Clean & Press; the aim is to get as high as possible in 90 seconds.

Exercise

|               |                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>SET 1:</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| 0:00          | Set up turning bar side-on and demonstrate Ladder: x1 <b>Clean &amp; Press</b> , x1 <b>Pulse Pushup</b> , x1 <b>Forward Jump Over Bar, Land, 180° Turn</b>                                                                                                                                                                                                                                                                                           |
| 0:25          | 90 seconds to climb the Ladder doing the Clean & Press<br>x1 <b>Clean &amp; Press</b> , x1 <b>Pulse Pushup</b> , x1 <b>Forward Jump Over Bar, Land, 180° Turn</b><br>x2 <b>Clean &amp; Press</b> , x1 <b>Pulse Pushup</b> , x1 <b>Forward Jump Over Bar, Land, 180° Turn</b><br>x3 <b>Clean &amp; Press</b> , x1 <b>Pulse Pushup</b> , x1 <b>Forward Jump Over Bar, Land, 180° Turn</b><br>Climb the Clean & Press as high as possible in 90 seconds |
| 1:54          | Recovery                                                                                                                                                                                                                                                                                                                                                                                                                                             |

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|               |                                                                               |
|---------------|-------------------------------------------------------------------------------|
| <b>SET 2:</b> |                                                                               |
| 1:54          | Recover and set up Ladder down. (Advanced option: <b>Tuck Jump Over Bar</b> ) |
| 2:20          | Starting on the highest Ladder number, work from the top down to one          |
| 3:49          | Recovery                                                                      |



## 04. MARCH 3:57mins

### COACHING TIP

Clearly set up the Ladder, making the point that only the Clean & Press increases. Demonstrate the full combo so the class knows exactly what to do.

### CONNECTION

Ladder training is a great way to connect with your class from the front and on the floor. Ask them what number they are on and hold them accountable for their workout!

### DRIVE

See how the presenters ‘go hard’ in this one. Be the physical role model at the front to drive the team. Going big in the workout and bringing energy to the vocals will help them to finish this track in style!

### HIIT SCIENCE

One of the main reasons HIIT is so effective is that it rapidly depletes energy sources in our muscles (glycogen). This rapid depletion puts the body into scramble mode and generates a lot of the improvements we see in fitness and body composition. The larger the muscle groups involved, the greater this effect.

This combination of movement patterns recruits all the large muscles of the body – maximizing this glycogen depletion and driving our fitness level to new heights.

### TECHNIQUE

#### CLEAN & PRESS

- **Lead with elbows**
- **Clean bar to collarbones**
- **Brace abs to press bar over head**
- **Elbows slightly forward of face in Press**
- Catch at collarbones then return to thighs
- **Soft knees when catching bar**
- **Keep bar close to body**

*Layer 2: Drive the hips, then drop quickly under the bar. Use the big muscle groups for a more efficient Clean*

#### PULSE PUSHUP

- **Chest drops down to elbows in line with shoulders**
- 1 Pulse then Pushup
- **Back long and straight**
- **Abs braced**

↓OPTION: PUSHUP ON KNEES

*Layer 2: Stay low in the Pulse to build upper body strength!*

#### FORWARD JUMP OVER BAR, LAND, 180° TURN

- **Both feet take off and land** to Jump Over Bar
- **Land with soft knees**, then 180° Turn
- 180° turn with the whole body
- **Chest up**
- **Abs braced**

↓OPTION: JUMP TO THE SIDE OF THE BAR

↑OPTION: ADD A TUCK TO THE JUMP IN SET 2

*Layer 2: Pull the knees close to the chest in Tuck Jump to spike the heart rate even more*



# 05. DROP SET

**TRACK SET-UP:** Drop sets, 3-round drop set of plate-kicker moves from Track 3. The time decreases so the intensity can stay high.

| Exercise      |                                                                                                                                                                                              |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>SET 1:</b> | 20 seconds of each move, back-to-back                                                                                                                                                        |
| 0:00          | Set up and demonstrate Explode moves again from Track 3: <b>Squat Snatch with Plate, Lateral Squat Jump with Plate Arc, Shoulder To Shoulder (L+R), Scissor Lunge with Plate Press (L+R)</b> |
| 0:29          | <b>Squat Snatch with Plate</b>                                                                                                                                                               |
| 0:49          | <b>Lateral Squat Jump with Plate Arc, Shoulder To Shoulder (L+R)</b>                                                                                                                         |
| 1:10          | <b>Scissor Lunge with Plate Press (L+R)</b>                                                                                                                                                  |
| 1:30          | Recovery                                                                                                                                                                                     |
|               |                                                                                                                                                                                              |
| <b>SET 2:</b> | 15 seconds of each move, back-to-back                                                                                                                                                        |
| 1:50          | REPEAT SET 1                                                                                                                                                                                 |
| 2:35          | Recovery                                                                                                                                                                                     |
|               |                                                                                                                                                                                              |
| <b>SET 3:</b> | 10 seconds of each move, back-to-back                                                                                                                                                        |
| 2:54          | REPEAT SET 1                                                                                                                                                                                 |
| 3:24          | Recovery                                                                                                                                                                                     |



# 05. TRIFECTA (WE CAME TO PARTY) / BUSTIN' LOOSE / NOT AT ALL 3:32mins

## COACHING TIP

The class has already seen the moves, so a quick reminder is all that is needed to set up this track. No new moves means the class can get straight into the workout from the start.

## CONNECTION

The first round is the longest and toughest, so encourage the team to keep going with intrinsic motivation. Remind them of how good they will feel after this set.

## DRIVE

The alarm rings for the last 30 seconds – this is it! Time to 'max out' at the front and praise every bit of effort in the room as the class pushes to the end.

## HIIT SCIENCE

The secret to maintaining speed and intensity in these exercises is core control. Our core muscles allow us to drive power out of the legs through to the upper body.

Failure to engage the core results in energy leaks. This means the trunk buckles, energy disappears and this reduces movement efficiency and can lead to injury.

## TECHNIQUE

### SQUAT SNATCH WITH PLATE

- Drop into Squat with plate low
- **Knees out over toes**
- **Chest up**
- **Abs braced**
- Jump feet together and snatch plate over head
- **Elbows slightly forward of hips**
- Stay on toes at the top, then quickly drop into the next rep

↓OPTION: KEEP FEET WIDE; NO JUMP

*Layer 2: Minimize your time at the top; dropping quickly into the heels gives more time under load*



### LATERAL SQUAT JUMP WITH PLATE ARC SHOULDER TO SHOULDER

- Plate on one shoulder
- **Feet wide, Squat first**
- Lateral Squat Jump side to side
- As you jump, push plate over head
- Catch on other shoulder as you land
- **Both feet take off and land**
- **Soft knee landing**
- **Chest up**
- **Abs braced**

↓OPTION: NO JUMP

*Layer 2: Punch and pull the plate to drive the shoulders and keep the legs pumping*



### SCISSOR LUNGE WITH PLATE PRESS

- Plate at collarbones, feet hip-width apart
- Jump one leg back to Lunge as you push plate over head
- **Long stride back in the Lunge**
- Jump feet back to hip width and catch plate at collarbones
- **Front thigh parallel to floor**
- **Front knee tracking out over foot**
- **Elbows slightly forward**
- **Chest up**
- **Abs braced**

↓OPTION: STEP BACK TO LUNGE; NO JUMP

*Layer 2: Stay compact, drive under the plate and feel the legs, shoulders and core firing up!*



# 06. COACH CALLS

**TRACK SET-UP:** 90-second Coach Call, 1 holding pattern and 1 Call-Out – Reactive Core Training.

| <i>Exercise</i> |                                                                                                                                            |
|-----------------|--------------------------------------------------------------------------------------------------------------------------------------------|
| 0:00            | Set up and demonstrate moves<br>Holding Pattern: <b>Alternating Single Bear Crawl</b> F+B (L+R)<br>Call-Out: <b>Extension Hold On Back</b> |
| 0:28            | Begin Coach Calls (maximum of 4 Call-Outs during the set)                                                                                  |
| 2:00            | <i>Recovery</i>                                                                                                                            |



# 06. TAKE IT TO DA HOUSE 2:06mins

## COACHING TIP

Clearly set up the Coach Calls “Go” and “Roll” so the class knows what to listen for during the track.

## CONNECTION

Coach Calls = fun! Be playful in the track with your voice and facial expressions. Get onto the floor and connect with your team in this one.

## DRIVE

It’s the last track, so don’t let anyone ‘off the hook’. Have fun but encourage people to come back into the workout if they’ve stopped. They will thank you for it at the end!

## TECHNIQUE

### ALTERNATING SINGLE BEAR CRAWL

- **Hands under shoulders, knees under hips**
- **Back long and strong**
- **Abs braced**
- **Hips and shoulders square to floor**
- Walk one arm and opposite leg forward one step then back
- Repeat with opposite arm and leg
- **Butt down, knees close to the floor**

*Layer 2: Push your hand harder into the floor to stabilize the shoulders*

### EXTENSION HOLD ON BACK

- Lie on back, **extending arms and legs to 45°**
- **Abs braced tightly**
- **Chin tucked in**
- **Keep lower back towards floor**

↓OPTIONS: LIFT LEGS HIGHER OR BEND KNEES



# GRIT CARDIO MUSIC

01.

**Sunrise** (3:02)

Childish Gambino

© 2011 Glassnote Entertainment Group LLC / Liberator Music.  
Written by: Glover, Goransson
02.

**Symphony** (2:31)

Towkio feat. Teddy Jackson

Courtesy of the Universal Music Group.  
Written by: Lang, Cottontale, Fox, Jackson, Losnegaard, Oshita, Segal
03.

**Man Like That** (2:01)

Gin Wigmore

Courtesy of the Universal Music Group.  
Written by: Wigmore, Walker
- One Thing** (1:34)

Mr Belt & Wezol & Jack Wins

© 2019 SpinninRecords.com.  
Written by: Rogers, Walden, Harrison, van Wees, Hagenaar
03.

**Baiana (CloZee Remix)** (1:06)

Barbatuques & CloZee

© 2019 CloZee.  
Written by: Alves, Barba, Barbosa, Buarque, Fostein, Horta, Hosoi, Maas, Maia, Pretto, Rocha, Simao, Venegas, Zulu
- So Hot** (1:00)

Wiwek, Gregor Salto & Kuenta I Tambu feat. Spyder

© 2018 SpinninRecords.com.  
Written by: Mahabali, van Offeren, Marcelino, Titus
- Smoke Dance Two** (0:59)

DJ Shub feat. Brian General

© 2018 DJ Shub.  
Written by: Unknown
- Baiana (CloZee Remix)** (1:01)

Barbatuques & CloZee

© 2019 CloZee.  
Written by: Alves, Barba, Barbosa, Buarque, Fostein, Horta, Hosoi, Maas, Maia, Pretto, Rocha, Simao, Venegas, Zulu
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Barbatuques & CloZee

© 2019 CloZee.  
Written by: Alves, Barba, Barbosa, Buarque, Fostein, Horta, Hosoi, Maas, Maia, Pretto, Rocha, Simao, Venegas, Zulu
04.

**So Hot** (1:37)

Wiwek, Gregor Salto & Kuenta I Tambu feat. Spyder

© 2018 SpinninRecords.com.  
Written by: Mahabali, van Offeren, Marcelino, Titus
04.

**Fleet Foot** (3:56)

Black Pistol Fire

© 2016 Rifle Bird Music.  
Written by: Owen, McKeown
05.

**Smoke Dance Two** (2:01)

DJ Shub feat. Brian General

© 2018 DJ Shub.  
Written by: Unknown
06.

**Auntie Fatty** (2:06)

The Busy Twist

© 2012 Soundway Records.  
Written by: Benn, Williams
07.

**OUTRO**

Use Strength Track 07 music



L–R: Kayla Atkins-Gordine, Erin Maw, Bas Hollander.

Here we go, another EPIC round of releases with fresh concepts and incredible results from pumping up our heart rate to the max.

LES MILLS GRIT Cardio 31 is packed with innovation and challenge. This is the first time you will see Advanced Options as well. This gives you and your members the freedom to teach and do the extra challenge of working up a level without the pressure of feeling like you have to. Remember to teach to everyone in your class, giving options where necessary and ensuring your members push their own fitness levels – whatever that may be. Always be super encouraging and remember to set up at the start what’s expected in a GRIT workout. To get the HIIT effect is about pushing 10/10 in every set, getting the heart rate high in the Warm-Up, then aiming to hit every challenge with maximum effort.

We hope you love this release – especially that drop set at the end! Welcome back, Bronco!

Enjoy!

The LES MILLS GRIT crew

### CLASS SET-UP

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, Andrew Newmarch & Rob Lee

**Program Coach** – Erin Maw

**Production Coordinator** – Ashlee Young

*Special thanks to Ben Main.*

## GRIT CARDIO PRESENTERS

**Erin Maw** (New Zealand) is a LES MILLS GRIT, BODYCOMBAT, BODYJAM™, LES MILLS BARRE™, LES MILLS GRIT and LES MILLS TONE Trainer/Presenter, a CXWORX Instructor/Presenter and a BODYPUMP Instructor. She is a Choreographer at Les Mills International in Auckland and is also a Les Mills Ambassador for BODYCOMBAT, BODYJAM and LES MILLS GRIT.

**Bas Hollander** (The Netherlands) is a LES MILLS GRIT, LES MILLS SPRINT, LES MILLS THE TRIP and LES MILLS TONE Trainer/Presenter/Ambassador and a BORN TO MOVE™ Trainer/Presenter. He is also the Education Director at Les Mills International, based in Auckland.

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

### RELEASE FEEDBACK

Tell us what you think of this release. Visit [lesmills.com/release-feedback](https://lesmills.com/release-feedback)



# 01. WARM-UP

| Exercise |                                                                  |
|----------|------------------------------------------------------------------|
| 0:05     | Run OTS                                                          |
| 0:35     | Squat with Rotational Twist and Knee Lift (L+R)                  |
| 0:47     | Squat with Rotational Twist and Knee Lift to Outside Thigh (L+R) |
| 0:59     | Squat Jack                                                       |
| 1:23     | High Knee Run                                                    |
| 1:29     | Ladder Run                                                       |
| 1:35     | High Knee Run                                                    |
| 1:41     | Ladder Run                                                       |
| 1:47     | Squat Burpee                                                     |
| 1:59     | Squat Burpee Jump                                                |
| 2:11     | Squat Burpee Jump with Pushup                                    |
| 2:35     | High Knee Run                                                    |
| 2:40     | Ladder Run                                                       |
| 2:47     | High Knee Run                                                    |
| 2:53     | Ladder Run                                                       |
| 2:59     | Recovery                                                         |



# 01. SUNRISE 3:02mins

## CONNECTION

A cruisy start to the Warm-Up; use this to connect with everyone and enjoy the energy in the music. Use the last run set to build some intensity and excitement for the workout, just like Bas did in the Masterclass.

## TECHNIQUE

### RUN OTS

- **Chest up**
- **Abs braced**

### SQUAT WITH ROTATIONAL TWIST AND KNEE LIFT

- **Feet outside hip-width**
- Sit butt back and down
- **Knees out over toes in Squat**
- **Chest lifted**
- **Abs braced**
- Rotate upper body towards opposite knee
- Lift knee high off the floor
- **Rotate from center of chest**

### SQUAT JACK

- Jump feet wide and drop into a Squat
- **Knees out over toes**
- **Chest up**
- **Abs braced**
- Jump feet back under hips

### HIGH KNEE RUN

- Pump knees high towards chest
- Chest up
- Abs braced

### LADDER RUN

- Feet together
- Feet run out/out/in/in
- **Chest up**
- **Knees soft**

### SQUAT BURPEE JUMP WITH PUSHUP

- Squat, jump feet back to Plank, jump back to Squat, stand up
- Feet outside hip-width
- Butt down and back just above knee line
- **Use the Squat to transition**
- **Chest up**
- **Abs braced as feet jump back**
- **Hands under shoulders**
- **Back long, strong and straight**
- Add the Jump – soft knee landing
- Add Pushup – chest to elbow height

↓OPTION: NO JUMP

↓OPTION: PUSHUP ON KNEES



# 02. AMRAP

**TRACK SET-UP:** 3 working blocks with 3 moves – the goal is to complete 4 rounds starting with 8 reps of each move.

| Exercise      |                                                                         |
|---------------|-------------------------------------------------------------------------|
| <b>SET 1:</b> | 2 minutes, aiming for 4 rounds                                          |
| 0:00          | Set up and demonstrate moves; <b>Air Jack, Donkey Kick, Burpee Jump</b> |
| 0:29          | x8 <b>Air Jack</b><br>x8 <b>Donkey Kick</b><br>x8 <b>Burpee Jump</b>    |
| 2:30          | Recovery                                                                |
|               |                                                                         |
| <b>SET 2:</b> | 90 seconds, aiming for 4 rounds                                         |
| 2:30          | Recover and set up SET 2                                                |
| 2:59          | x6 <b>Air Jack</b><br>x6 <b>Donkey Kick</b><br>x6 <b>Burpee Jump</b>    |
| 4:31          | Recovery                                                                |
|               |                                                                         |
| <b>SET 3:</b> | 1 minute, aiming for 4 rounds                                           |
| 4:31          | Recover and set up SET 3                                                |
| 5:01          | x4 <b>Air Jack</b><br>x4 <b>Donkey Kick</b><br>x4 <b>Burpee Jump</b>    |
| 6:01          | Recovery                                                                |



## 02. SYMPHONY / MAN LIKE THAT / ONE THING 6:06mins

### COACHING TIP

2-minute AMRAP – 3 moves, 8 reps each. The aim is 4 rounds. Clearly coach the options for each move, like Kayla did to make this track super inclusive.

### CONNECTION

The long sets give you plenty of time to connect with your team. In Set 2, set the pace from the front before getting on the floor to coach the class to move even faster.

### DRIVE

Challenge your team to hit 4 rounds – even in the last round. There is only 1 minute on the clock, so dropping to 4 reps of each move makes it tough but achievable. Get ready to crush it!

### HIIT SCIENCE

One of the key factors when designing a HIIT workout is finding ways to drive the heart rate into the maximum training zone, then recovering and doing it again. An optimal HIIT workout will pack as many of these spikes of intensity into the duration of the class as possible.

In this track we use descending blocks of time with reducing numbers of reps for each exercise followed by a recovery. This is a great way to drive the heart rate into the maximum training zone with the recoveries just long enough to enable participants to achieve the spike of intensity in each block.

### TECHNIQUE

#### AIR JACK

- Feet under hips
- Jump and reach arms and legs wide and high
- Land with feet together and elbows in
- **Soft knee landing**
- **Keep chest lifted**
- **Abs braced**

↓OPTION: JUMP JACK

*Layer 2: Reach and pull the arms in to move even faster!*

#### DONKEY KICK

- **Hands under shoulders**
- **Back long and strong**
- **Abs braced**
- Drive knees towards chest
- Extend legs back out to Plank

↓OPTION: FROG JUMP

*Layer 2: Shoot the legs out like a spear, then drive them back to the chest to power up the core*

#### BURPEE JUMP

- Squat, jump feet back to Plank, jump back to Squat, stand up
- Feet outside hip-width
- Butt down and back just above knee line
- **Use the Squat to transition**
- **Knees tracking out over feet during Squat**
- Chest up
- **Abs braced as feet jump back**
- **Hands under shoulders**
- **Back long, strong and straight**
- Jump and clap over head
- **Soft knee landing**

↓OPTION: NO JUMP

*Layer 2: Kick the legs out fast to transition from Squat to Plank. More speed equals more reps!*



# 03. SUPERSETS

**TRACK SET-UP:** 9 rounds, 2 moves back-to-back, starting with 30 seconds of load to explode on the beat, then 10 seconds off the beat focusing on speed.

| Exercise      |                                                                                                                |
|---------------|----------------------------------------------------------------------------------------------------------------|
| <b>SET 1:</b> | 30 seconds Load to Explode, 10 seconds Speed                                                                   |
| 0:00          | Set up and demonstrate move: <b>Squat Jump</b> , 3 counts down, 1 count up                                     |
| 0:24          | <b>Squat Jump</b> On The Beat 3/1                                                                              |
| 0:54          | <b>Power Burpee</b> Off The Beat                                                                               |
| 1:04          | Recovery                                                                                                       |
| <b>SET 2:</b> | 30 seconds Load to Explode, 10 seconds Speed                                                                   |
| 1:04          | Set up and demonstrate move: <b>Pushup with Power Knee</b> , 3 counts down, 1 count up (L+R)                   |
| 1:25          | <b>Pushup with Power Knee</b> On The Beat 3/1 (L+R)                                                            |
| 1:55          | <b>Mountain Climber</b> Off The Beat (L+R)<br>Advanced Option: <b>Single Knee Jumping Switch Climber</b> (L+R) |
| 2:05          | Recovery                                                                                                       |
| <b>SET 3:</b> | 30 seconds Load to Explode, 10 seconds Speed                                                                   |
| 2:05          | Set up and demonstrate move: <b>Power Lunge</b> , 3 counts down, 1 count up (L+R)                              |
| 2:25          | <b>Power Lunge</b> On The Beat 3/1 (L+R)                                                                       |
| 2:54          | <b>Twist, Half Tuck</b> Off The Beat (L+R)                                                                     |
| 3:04          | Recovery                                                                                                       |
| <b>SET 4:</b> | 20 seconds Load to Explode, 20 seconds Speed                                                                   |
| 3:25          | REPEAT SET 1                                                                                                   |
| 4:05          | Recovery                                                                                                       |
| <b>SET 5:</b> | 20 seconds Load to Explode, 20 seconds Speed                                                                   |
| 4:24          | REPEAT SET 2                                                                                                   |
| 5:05          | Recovery                                                                                                       |
| <b>SET 6:</b> | 20 seconds Load to Explode, 20 seconds Speed                                                                   |
| 5:25          | REPEAT SET 3                                                                                                   |
| 6:03          | Recovery                                                                                                       |
| <b>SET 7:</b> | 10 seconds Load to Explode, 30 seconds Speed                                                                   |
| 6:24          | REPEAT SET 1                                                                                                   |
| 7:05          | Recovery                                                                                                       |
| <b>SET 8:</b> | 10 seconds Load to Explode, 30 seconds Speed                                                                   |
| 7:24          | REPEAT SET 2                                                                                                   |
| 8:03          | Recovery                                                                                                       |



# 03. SUPERSETS

| Exercise |                                                                                                                                                                                 |
|----------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| SET 9:   | 10 seconds Load to Explode, 30 seconds Speed                                                                                                                                    |
| 8:23     | REPEAT SET 3<br>Advanced Option: Stay On The Beat for the <b>Twist, Half Tuck</b>                                                                                               |
| 9:04     | Recovery                                                                                                                                                                        |
| SET 10:  |                                                                                                                                                                                 |
| 9:04     | Set up and demonstrate 1-Minute Challenge, combine all the LOAD moves together Off The Beat                                                                                     |
| 9:34     | <b>Power Lunge</b> (L+R) (2 for 1) x1, <b>Squat Jump</b> x1, <b>Pushup Power Knee</b> (L+R) (2 for 1) x1                                                                        |
| 10:34    | Recovery                                                                                                                                                                        |
| SET 11:  |                                                                                                                                                                                 |
| 10:34    | Set up and demonstrate 1-Minute Challenge, combine all the SPEED moves together                                                                                                 |
| 11:06    | x1 <b>Twist, Half Tuck</b> (L+R) (2 for 1), x1 <b>Power Burpee</b> , x2 <b>Mountain Climber</b> (L+R) (2 for 1) OR x1 <b>Single Knee Jumping Switch Climber</b> (L+R) (2 for 1) |
| 12:05    | Recovery                                                                                                                                                                        |



# 03. BAIANA (CLOZEE REMIX) / SO HOT / SMOKE DANCE TWO 12:13mins

## COACHING TIP

Clearly coach the timing aspect of the Load and Explode for a couple of reps, like Erin did in the Masterclass, so the class understands the concept. When the bell rings let the team go ‘off the leash’ and go as fast as they can in the Speed phase.

## CONNECTION

Bas connected the class to the workout with the benefits and differences between the Load and Explode compared to the Speed section. This is a great way to educate the class and keep the intensity high during a long track.

## DRIVE

11 rounds – so don’t peak too soon! Rounds 9 to 11 are great places to take it to the next level. Use the Advanced Option in Set 9 of keeping On The Beat to challenge even the hardcore members in your class. Set 10 brings us back to the Load moves. The last set is what GRIT is all about: all the Speed moves for 1 minute. Can you get the class to 6 rounds? That’s your challenge as a coach!

## HIIT SCIENCE

One of the main reasons HIIT is so effective is that it rapidly depletes energy sources in our muscles (glycogen). This rapid depletion puts the body into scramble mode and generates a lot of the improvements we see in fitness and body composition. The larger the muscle groups involved, the greater this effect.

This combination of movement patterns recruits all the large muscles of the body – maximizing this glycogen depletion and driving our fitness level to new heights.

## TECHNIQUE

### SQUAT JUMP ON THE BEAT

- Feet outside hip-width, knees out over toes
- Bend knees then Jump
- 3 counts down, 1-count Jump
- Abs braced
- Soft knee landing
- Chest up

↓OPTION: NO JUMP

Layer 2: Trap the muscle pressure as you go down then explode up as hard as you can

### POWER BURPEE

- Plank position to start
- Hands under shoulders
- Jump feet forward outside hands into Squat
- Chest up
- Abs braced strongly in Plank

↓OPTION: WALK FEET FORWARD AND BACK

Layer 2: This move is about speed – so find your rhythm and chase it to the end

### PUSHUP WITH POWER KNEE ON THE BEAT

- Hands outside shoulders
- Chest to elbow height
- 3 counts down, 1 count to press
- Bring knee towards chest as you press
- Alternate knees for each press
- Back long and strong
- Abs braced

↓OPTION: PUSHUP ON KNEES

Layer 2: Imagine breaking the floor with the heels of your hands as you push up

### MOUNTAIN CLIMBER

- Start in Plank position
- Hands under shoulders
- Back long and straight
- Abs braced
- Hips in line with shoulders
- Alternating knee drive to chest
- Butt down

Layer 2: Go for speed, so use your core to drive the knees towards the body

### SINGLE KNEE JUMPING SWITCH CLIMBER

- Start in Plank position
- Hands under shoulders
- Back long and straight
- Abs braced
- Jump knee towards chest with other leg extending straight
- Land in a Plank position with both legs straight
- Alternate knees towards chest

Layer 2: Brace your abs tightly as you drive and kick for Reactive Core Training





# 03. BAIANA (CLOZEE REMIX) / SO HOT / SMOKE DANCE TWO 12:13mins

## POWER LUNGE

- **Start with a long stride back**
- Bend back knee towards floor
- **Hips square to front**
- **Front thigh parallel to the floor**
- 3 counts down, 1-count Jump
- Switch legs in the jump
- **Soft knee landing**
- **Chest up**

↓OPTION: BACKWARD-STEPPING LUNGE

*Layer 2: Use a big arm swing to drive up high from the bottom of the Lunge*

## TWIST HALF TUCK

- **Feet wide, knees soft**
- Quarter-Turn Twist then back to face front
- **Abs braced**
- Body turns as one unit
- Half Tuck, bring knees towards chest
- **Land softly**
- Alternate sides when twisting

↓OPTION: SQUAT JUMP; NO TUCK

*Layer 2: Put your hands out as a target for the Tuck. This will help to keep the Tucks quick!*



# 04. LADDER

**TRACK SET-UP:** 90-second climb of the Ladder Run – the aim is to get as high as possible within 90 seconds.

Exercise

|        |                                                                                                                                                                                                                                                                                                                                           |
|--------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| SET 1: |                                                                                                                                                                                                                                                                                                                                           |
| 0:00   | Set up and demonstrate Ladder moves: x1 <b>Broad Jump</b> , x1 <b>Tuck Jump</b> , x1 <b>Ladder Run</b> , x1 <b>180° Turn</b>                                                                                                                                                                                                              |
| 0:23   | 90 seconds to climb the Ladder doing a <b>Ladder Run</b><br>x1 <b>Broad Jump</b> , x1 <b>Tuck Jump</b> , x1 <b>Ladder Run</b> , x1 <b>180° Turn</b><br>x1 <b>Broad Jump</b> , x1 <b>Tuck Jump</b> , x2 <b>Ladder Run</b> , x1 <b>180° Turn</b><br>x1 <b>Broad Jump</b> , x1 <b>Tuck Jump</b> , x3 <b>Ladder Run</b> , x1 <b>180° Turn</b> |
| 1:55   | Recovery                                                                                                                                                                                                                                                                                                                                  |

|        |                                                                                                                                                                                                                                                                                                                                                         |
|--------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| SET 2: |                                                                                                                                                                                                                                                                                                                                                         |
| 1:55   | Recover and set up Ladder down                                                                                                                                                                                                                                                                                                                          |
| 2:20   | Starting on the Ladder number finished on, working from the top down to one<br>Kicker: If Ladder is complete before countdown, choose 1 of 3 previous SPEED moves as a Kicker<br>Kicker 1: <b>Single Knee Jumping Switch Climber</b> (L+R) OR <b>Mountain Climber</b> (L+R)<br>Kicker 2: <b>Power Burpee</b><br>Kicker 3: <b>Twist, Half Tuck</b> (L+R) |
| 3:49   | Recovery                                                                                                                                                                                                                                                                                                                                                |



# 04. FLEET FOOT 3:56mins

## COACHING TIP

Clearly set up the Ladder, 90 seconds to climb as high as you can. Bring in the option of a straight Jump rather than a Tuck Jump early on, to make sure everyone feels successful.

## CONNECTION

Give target numbers to suit everyone in the room. The better you know your class, the easier this will become. This will allow your participants to take ownership of their workout.

## DRIVE

The intensity of the second set comes from how high people get in Set 1, so set the bar high early on. If anyone finishes the Ladder, don't let them 'off the hook' as there is no recovery! Pick one of the 3 Speed moves from the previous track as a Kicker to challenge the fast finishers.

## HIIT SCIENCE

Optimal Squat mechanics is the key to generating speed and power in our Jumps. This requires a triple extension pattern as we drive out of the hips, knees and ankles. The propulsion muscles (glutes, quads and calf muscles) work best in a straight line.

Therefore, we are more efficient and generate more power in these patterns when we keep the center of our knee over the middle of our foot. Any deviation of this alignment reduces force production and increases the likelihood of injury.

## TECHNIQUE

### BROAD JUMP

- Bend knees, drive off floor into Broad Jump
- **Soft knee landing in Squat, knees wide**
- **Chest up in Squat**
- **Abs braced**

*Layer 2: Throw your hips forward for an athletic Broad Jump*

### TUCK JUMP

- From Squat position, jump and tuck knees to chest
- **Soft knee landing**
- **Chest up**
- **Abs braced**

↓OPTION: NO TUCK

*Layer 2: Pull the knees high and fast to train the lower abs*

### LADDER RUN

- Feet together
- Feet run out/out/in/in
- **Chest up**
- **Abs braced**
- **Knees soft**

*Layer 2: LOCK your abs, LOW in the legs and LIGHT on your feet to stay fast in the Run!*

### 180° TURN

- Jump 180°
- Shoulders/hips turn together
- **Both feet take off and land**
- **Abs braced**
- **Knees soft**

*Layer 2: Stay low and use your hips to turn quickly*



# 05. DROP SET

**TRACK SET-UP:** 30 seconds, 20 then 10 – with a 10-second sprint as a kicker between each set. The goal is to maintain maximum effort for the whole 90 seconds.

| Exercise |                                                                                                                |
|----------|----------------------------------------------------------------------------------------------------------------|
| 0:00     | Set up and demonstrate moves: x4 <b>Bear Crawl</b> F+B (Advanced: Add x1 <b>Bronco</b> ), x1 <b>Squat Jump</b> |
| 0:28     | x4 <b>Bear Crawl</b> F+B (Advanced: Add x1 <b>Bronco</b> ), x1 <b>Squat Jump</b>                               |
| 1:00     | <b>Sprint OTS</b>                                                                                              |
| 1:11     | x4 <b>Bear Crawl</b> F+B (Advanced: Add x1 <b>Bronco</b> ), x1 <b>Squat Jump</b>                               |
| 1:30     | <b>Sprint OTS</b>                                                                                              |
| 1:41     | x4 <b>Bear Crawl</b> F+B (Advanced: Add x1 <b>Bronco</b> ), x1 <b>Squat Jump</b>                               |
| 1:54     | Recovery                                                                                                       |



## 05. SMOKE DANCE TWO 2:01mins

### COACHING TIP

Ensure you practise the Advanced Options. Spend time mastering the Bronco before you teach this track. Remember that it is just an option, so coach the Squat Jump first, then demonstrate the Bronco option just as Erin did in the Masterclass.

### CONNECTION

Use the first set to ensure everyone is executing the moves well. The Sprint is a great time to connect with the class and remind them of how much time is left in the workout. By checking in here you can guide them through the track.

### DRIVE

There's no let-up in this track! Show your athleticism in the Bear Crawl and Bronco to inspire the class from the front. If your participants need a rest, allow them to pull back in the last Sprint so they can finish the final 10 seconds like a champ and feel amazing!

### HIIT SCIENCE

The secret to maintaining speed and intensity in these exercises is core control. Our core muscles allow us to drive power out of the legs through to the upper body.

Failure to engage the core results in energy leaks. This means the trunk buckles and the energy disappears which reduces movement efficiency and can lead to injury.

### TECHNIQUE

#### BEAR CRAWL

- Opposite hand and foot move at the same time
- **Butt down, knees close to floor**
- **Abs braced**
- **Back long and straight**
- 4 walks forward, 4 back

*Layer 2: Keep the hips low to move fast. That's how you challenge the core*

#### SQUAT JUMP

- **Feet outside hip-width, knees out over toes**
- Bend knees then jump
- **Abs braced**
- **Soft knee landing**
- **Chest up**

↓OPTION: NO JUMP

*Layer 2: Explode off the floor to increase the heart rate*

#### BRONCO

- From Bear Crawl position
- **Kick legs out to 45 degrees**
- **Land back in Squat position**
- **Abs braced to kick back and land**

*Layer 2: A fast kick and pull of the legs will train your core and glutes!*



#### SPRINT OTS

- Chest up
- Abs braced

*Layer 2: Pump the arms hard and the legs will follow for max heart rate*



# 06. COACH CALLS

**TRACK SET-UP:** 90-second Coach Call, one holding pattern with Coach Calls for Reactive Core Training.

| <i>Exercise</i> |                                                                                                                  |
|-----------------|------------------------------------------------------------------------------------------------------------------|
| 0:00            | Set up and demonstrate moves<br>Holding Pattern: <b>4-Point Plank</b><br>Call Out: <b>Extension Hold On Back</b> |
| 0:29            | Begin Coach Calls (maximum of 4 Call-Outs during the set)                                                        |
| 2:00            | <i>Recovery</i>                                                                                                  |



## 06. AUNTIE FATTY 2:06mins

### COACHING TIP

Clearly demonstrate the 4-Point Plank and coach the “Hold” and “Go” Call-Outs. This will set the class up for success.

### CONNECTION

The music is uplifting and fun, so have some fun with this track. Avoid over-coaching as this can make it difficult to hear the ‘Calls’.

### DRIVE

Bas used the rhythm to keep the class moving fast in the 4-Point Plank. This is a great way to keep everyone challenged and accountable for their training, right to the finish.

### TECHNIQUE

#### 4-POINT PLANK

- Start in Plank position
- **Hands under shoulders**
- **Back long and straight**
- **Abs braced**
- Jump feet wide then jump knees towards elbows
- Keep knees close to the floor
- Jump feet back wide then jump into Plank

↓OPTION: WALK FEET OUT AND IN

*Layer 2: Chase the rhythm to challenge the core even more*



#### EXTENSION HOLD ON BACK

- Lie on back, extending arms and legs to 45 degrees
- **Brace abs tightly**
- **Chin tucked in**
- **Keep lower back towards floor**

↓OPTIONS: LIFT LEGS HIGHER OR BEND KNEES



# GRIT ATHLETIC MUSIC

**01.** **Fiston 2000** (3:59)  
Afriquoi feat. Serocee  
© 2015 Wormfood Records Ltd.  
Written by: Afriquoi

**02.** **AMRAP**  
Use Cardio Track 02 music

**03.** **Smoke Dance Two** (2:00)  
DJ Shub feat. Brian General  
© 2018 DJ Shub.  
Written by: Unknown

**Next Episode** (1:55)  
Red Zone  
© 2019 Les Mills Music Licensing Ltd.  
Written by: Unknown

**Turn Da Beat Up** (4:01)  
High Life  
© 2019 Les Mills Music Licensing Ltd.  
Written by: Ross, Pigott, McElroy, Garvey

**04.** **Turn Da Beat Up** (1:22)  
High Life  
© 2019 Les Mills Music Licensing Ltd.  
Written by: Ross, Pigott, McElroy, Garvey

**Next Episode** (1:23)  
Red Zone  
© 2019 Les Mills Music Licensing Ltd.  
Written by: Unknown

**Turn Da Beat Up** (1:18)  
High Life  
© 2019 Les Mills Music Licensing Ltd.  
Written by: Ross, Pigott, McElroy, Garvey

**Smoke Dance Two** (1:28)  
DJ Shub feat. Brian General  
© 2018 DJ Shub.  
Written by: Unknown

**05.** **LADDER**  
Use Cardio Track 04 music

**06.** **COACH CALLS**  
Use Cardio Track 06 music

**07.** **OUTRO**  
Use Strength Track 07 music



L–R: Ben Main, Erin Maw, Bas Hollander.

Coming in hot with a fresh training concept – we are so excited for you to try this with your class! GRIT Athletic Bonus is combined with GRIT Cardio this round. The concept of Prep – Prime – Perform brings in some creative and educational coaching. The movements are super athletic, linked into sports training and packaged into a HIIT workout – the perfect blend of innovation to keep this workout exciting and fresh for your members. Make sure you learn and are comfortable with the Warm-Up before teaching. This release needs assertive and clear coaching with great demonstrations of all movements. If your room doesn’t allow for a set-up like in the Masterclass, set up the benches as normal and learn the OTS options. In the Warm-Up, just decide when either Team A or B are to do Ladder Runs back and forward on the bench. Good luck and we hope you love this release as much as we do!

Enjoy!  
The LES MILLS GRIT crew

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

- TRACK 1: **ATHLETIC WARM-UP**
- TRACK 2: *CARDIO 31 – AMRAP*
- THE BONUS ATHLETIC BLOCK**
- TRACK 3: BLOCK 1
- TRACK 4: BLOCK 2
- TRACK 5: *CARDIO 31 – LADDER*
- TRACK 6: *CARDIO 31 – COACH CALLS*

**CLASS SET-UP**

Bench with 2 risers on each end.  
If your group fitness room has space, set up the benches like in the Masterclass. If space or numbers are limited, keep the normal class set-up and ensure each member has a Broad Jump distance behind their bench. Prepare the OTS options in place of moving exercises. You can also use the Cardio Warm-Up as an alternative.

# GRIT ATHLETIC CREDITS

- Creative Team** – Corey Baird, Erin Maw and Les Mills Jnr
- Chief Creative Officer** – Dr. Jackie Mills
- Technical Consultant** – Bryce Hastings, Andrew Newmarch & Rob Lee
- Program Coach** – Erin Maw
- Production Coordinator** – Ashlee Young
- Special thanks to Ben Main.*

# GRIT ATHLETIC PRESENTERS

- Erin Maw** (New Zealand) is a LES MILLS GRIT, BODYCOMBAT, BODYJAM, LES MILLS BARRE, LES MILLS GRIT and LES MILLS TONE Trainer/Presenter, a CXWORX Instructor/Presenter and a BODYPUMP Instructor. She is a Choreographer at Les Mills International in Auckland and is also a Les Mills Ambassador for BODYCOMBAT, BODYJAM and LES MILLS GRIT.
- Bas Hollander** (The Netherlands) is a LES MILLS GRIT, LES MILLS SPRINT, LES MILLS THE TRIP, LES MILLS TONE Trainer/Presenter/Ambassador and a BORN TO MOVE Trainer/Presenter. He is also the Education Director at Les Mills International, based in Auckland.

**Ben Main** (New Zealand) is a LES MILLS GRIT, BODYATTACK and BODYPUMP Trainer and is also a Les Mills Ambassador for all three programs. He is based in Auckland.

**MIX and MATCH**

For maximum member experience and format consistency, GRIT Strength and GRIT Athletic 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.

**RELEASE FEEDBACK**

Tell us what you think of this release.  
Visit [lesmills.com/release-feedback](https://lesmills.com/release-feedback)



# 01. WARM-UP

**TRACK SET-UP:** Set up Team A and B either side, 3 feet away from the bench. Explain to the class that both sides will start together, then each side will be doing different moves.

**CLASS SET-UP:** If your group fitness room has space, set up the benches like in the Masterclass. If space or numbers are limited, keep the normal class set-up and ensure each member has a Broad Jump distance behind their bench. Prepare the OTS options in place of moving exercises. Half of the room is side A and half is side B. You can also use the Cardio Warm-Up as an alternative.

| Exercise |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 0:05     | Set up and demonstrate AMRAP moves                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| 0:19     | Begin AMRAP with whole class<br>x10 <b>Squat</b><br>x10 <b>Backward-Stepping Lunge with Rotation</b> (L+R) (2 for 1)<br>x10 <b>Squat Burpee</b><br>Team A continues AMRAP – adding Jump<br>x10 <b>Squat Jump</b><br>x10 <b>Power Lunge</b> (L+R) (2 for 1)<br>x10 <b>Squat Burpee Jump</b><br>Team B begins <b>Ladder</b> down the benches after 1 round of AMRAP – 2 lines<br>(OTS <b>Ladder</b> F+B on single bench)<br>Note: There is no ‘set’ time to begin Ladder. Once Team B has completed their first round of AMRAP tell them to begin the Ladders |
| 2:01     | Last set of <b>Ladder</b> for Team B then swap teams                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| 2:14     | Team A begins <b>Ladder</b><br>(OTS <b>Ladder</b> F+B on single bench)<br>Team B into AMRAP – adding Jump<br>x10 <b>Squat Jump</b><br>x10 <b>Power Lunge</b> (L+R) (2 for 1)<br>x10 <b>Squat Burpee Jump</b>                                                                                                                                                                                                                                                                                                                                                |
| 3:01     | Team A last <b>Ladder</b> – go back to their side                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| 3:14     | Both teams back to beginning, sides facing each other – <b>Run OTS</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| 3:28     | <b>Lateral Shuffle</b> F, Bench Tap, <b>Lateral Shuffle</b> B<br>(OTS x4 <b>Lateral Shuffle</b> F+B away and towards bench)                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| 3:41     | <b>Run</b> F+B<br>(OTS <b>Run</b> )                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| 3:58     | Recovery                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |



# 01. FISTON 2000 3:59mins

## COACHING TIP

We have a super fresh Warm-Up for GRIT Athletic! The key is a clear set-up of Team A and Team B before the music starts. Let them know they will be working together, then they will be doing different exercises later in the track. Remember to set up the class to suit the training space. OTS options allow for this track to work in smaller spaces. Have fun with it!

## CONNECTION

A directive style of coaching will ensure both teams know when to do the Ladder. Knowing your music really well will help you to coach this track clearly. Split your time with both teams to allow for a smooth and fun Warm-Up.

## DRIVE

Progressing the AMRAP to add Jumps allows us to level up the intensity in the Warm-Up. In the Run section towards the end of the track, bring a little more vocal energy to bring excitement to the workout ahead!

## TECHNIQUE

### SQUAT

- **Feet outside hip-width**
- **Sit butt back and down**
- **Knees out over toes**
- **Chest lifted**
- **Abs braced**

### BACKWARD-STEPPING LUNGE WITH ROTATION

- **Long step backward**
- **Front thigh parallel to floor**
- **Front knee tracks over foot**
- **Back knee towards floor**
- **Rotate upper body over front thigh**
- **Rotate from center of chest**
- **Hips stay square to the front**
- **Chest up**

### SQUAT BURPEE

- Squat, jump feet back to Plank, jump back to Squat, stand up
- **Feet outside hip-width**
- **Butt down and back just above knee line**
- **Use the Squat to transition**
- **Chest up**
- **Abs braced as feet jump back**
- **Hands under shoulders**
- **Back long, strong and straight**

↓OPTION: WALK BACK INTO PLANK

### SQUAT JUMP

- **Feet outside hip-width, knees out over toes**
- **Bend knees then jump**
- **Abs braced**
- **Soft knee landing**
- **Chest up**

↓OPTION: NO JUMP

### POWER LUNGE

- **Long stride back**
- **Bend back knee towards floor**
- **Hips square to front**
- **Front thigh parallel to the floor**
- **Front knee tracks over foot**
- **Switch legs in the jump**
- **Soft knee landing**
- **Chest lifted**

↓OPTION: BACKWARD-STEPPING LUNGE

### SQUAT BURPEE JUMP

- Squat, jump feet back to Plank, jump back to Squat, jump up
- **Feet outside hip-width**
- **Butt down and back just above knee line**
- **Use the Squat to transition**
- **Chest up**
- **Abs braced as feet jump back**
- **Hands under shoulders**
- **Back long, strong and straight**
- **Soft knee landing in the Jump**

↓OPTION: NO JUMP



# 01. FISTON 2000 3:59mins

## LADDER

- Run on/on/off/off bench, moving forwards
- **Knees soft**
- **Light on balls of feet**
- **Abs braced**
- **Chest up**

OTS OPTION: RUN FORWARD AND BACK ON SINGLE BENCH

## RUN OTS

- Chest up
- Abs braced

## LATERAL SHUFFLE

- Lateral movement away and towards bench
- **Feet stay outside hip-width**
- **Knees soft**
- **Abs braced**
- Tap floor with outside arm

OTS OPTION: x4 FORWARD AND x4 BACKWARD

## RUN

- Run away from bench, then back towards bench
- Chest up
- Abs braced

OTS OPTION: RUN OTS



# 03. BLOCK 1

**TRACK SET-UP:** 20 seconds to prep, 30 seconds to prime, 40 seconds to tap into Athletic performance.

| Exercise      |                                                                                                                                                                   |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>SET 1:</b> | SPEED TEST                                                                                                                                                        |
| 0:00          | Set up and demonstrate moves: <b>High Knee Run with Palm Tap</b>                                                                                                  |
| 0:27          | PREP: <b>High Knee Run with Palm Tap</b>                                                                                                                          |
| 0:50          | PRIME: <b>Lateral Shuffle Tap</b><br>(OTS x4 <b>Lateral Shuffle</b> F+B)                                                                                          |
| 1:19          | PERFORM: <b>Stop-Start Sprint</b><br>(OTS drop down into <b>Sprinter Stance</b> , then pump knees into x4 <b>High Knee Run</b> OTS, alternate leg that goes back) |
| 1:58          | Recovery                                                                                                                                                          |
|               |                                                                                                                                                                   |
| <b>SET 2:</b> | UPPER BODY STRENGTH TEST                                                                                                                                          |
| 1:58          | Set up and demonstrate moves: <b>Plank Knee Tuck</b> (Advanced: <b>Plank to Pike</b> )                                                                            |
| 2:24          | PREP: <b>Plank Knee Tuck</b> (Advanced: <b>Plank to Pike</b> )                                                                                                    |
| 2:44          | PRIME: <b>Lateral Plank Walk</b> (L+R)                                                                                                                            |
| 3:15          | PERFORM: <b>Lateral Pushup</b> (L+R)                                                                                                                              |
| 3:54          | Recovery                                                                                                                                                          |
|               |                                                                                                                                                                   |
| <b>SET 3:</b> | VERTICAL JUMP TEST                                                                                                                                                |
| 3:54          | Set up and demonstrate moves: <b>OTS Dynamic Calf Jump</b>                                                                                                        |
| 4:23          | PREP: <b>OTS Dynamic Calf Jump</b>                                                                                                                                |
| 4:45          | PRIME: <b>Depth Drop</b>                                                                                                                                          |
| 5:15          | PERFORM: <b>Vertical Jump</b>                                                                                                                                     |
| 5:53          | Recovery                                                                                                                                                          |
|               |                                                                                                                                                                   |
| <b>SET 4:</b> | BROAD JUMP TEST                                                                                                                                                   |
| 5:53          | Set up and demonstrate moves: <b>Plank to Squat</b>                                                                                                               |
| 6:18          | PREP: <b>Plank to Squat</b>                                                                                                                                       |
| 6:40          | PRIME: <b>Squat Butt Kick</b>                                                                                                                                     |
| 7:10          | PERFORM: <b>Broad Jump</b><br>(OTS – x1 <b>Broad Jump</b> away from bench, <b>180° Turn</b> , x1 <b>Broad Jump</b> towards bench)                                 |
| 7:48          | Recovery                                                                                                                                                          |



# 03. SMOKE DANCE TWO / NEXT EPISODE / TURN DA BEAT UP 7:56mins

## COACHING TIP

Prep, Prime and Perform! 3 stages to each test. The progressive nature of the tests allows us to get the body ready to 'go hard' in Athletic performance.

## CONNECTION

Coach the class through the stages, giving the benefits for Athletic performance. The presenting team did an awesome job of this in the Masterclass with sports-themed benefits keeping the coaching fresh.

## DRIVE

There's 40 seconds in the Perform stage for each test. Use the first 20 to set the objective, then use the last 20 to drive performance and keep the class going right to the 1!

## HIIT SCIENCE

Exercises such as Jumps and Sprints maximize the HIIT effect because of the rate of force production within the working muscles; this means the fibers contract explosively. For this to occur, our nervous system must be fully engaged.

Priming the muscles involves stimulating the nervous system to enable us to maximize the rate of force production when we need to move at speed.

## TECHNIQUE

### HIGH KNEE RUN WITH PALM TOUCH

- Hands out in line with-hips
- Run knees towards hands
- **Chest lifted**
- **Abs braced**

### LATERAL SHUFFLE TAP

- Lateral movement away and towards bench
- **Feet stay outside hip-width**
- **Knees soft**
- **Abs braced**
- Tap floor with outside hand

OTS OPTION: x4 FORWARD AND x4 BACKWARD

### STOP-START SPRINT

- Sprinter start
- **Low start, knees bent, hands towards floor/bench**
- Sprint away and towards bench
- **Chest up**
- **Abs braced**

OTS OPTION: START DOWN IN SPRINTER STANCE, x4 HIGH KNEE RUN OTS, ALTERNATE LEG THAT GOES BACK

### PLANK KNEE TUCK

- **Hands under shoulders**
- **Back long and strong**
- **Abs braced**
- Drive knees towards chest
- Extend legs back out to Plank

### PLANK TO PIKE

- **Hands under shoulders**
- **Back long and strong**
- **Abs braced**
- **Keep legs straight**
- **Lift butt high to Pike**
- **Brace abs as you land**

Layer 2: Drive your butt to the ceiling



### LATERAL PLANK WALK

- **Hands under shoulders**
- **Back long and strong**
- **Abs braced**
- Walk hands and jump feet L+R

### LATERAL PUSHUP

- Pushup then walk hands and jump feet to side
- Alternate L+R
- **Hands outside shoulder-width**
- **Chest to elbow height**
- **Back long and strong**
- **Abs braced**

↓OPTION: PUSHUP ON KNEES

Layer 2: Keep the body tight by bracing harder as you walk. This will make your upper body a stronger unit



# 03. SMOKE DANCE TWO / NEXT EPISODE / TURN DA BEAT UP 7:56mins

## OTS DYNAMIC CALF JUMP

- Arms over head
- Bounce OTS
- **Knees soft**
- **Heels lifted**
- **Chest up**
- **Abs braced**

## DEPTH DROP

- Start on bench
- **Both feet take off and drop onto floor**
- Jump up as feet hit the floor
- **Knees soft**
- **Abs braced**

Layer 2: Rebound off the floor like you're on a trampoline



## VERTICAL JUMP

- Bend knees
- Jump high
- **Soft knee landing**

Layer 2: Jump as high as possible every time by driving out of the legs

## PLANK TO SQUAT

- **Plank position, hands on floor under shoulders**
- **Back long and straight**
- **Abs braced**
- Jump feet wide towards hands to Squat
- Keep hands flat on the floor

↓OPTION: HANDS ON BENCH

## SQUAT BUTT KICK

- **Feet outside hip-width**
- **Knees wide**
- **Sit hips back to Squat**
- **Chest up**
- **Abs braced**
- Jump and kick heels to butt
- **Land in a Squat position**

↓OPTION: SQUAT JUMP

Layer 2: Big arm swing over head to maximize height

## BROAD JUMP

- Bend knees drive off floor into Broad Jump
- **Soft knee landing in Squat, knees wide**
- **Chest up in Squat**
- **Abs braced**

OTS OPTION: x1 BROAD JUMP AWAY FROM BENCH, 180° TURN, x1 BROAD JUMP TOWARDS BENCH

Layer 2: Drive the hips forward to get even further



# 04. BLOCK 2

**TRACK SET-UP:** 20 seconds prep, 20 seconds prime, 20 seconds to perform. Shorter sets to get maximum intensity.

| Exercise      |                                                                                                                                                                    |
|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>SET 1:</b> | BROAD JUMP TEST                                                                                                                                                    |
| 0:00          | Recover and demonstrate moves: <b>Plank to Squat</b>                                                                                                               |
| 0:24          | PREP: <b>Plank to Squat</b>                                                                                                                                        |
| 0:44          | PRIME: <b>Squat Butt Kick</b>                                                                                                                                      |
| 1:04          | PERFORM: <b>Broad Jump</b><br>(OTS – x1 <b>Broad Jump</b> away from bench, <b>180° Turn</b> , x1 <b>Broad Jump</b> towards bench)                                  |
| 1:21          | Recovery                                                                                                                                                           |
| <b>SET 2:</b> | UPPER BODY STRENGTH TEST                                                                                                                                           |
| 1:21          | Recover and demonstrate moves: <b>Plank Knee Tuck</b> (Advanced: <b>Plank to Pike</b> )                                                                            |
| 1:43          | PREP: <b>Plank Knee Tuck</b> (Advanced: <b>Plank to Pike</b> )                                                                                                     |
| 2:03          | PRIME: <b>Lateral Plank Walk</b> (L+R)                                                                                                                             |
| 2:23          | PERFORM: <b>Lateral Pushup</b> (L+R)                                                                                                                               |
| 2:43          | Recovery                                                                                                                                                           |
| <b>SET 3:</b> | VERTICAL JUMP TEST                                                                                                                                                 |
| 2:43          | Recover and demonstrate moves: <b>OTS Dynamic Calf Jump</b>                                                                                                        |
| 3:05          | PREP: <b>OTS Dynamic Calf Jump</b>                                                                                                                                 |
| 3:25          | PRIME: <b>Depth Drop</b>                                                                                                                                           |
| 3:45          | PERFORM: <b>Vertical Jump</b>                                                                                                                                      |
| 4:02          | Recovery                                                                                                                                                           |
| <b>SET 4:</b> | SPEED TEST                                                                                                                                                         |
| 4:02          | Recover and demonstrate moves: <b>High Knee Run with Palm Tap</b>                                                                                                  |
| 4:23          | PREP: <b>High Knee Run with Palm Tap</b>                                                                                                                           |
| 4:44          | PRIME: <b>Lateral Shuffle Tap</b><br>(OTS x4 <b>Lateral Shuffle</b> F+B)                                                                                           |
| 5:04          | PERFORM: <b>Stop-Start Sprints</b><br>(OTS drop down into <b>Sprinter Stance</b> , then pump knees into x4 <b>High Knee Run</b> OTS, alternate leg that goes back) |
| 5:23          | Recovery                                                                                                                                                           |



# 04. SMOKE DANCE TWO / NEXT EPISODE / TURN DA BEAT UP 5:31mins

## COACHING TIP

We change the running order from Block 1 and drop the Perform to 20 seconds. Clearly coach the drop in time for the Perform stage; mentally this is bliss for your class!

## CONNECTION

The class is already familiar with the moves and format, giving you more freedom to focus on improving execution. As a coach, focus on the objective for each test (Distance, Strength, Height, Speed).

## DRIVE

It's all about the Perform stage. Athletic Training at its best! Use the last 20 seconds to get everyone to 'max out' in the Sprints. It's the final chance to spike the heart rate and get that awesome endorphin rush! The room will feel epic at the end of the track.

## HIIT SCIENCE

Exercises such as Jumps and Sprints maximize the HIIT effect because of the rate of force production within the working muscles; this means the fibers contract explosively. For this to occur, our nervous system must be fully engaged.

Priming muscles involves stimulating the nervous system to enable us to maximize the rate of force production when we need to move at speed.

## TECHNIQUE

### PLANK TO SQUAT

- **Plank position, hands on floor under shoulders**
- **Back long and strong**
- **Abs braced**
- Jump feet wide towards hands to squat
- Keep hands on the floor

↓OPTION: HANDS ON BENCH

### SQUAT BUTT KICK

- **Feet outside hip-width**
- **Knees wide**
- **Sit hips back to Squat**
- **Chest up**
- **Abs braced**
- Jump and kick heels to butt
- **Land in a Squat position**

↓OPTION: SQUAT JUMP

*Layer 2: Drive out of the legs for more height*

### BROAD JUMP

- Bend knees, drive off floor into Broad Jump
- **Soft knee landing in Squat, knees wide**
- **Chest up in Squat**
- **Abs braced**

OTS OPTION: x1 BROAD JUMP AWAY FROM BENCH, 180° TURN, x1 BROAD JUMP TOWARDS BENCH

*Layer 2: Give a target for your members to jump past like Bas did in the Masterclass. Using an external cue is a great way to help people jump further*

### PLANK KNEE TUCK

- **Hands under shoulders**
- **Back long and strong**
- **Abs braced**
- Drive knees towards chest
- Extend legs back out to Plank

### PLANK TO PIKE

- **Hands under shoulders**
- **Back long and strong**
- **Abs braced**
- **Keep legs straight**
- **Lift butt high to Pike**
- **Brace abs as you land**

*Layer 2: Drive out of the core and hip flexors*





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## LATERAL PLANK WALK

- Hands under shoulders
- Back long and strong
- Abs braced
- Hips/shoulders square to the floor
- Walk hands and jump feet L+R

Layer 2: Keep the hips still as you walk, for more core activation

## LATERAL PUSHUP

- Pushup then walk hands and jump feet to side
- Alternate L+R
- Hands outside shoulder-width
- Chest to elbow height
- Back long and strong
- Abs braced

↓OPTION: PUSHUP ON KNEES

Layer 2: Imagine you’ve just made a tackle and have to get back up. A strong upper body is essential

## OTS DYNAMIC CALF JUMP

- Arms over head
- Bounce OTS
- Knees soft
- Heels lifted
- Chest up
- Abs braced

Layer 2: Extend your legs fully as you bounce up. Imagine shooting a 3-pointer!

## DEPTH DROP

- Start on bench
- Both feet take off then drop onto floor
- Jump up as feet hit the floor
- Knees soft
- Abs braced

Layer 2: Rebound off the floor like you’re on a trampoline



## VERTICAL JUMP

- Bend knees
- Jump high
- Soft knee landing

Layer 2: Go for max height on each Jump; this is peak performance training

## HIGH KNEE RUN WITH PALM TOUCH

- Hands out in line with hips
- Run knees towards hands
- Chest lifted
- Abs braced

## LATERAL SHUFFLE TAP

- Lateral movement away and towards bench
- Feet stay outside hip-width
- Knees soft
- Abs braced
- Tap floor with outside hand

OTS OPTION: x4 FORWARD AND x4 BACKWARD

Layer 2: Drive off the outside leg to move even faster

## STOP-START SPRINT

- Sprinter start
- Low start, knees bent, hands towards floor/bench
- Sprint away and towards bench
- Chest up
- Abs braced

OTS OPTION: START DOWN IN SPRINT STANCE, x4 HIGH KNEE RUN OTS, ALTERNATE LEG THAT GOES BACK

Layer 2: Drive hard in the first 2 steps for maximum muscle activation



# 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 state 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 practise with heavy weights, big jumps and a huge heart, you WILL become the kind of coach your team needs to enable them to achieve their personal goals.

## 3. SAY

**What do you NEED to say?**

- Technique and safety cues
- Cues for quick set-ups 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
- Practise saying your script while you practise physically
- Be clear, precise and highly motivational
- Move around the room and use great role models in class for demonstrations so you can coach others

# GRIT COACH INFO

## WRITE IT UP

Remember, you can write the exercises up on the walls/mirrors so participants can see them.

This is at the discretion of your club (so definitely check on their policy before you go writing on any walls or mirrors) but when it works for your club and time-slot, you can display the workout on a flip chart, on the mirror (make sure you use non-permanent ink!), or even on the floor in chalk! You don’t need to write up every single track.

We suggest:

- Detail the moves for more complex tracks
- For more straightforward tracks such as short Challenges – simply write the name of the track,
  - 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.

