

LES MILLS GRIT 32

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LES MILLS GRIT 32

GRIT CARDIO

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MUSIC AND CREDITS

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GRIT STRENGTH MUSIC

01.

Gametime (3:26)

Shepherd

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Written by: Garcia, Cardec
02.

The Hotstepper Ante (3:12)

Disc Jockey Nutrition

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Written by: Disc Jockey Nutrition
03.

Rapturous (2:36)

Not On A Monday

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Written by: Fairley
04.

Vans (King Kavalier Remix) (2:32)

Arrested Youth

© 2018 Lowly.

Written by: Johnson, Costanzo
- Like That** (2:34)

Memphis Bleek

Courtesy of the Universal Music Group.

Written by: Simon, Dean, Cox, Bailey, Clark, Williams
05.

Win The War (2:35)

Alexander Lewis feat. B.Anderson

© 2019 Alexander Lewis.

Written by: Lewis, Anderson
06.

Skip Jump Stomp (2:37)

Atomic Drum Assembly

© 2018 Island Life Recordings.

Written by: Serrell
07.

Bodied (3:56)

BEATSMASH, SooDope & Pelly

© 2019 BrednButter.

Written by: Romano, Pelly, Tettamanti
08.

Us (1:56)

Snavs

© 2019 Monstercat.

Written by: Holdø, Frederiksen
09.

Call From The Bank (2:33)

Nipsey Hussle feat. MGMT

© 2013 All Money In No Money Out, Inc.

Written by: Lewis, Asghedom
10.

The Come Up (1:25)

Tilde Key, Not On A Monday

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Written by: Fairley



L–R: Melroy Oostra, Erin Maw, Bas Hollander.

GRIT STRENGTH CREDITS

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Special thanks to Ben Main, Bas Hollander and Rob Lee

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RELEASE FEEDBACK

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Welcome back to another EPIC round of GRIT Strength 32. The creative team have taken this workout to a whole new level. The structure of Strength and Cardio this round is called the 'Ladder System'. Not only is this structure innovative, but having reps to try and hit will also hold you accountable and get you and your members working harder and faster than you usually would.

As always, be super inclusive; everyone in the class is at different levels of fitness. Encourage members to set their own level of intensity and achieve their personal best, whatever that is.

Tip: Make sure you learn and practise the structures of the ladders well. 'Say and do' with every countdown and ensure members are confident with the specific ladder style before Layer 1 cues.

Enjoy!

Erin & 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 any time. A great mindset to get into at the start of each workout is to remember to teach to the whole team so everyone feels successful.



01. WARM-UP

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

<i>Exercise</i>	
0:05	Torso rotations
0:21	Air Squat & Rotation (L+R)
0:34	Air Squat & Trunk Twister (L+R)
0:47	Barbell Squat
0:59	Barbell Squat, Heel Raise
1:12	Barbell Backward-Stepping Lunge (L+R)
1:25	Barbell Backward-Stepping Lunge faster (L+R)
1:37	Squat Burpee Jump
1:50	Squat Burpee to Hover Jump
2:03	x1 Barbell Deadlift , x1 Barbell High Pull
2:29	x1 Barbell Row , x1 Barbell High Pull
2:41	x1 Barbell Row , x1 Barbell Hang Clean
2:54	x1 Barbell Row , x1 Barbell Clean & Press
3:07	Barbell Clean & Press
3:23	<i>Recovery</i>



01. GAMETIME 3:26mins

CONNECTION

GRIT 32 is all about the Ladder system! Set up your class so they are ready for 10/10 effort and are here to achieve their personal best! The Warm-Up has lots of moves so keep your coaching cues short, sharp and clear. This will prime your participants for the rest of the workout.

TECHNIQUE

AIR SQUAT & ROTATION

- **Feet just outside hip width**
- **Hips back and down**
- **Knees out**
- **Butt to knee height**
- **Chest up**
- **Abs braced**
- Rotate at the top of each Squat
- Add on Trunk Twisters
- Take the arm behind body to increase rotation

BARBELL SQUAT

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

BARBELL BACKWARD-STEPPING LUNGE

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

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**

↓ OPTION: NO JUMP

- Add Hover
- From Plank position walk hands down to Hover
- Walk back to Plank then jump into Squat position
- **Keep abs braced**

↓ OPTION: Transition to and from Hover on knees

BARBELL DEADLIFT

- Hands just outside shoulder width
- **Tip from hips**
- **Bar to knees**
- **Chest lifted**
- **Abs braced**

BARBELL HIGH PULL

- Pull bar up to lower chest, elbows lead
- **Keep bar close to the body**
- Finishing under shoulders
- Extend through hips

BARBELL ROW

- **Tip forward from hips**
- Bar to knee height
- **Pull bar to belly**
- **Abs braced**
- **Chest lifted**
- Squeeze shoulder blades together

BARBELL HANG CLEAN

- **Lead with elbows**
- Extend through hips
- **Pull bar to lower chest**
- Keep the bar close
- **Bend knees and drop elbows under bar to catch**

BARBELL 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 on catch**
- **Keep bar close to body**



02. ASCEND / DESCEND LADDER

TRACK SET-UP: 90 seconds, 2 moves – move 1 goes up in evens, move 2 goes down in evens. Each move alternates.

Exercise	
SET 1:	90 seconds – move 1 goes up in even reps and move 2 goes down in even reps
0:00	Set up and demonstrate moves: Hang Clean, Pushup
0:24	Begin Ascend / Descend Ladder x2 Hang Clean x10 Pushup x4 Hang Clean x8 Pushup x6 Hang Clean x6 Pushup x8 Hang Clean x4 Pushup x10 Hang Clean x2 Pushup
1:54	Recovery
SET 2:	45 seconds – moves alternate and go up in even reps
1:54	Set up Ascending Ladder, begin with x2 Hang Clean
2:18	Begin Ascending Ladder x2 Hang Clean x4 Pushup x6 Hang Clean x8 Pushup x10 Hang Clean
3:05	Recovery



02. THE HOTSTEPPER ANTE 3:12mins

COACHING TIP

First Ladder up! It's important to let your class know exactly how this works so use the intro to coach the number of reps and how both Ladders work. Hang Clean 2/4/6/8/10. Pushup 10/8/6/4/2. When you are super clear, the class can get into the workout quickly! Have the same clarity with the second shorter Ladder.

CONNECTION

Connect through your counting. Ask your team how many reps they have done and congratulate them on their efforts. This will keep them engaged throughout the track.

DRIVE

If you finish before the countdown, there's extra rest! Watch how Erin motivates the team with this challenge to create some healthy competition in the room.

HIIT SCIENCE

The idea of the accelerated Warm-Up is to have your team in their top training zone as we begin Track 2. This means we are preconditioned to hit the first interval with high intensity. Maxing out in this first block is a crucial element of generating the most out of a 30-minute HIIT workout. Hang Cleans and Pushups are 'big bang' exercises; this means they require maximum input from the large muscle groups – so, hitting this interval with intensity will ensure we are in the correct zone.

TECHNIQUE

HANG CLEAN

- **Lead with elbows**
- Pull bar to lower chest
- **Keep the bar close**
- **Bend knees and drop elbows under bar to catch**

Layer 2: Think speed and power to get under the bar quickly. This will help you complete the Ladder

PUSHUP

- **Chest to elbow height**
- **Back long and straight**
- **Abs braced**

↓ **OPTION: PUSHUP ON KNEES**

Layer 2: Open and close your chest quickly by pushing firmly on the floor



03. REPS LADDER

TRACK SET-UP: 2 minutes to complete 150 reps, broken into 10, 20, 30, 40, 50.

<i>Exercise</i>	
0:00	Set up and demonstrate first 2 moves: Overhead Plate Squat and Barbell Pulse Squat
0:30	Begin Reps Ladder x10 Overhead Plate Squat x20 Barbell Pulse Squat x30 Barbell or Plate Push Press x40 Barbell Wide Row, High Pull (1 for 1) x50 Mountain Climber (1 for 1)
2:29	<i>Recovery</i>



03. RAPTUREOUS 2:36mins

COACHING TIP

5 moves back-to-back for 150 reps! Explain the rep range for each move in the set-up and demonstrate the first 2 moves like Bas did in the Masterclass. You have heaps of time to demonstrate the other moves as you go through the set. Stay at the front until you’ve got to move 5.

CONNECTION

Keep an eye on the speed of your class. Make sure you connect to where they are in the workout. Pre-cue too late and they will be waiting; too early and they will lose where they are in the workout.

DRIVE

Get out on the floor to drive the last move. This is where your team will need their coach to take them to the next level.

HIIT SCIENCE

This 2-minute block will build on the momentum achieved in Track 2. Once again, we move quickly using the big power muscles to drive the heart rate up over a 2-minute period. Power output is dependent on moving load over the greatest distance. Coaching speed while maintaining range will therefore improve athletic power.

TECHNIQUE

OVERHEAD PLATE SQUAT

- Feet just outside hip width
- **Plate over head, slightly forward of shoulders**
- **Hips back and down**
- **Butt to knee height**
- **Chest up**
- **Abs braced**

↓ OPTION: SQUAT PLATE PRESS

Layer 2: Depth in the Squat and height in the plate will challenge both legs and core

BARBELL PULSE SQUAT

- Bar onto meaty part of upper back
- Feet just outside hip width
- **Hips back and down**
- **Knees out**
- **Butt to knee height**
- **Chest up**
- **Abs braced**
- Pulse in bottom half of the rep
- Elbows under bar

Layer 2: Stay low at the bottom of the Squat for stronger legs

BARBELL PUSH PRESS

- Push bar from collarbones over head
- **Keep bar slightly forward of shoulders**
- **Drive from the legs**
- **Brace abs**
- Lift chest

↓ OPTION: PLATE PUSH PRESS

Layer 2: Use your lower body to drive the bar all the way up



BARBELL WIDE ROW, HIGH PULL

- Hands wide on bar
- **Tip forward from hips**
- **Row bar from knees to lower ribs**
- **Abs braced**
- Chest up
- **High pull bar to lower chest**
- **Lead with elbows**
- **Bar close to body**
- Extend through hips to pull bar

MOUNTAIN CLIMBER

- Start in Plank position
- **Hands under shoulders**
- **Back long and straight**
- **Abs braced**
- **Hips parallel to the floor**
- Alternating knee drive to chest
- Butt down

Layer 2: Imagine you’re sprinting to the finish line to keep the knee drive strong



04. TRI LADDER

TRACK SET-UP: 3 moves, 2 minutes – adding on one rep to each move each set.

Exercise

SET 1:	
0:00	Set up and demonstrate moves: Squat Jump Bar Touch, Narrow Row, Front Squat
0:29	Begin Tri Ladder x1 Squat Jump Bar Touch x1 Narrow Row x1 Front Squat Then x2 of each move, x3 of each move, climbing the Ladder
2:30	Recovery
SET 2:	
2:30	Set up Ladder down, begin on the highest number of reps completed in the first 2 minutes (eg 8)
3:00	Begin Tri Ladder x8 Squat Jump Bar Touch x8 Narrow Row x8 Front Squat Then x7 of each, x6 of each, working down to x1 of each. If completed before the countdown, extra recovery time is given
5:00	Recovery



04. VANS / LIKE THAT 5:06mins

COACHING TIP

3 moves, 2 minutes to climb as high up the Ladder as you can. Say and do the reps as you count them to ensure everyone can follow the Ladder.

CONNECTION

Chasing a target is a great way to connect the team to their workout. In a 2-minute round, we need to keep busy at the front and with the class on the floor – so don't forget to have some fun with it!

DRIVE

The goal is to get back to 1 rep of each move so make that your mantra! Extra recovery is the reward so let your team know this!

HIIT SCIENCE

Moving quickly between different exercises with Ladder training ensures that we are constantly mixing up our muscle recruitment. This allows us to maintain a higher level of intensity – as soon as one muscular pattern begins to fatigue we quickly flip into another pattern. The patterns in this track switch from lower to upper body then back to lower to amplify this effect.

TECHNIQUE

SQUAT JUMP BAR TOUCH

- **Feet outside hip width, knees out**
- Bend knees to tap the bar, then Jump
- Arms over head in Jump
- **Abs braced**
- **Soft knee landing**
- Tap the bar as you land
- **Chest up**

↓ OPTION: SQUAT HEEL RAISE

Layer 2: Don't cheat the range. Touch the bar and reach over head every time!

NARROW ROW

- **Tip forward from hips**
- Bar to knee height
- Elbows narrow, pulling up and back
- Pull bar to belly
- **Abs braced**
- Chest lifted

Layer 2: Push and pull the bar to get more reps in and more muscle recruitment!

FRONT SQUAT

- **Bar at collarbones**
- **Feet just outside hip width**
- **Hips back and down**
- **Knees out**
- Butt to knee height
- **Chest up**
- **Abs braced**
- Elbows up to hold bar

↓ OPTION: BACK SQUAT

Layer 2: Sink under the bar, then drive back up for strong legs



05. ADD-ON LADDER

TRACK SET-UP: 2 minutes to climb the Ladder, increasing the number of reps on the last move. The last move is the most intense.

Exercise	
0:00	Set up and demonstrate moves: Double Plate Scissor Lunge , Double Plate Wide Fly , Double Plate Squat Jump
0:28	Begin Add-On Ladder Round 1 x5 Double Plate Scissor Lunge (L+R) (1 for 1) x5 Double Plate Wide Fly x5 Double Plate Squat Jump Round 2 x5 Double Plate Scissor Lunge (L+R) (1 for 1) x5 Double Plate Wide Fly x10 Double Plate Squat Jump Round 3 x5 Double Plate Scissor Lunge (L+R) (1 for 1) x5 Double Plate Wide Fly x15 Double Plate Squat Jump Increase Double Plate Squat Jump by 5 reps each round, aiming to climb as high as possible in 2 minutes
2:27	Recovery



05. WIN THE WAR 2:35mins

COACHING TIP

A Ladder with a twist. Only adding reps to the hardest move makes this track a real challenge! A clear set-up with a target will keep your team focused for the whole 2 minutes.

CONNECTION

Let the team know that it's OK to take a break, shake it out and come back. Your members will feel successful if you give them autonomy in their workout. Be present and coach what is needed to keep them engaged.

DRIVE

Bas says, "We are hunting for discomfort!" Let your team know that it's OK to feel your muscles burn at this stage. Hitting that intensity is what brings quick results.

HIIT SCIENCE

The lower body/upper body combo continues in this track. Once again, switching quickly enables us to maintain a high level of intensity over the 2-minute block. The kicker comes from the Double Plate Squat Jumps. Jumping off the floor requires a high rate of force production from our propulsion muscles – this drives up the heart rate and helps us access type 2 muscle fibers, which deliver athletic muscle conditioning.

TECHNIQUE

DOUBLE PLATE SCISSOR LUNGE

- 2 plates at shoulder height
- Jump back into a long Lunge
- **Bend back knee towards floor**
- **Front knee out**
- Both knees at 90 degrees
- **Chest up**
- **Abs braced**
- Jump feet back together

↓ OPTION: PLATES DOWN AT WAIST

Layer 2: Drop down and push up firmly off the front foot to load the glutes and hamstrings

DOUBLE PLATE WIDE FLY

- **Tip forward from hips**
- Pull plates wide to shoulder height
- **Abs braced**
- Chest lifted
- Squeeze shoulder blades together

Layer 2: Keep the hips still as you rip the plates wide. This will load the back of the body.

DOUBLE PLATE SQUAT JUMP

- 2 plates at waist height
- **Feet outside hip width, knees out**
- **Bend knees then jump**
- **Brace abs**
- **Soft knee landing**
- **Chest up**

↓ OPTION: SQUAT HEEL RAISE

Layer 2: Absorb the landing then pop out of the Squat to load legs and hit the heart rate!



06. REPS LADDER

TRACK SET-UP: 2 minutes to complete 150 reps, broken into 50, 40, 30, 20, 10. Moves are the same as Track 3 but the Ladder has been flipped.

<i>Exercise</i>	
0:00	Set up and demonstrate first move: Mountain Climber (1 for 1)
0:28	Begin Reps Ladder x50 Mountain Climber (1 for 1) x40 Barbell Wide Row, High Pull (1 for 1) x30 Barbell or Plate Push Press x20 Barbell Pulse Squat x10 Overhead Plate Squat
2:30	<i>Recovery</i>



06. SKIP JUMP STOMP 2:37mins

COACHING TIP

The Rep Ladder is back but this time it's in reverse. To hit the full 150 reps, you've got to be super-fast in the Mountain Climbers. Start strongly and get your team to the finish line!

CONNECTION

This time, the team knows the moves – so get out on the floor early to keep them honest. It's all about the intention to get there.

DRIVE

Each new move has a different muscle focus so encourage your members to hit every exercise as hard as they can!

HIIT SCIENCE

One of the key training elements when focusing on intensity is reducing movement complexity. Repeating these moves at this stage of the workout requires a 'don't think, just do' approach. This enables participants to focus on output driven by speed and range with less attention on technique.

TECHNIQUE

MOUNTAIN CLIMBER

- Start in Plank position
- **Hands under shoulders**
- **Back long and straight**
- **Abs braced**
- **Hips parallel to the floor**
- Alternating knee drive to chest
- Butt down

Layer 2: Imagine you're sprinting to the finish line to keep the knee drive strong

BARBELL WIDE ROW, HIGH PULL

- **Hands wide on bar**, tip forward from hips
- **Row bar from knees to lower ribs**
- **Abs braced**
- Chest up
- High pull bar to lower chest
- **Lead with elbows**
- **Bar close to body**
- **Extend through hips to pull bar**

BARBELL PUSH PRESS

- Push bar from collarbones over head
- **Keep bar slightly forward of shoulders**
- **Drive from the legs**
- **Brace abs**
- Lift chest

↓ OPTION: PLATE PUSH PRESS

Layer 2: Use your lower body to drive the bar all the way up

BARBELL PULSE SQUAT

- Bar onto meaty part of upper back
- **Feet just outside hip width**
- **Hips back and down**
- **Knees out**
- **Butt to knee height**
- **Chest up**
- **Abs braced**
- Pulse in bottom half of the rep
- Elbows under bar

Layer 2: Stay low at the bottom of the Squat for stronger legs

OVERHEAD PLATE SQUAT

- **Feet just outside hip width**
- **Plate over head slightly, forward of shoulders**
- Hips back and down
- Knees out
- Butt to knee height
- **Chest up**
- **Abs braced**

↓ OPTION: SQUAT PLATE PRESS

Layer 2: Depth in the Squat and height in the plate will challenge both legs and core



07. ASCEND / DESCEND LADDER

TRACK SET-UP: 2 minutes, 2 moves – move 1 goes up in evens, move 2 goes down in evens. Each move alternates.

Exercise	
SET 1:	2 minutes – move 1 goes up in even reps and move 2 goes down in even reps
0:00	Set up and demonstrate moves: Pushup, Clean & Press
0:25	Begin Ascend / Descend Ladder x2 Pushup x10 Clean & Press x4 Pushup x8 Clean & Press x6 Pushup x6 Clean & Press x8 Pushup x4 Clean & Press x10 Pushup x2 Clean & Press
2:25	Recovery
SET 2:	1 minute – moves alternate and go down in even reps
2:25	Set up Descending Ladder, begin with x10 Pushup
2:49	Begin Descending Ladder x10 Pushup x8 Clean & Press x6 Pushup x4 Clean & Press x2 Pushup
3:49	Recovery



07. BODIED 3:56mins

COACHING TIP

Back to Ascend / Descend Ladder. Repeat the set-up and be clear with the change of move. The Clean & Press comes in to intensify the Ladder. Use the 10 reps to coach great technique in the Clean & Press. This will give you the freedom to with your participants later in the Ladder.

CONNECTION

This is a tough track so late in the workout. The music is heavy, and the combo is tough! Motivation and inspiration are needed. Make eye contact and acknowledge the effort of everyone.

DRIVE

Drive the workout with a focus on results – not just physical but mental too. Every rep is getting you more powerful, more athletic and making your mindset stronger!

HIIT SCIENCE

Clean & Presses help train vertical drive. Keeping the bar close to the body will ensure that we maximize this training effect while minimizing the potential for injury.

Force production arises from triple extension at the hip, knee and ankle which is transmitted through the core to the upper body. Focusing on lower body drive to get the bar moving will help participants to maintain control under fatigue.

TECHNIQUE

PUSHUP

- **Chest to elbow height**
- **Back long and straight**
- **Abs braced**

↓ OPTION: PUSHUP ON KNEES

Layer 2: Drive the hands into the floor to engage the upper body

CLEAN & PRESS

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

Layer 2: Use momentum by driving the bar up rep after rep. This will keep the reps fast!



08. BURPEE LADDER

TRACK SET-UP: 1 minute 20 seconds to try hit all 4 levels of the Burpee, 20 seconds per level.

<i>Exercise</i>	
0:00	Set up and demonstrate Level 1: Squat Burpee Jump
0:29	Begin Squat Burpee Jump
0:49	Level 2 – Squat Burpee Plank to Hover Jump
1:08	Level 3 – Squat Burpee Plank to Hover Jump Over Bar
1:27	Level 4 – Squat Burpee Plank to Hover Tuck Jump Over Bar
1:49	<i>Recovery</i>



08. US 1:56mins

COACHING TIP

Coach that the Burpee levels go up on every bell, but the class can stick to whatever level suits them. This sets them up for success as well as challenging the fittest in the room.

CONNECTION

The bell is every 20 seconds so plan your floor coaching. See how Melroy sets up the next level then has time to floor coach one person before coming back to train at the front.

DRIVE

Physically grow with every level. Keep strong in the upper body during the Plank and get some air time in the Tuck Jump over the bar. Being the role model at the front of the room will drive your team to reach the end of the track!

HIIT SCIENCE

Burpees require power output from every muscle in the body – keeping the focus on the Squat transition allows us to execute these safely and keep the load in the muscles and out of the joints. Introducing this challenge at this phase of the workout will ensure we kick our energy systems into over-drive for the last phase of the class. Maxing out under fatigue is a great way to push into an anaerobic training zone and drive our fitness to a new level.

TECHNIQUE

SQUAT BURPEE JUMP

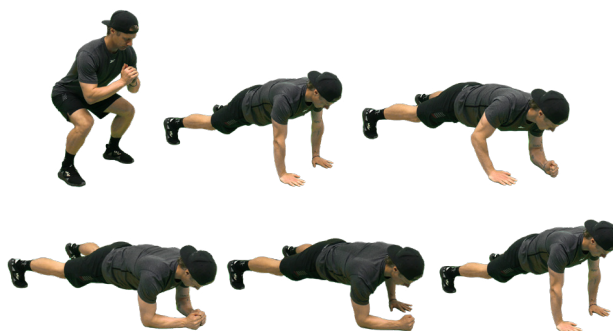
- Squat, jump feet back to Plank, jump back to Squat, jump up
- **Feet outside hip width**
- **Butt down and back just above knee line**
- **Use the Squat to transition**
- Chest up
- **Abs braced as feet jump back**
- Hands under shoulders
- **Back long, strong and straight**
- **Soft knee landing**

↓ OPTION: NO JUMP

Add PLANK TO HOVER

- From Plank position, walk hands down to Hover
- Walk back to Plank then jump into Squat position
- **Keep abs braced**

↓ OPTION: TRANSITION ON KNEES



Add JUMP OVER BAR

- **Both feet take off and land**
- **Soft knee landing**

Layer 2: Land in a Squat to transition, keeping the legs under load for longer

Add TUCK JUMP OVER BAR

- Tuck knees to chest

Layer 2: Pull knees to chest fast for a bigger heart rate spike



09. CORE LADDER

TRACK SET-UP: 1 minute each side holding, Side Hover – every 20 seconds the move gets more intense.

<i>Exercise</i>	
0:00	Set up and demonstrate move: Side Hover
0:27	Begin Side Hover
0:49	Plate Side Hover
1:10	Rotating Side Hover with Plate
1:30	Change sides
1:31	Side Hover
1:50	Plate Side Hover
2:11	Rotating Side Hover with Plate
2:30	<i>Recovery</i>



09. CALL FROM THE BANK 2:33mins

COACHING TIP

Coach both the kneeling and advanced options early on to give everyone permission to find their own intensity for the last challenge of the class.

CONNECTION

Bring lots of praise and celebrate the effort of your team throughout this one. You have lots of time to smile and let your participants know they've done a great job.

DRIVE

Some playful challenging cues for your regulars to keep up with you in the advanced option will keep the team going until the end of the track.

TECHNIQUE

SIDE HOVER

- **Elbow under shoulder**
- Feet split, arm extended above shoulder
- **Hips and chest square to the front**
- **Bottom hip lifted**
- Add plate

↓ OPTION: BOTTOM KNEE BENT

↑ OPTION: ADD PLATE

↑ OPTION: TOP LEG LIFTED TO HIP HEIGHT

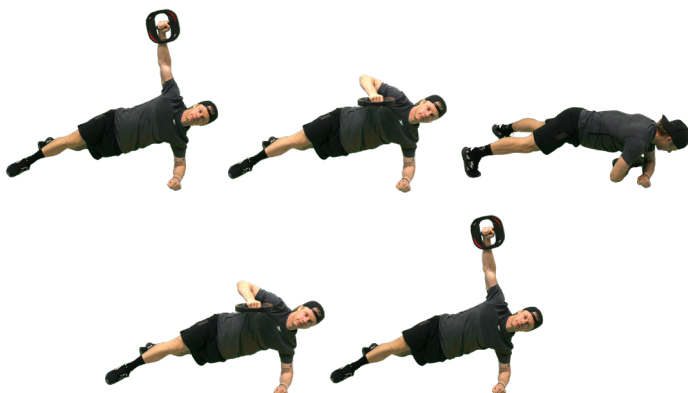
Layer 2: Squeeze the hips high to keep the work in the obliques

ROTATING SIDE HOVER WITH PLATE

- From Plate Side Hover
- **Rotate to Hover** and take plate toward opposite armpit
- **Keep hips and shoulders moving as one unit**
- Roll from side of foot onto toes
- Rotate back to Side Hover with arm extended

↓ OPTION: BOTTOM KNEE BENT

Layer 2: Keep the hips high as you roll to maximize the core work





GRIT CARDIO MUSIC

01.

Island Life (3:17)

Atomic Drum Assembly

© 2018 Island Life Recordings.
Written by: Serrell
02.

Free Love (3:16)

Not On A Monday

© 2020 Les Mills Music Licensing Ltd.
Written by: Fairley
03.

Body Rock (2:36)

Bingo Players & Bali Bandits

© 2018 Hysteria Records.
Written by: Day, King, Maffit, Millikin, Wilkin, Hoogstraten, Postma, de Fluiter
04.

Jump On It (3:00)

Lucky Stone

© 2020 Les Mills Music Licensing Ltd.
Written by: Ross, Walti, Personage, Jasper
- Cobrastyle** (2:57)

Teddybears

© 2004 Sony Music Entertainment (Sweden) ABP Record
Country: Sweden. Under license from Sony Music
Commercial Music Group, a division of Sony Music
Entertainment.
Written by: Åhlund, Brown, Åhlund, Torsson, Arve
05.

Drum Nation (2:34)

Wiwek feat. WatchtheDuck

© 2017 OWSLA.
Written by: Rakins, Smith, Mahabali
06.

Body Rock (2:36)

Bingo Players & Bali Bandits

© 2018 Hysteria Records.
Written by: Day, King, Maffit, Millikin, Wilkin, Hoogstraten, Postma, de Fluiter
07.

Karu Karu (2:47)

Atomic Drum Assembly

© 2018 Island Life Recordings.
Written by: Serrell
08.

On Your Mark (1:54)

Gregor Salto & Wiwek

© 2014 Dadadam B.V. / G-Rex Music.
Written by: Salto, Mahabali
09.

Jump In (2:25)

Atomic Drum Assembly

© 2019 Island Life Recordings.
Written by: Serrell
10.

OUTRO

Use Strength Track 10 music



L–R: Fagner Pinto, Ben Main, Erin Maw.

Welcome back to another EPIC round of GRIT Cardio 32. The creative team have taken this workout to a whole new level. The structure of Strength and Cardio this round is called the ‘Ladder System’. Not only is this structure innovative, but having reps to try and hit will also hold you accountable and get you and your members working harder and faster than you usually would.

As always, be super inclusive; everyone in the class is at different levels of fitness. Encourage members to set their own level of intensity and achieve their personal best, whatever that is.

Tip: Make sure you learn and practise the structures of the ladders well. ‘Say and do’ with every countdown and ensure members are confident with the specific ladder style before Layer 1 cues.

Enjoy!

Erin & 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 that 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 team so everyone feels successful.

GRIT CARDIO CREDITS

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

Chief Creative Officer – Dr. Jackie Mills

Technical Consultants – Bryce Hastings, Andrew Newmarch and Rob Lee

Program Coach – Erin Maw

Production Coordinator – Ashlee Young

Special thanks to Ben Main, Bas Hollander and Rob Lee

GRIT CARDIO PRESENTERS

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

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

Fagner Pinto (Brazil) is a LES MILLS GRIT, BODYPUMP and CXWORX Trainer/Presenter, an RPM™ Presenter/Instructor, and a BODYBALANCE™/BODYFLOW and BODYPUMP Instructor. He has been a Les Mills Instructor for 18 years and is also a Personal Trainer.

RELEASE FEEDBACK

Tell us what you think of this release. Visit lesmills.com/release-feedback



01. WARM-UP

Exercise	
0:05	Forward and Backward-Stepping Lunge with Rotation (L+R)
0:42	Run OTS
0:54	Lateral Skater (L+R)
1:17	Squat Jack (L+R)
1:29	Squat Jack with Alternating Touch Down (L+R)
1:40	Squat Burpee
1:52	Squat Burpee Jump
2:03	Pushup
2:26	Mountain Climber (L+R)
2:49	Shuffle Tap (L+R)
3:13	Recovery



01. ISLAND LIFE 3:17mins

CONNECTION

The intensity slowly builds in the Warm-Up so use the first minute to connect and welcome your team. Lift the heart rate in the Shuffle Taps to set them up for the Ladder challenges to come!

TECHNIQUE

FORWARD AND BACKWARD-STEPPING LUNGE WITH ROTATION

- **Long step forward**
- Bend knee to 90 degrees
- **Front thigh parallel to floor**
- **Front knee out**
- Rotate towards front thigh
- Step same leg backward into Lunge
- Rotate towards front thigh

RUN OTS

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

LATERAL SKATER

- Lateral jump, **shifting body weight** with knee lift
- **Hips square to front**
- **Land softly with knee out**
- Push off outside foot to change direction

SQUAT JACK

- **Jump feet wide into Squat**
- **Soft knee landing**
- **Knees out**
- Jump feet back together
- **Chest up**
- **Abs braced**
- Add an Alternating Touch Down (L+R)

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**
- Add a Jump
- **Soft knee landing**

PUSHUP

- **Chest to elbow height**
- **Back long and straight**
- **Abs braced**

↓ OPTION: PUSHUP ON KNEES

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**

SHUFFLE TAP

- **Hips square to front**
- Double Shuffle Tap the floor with outside arm
- **Keep chest lifted**



02. ASCEND / DESCEND LADDER

TRACK SET-UP: 90 seconds, 2 moves – move 1 goes up in evens, move 2 goes down in evens. Each move alternates.

Exercise	
SET 1:	90 seconds – move 1 goes up in even reps and move 2 goes down in even reps
0:00	Set up and demonstrate moves: Jump Lunge (L+R), Lateral J Tap (L+R)
0:30	Begin Ascend / Descend Ladder x2 Jump Lunge (L+R) (2 for 1) x10 Lateral J Tap (L+R) (1 for 1) x4 Jump Lunge (L+R) (2 for 1) x8 Lateral J Tap (L+R) (1 for 1) x6 Jump Lunge (L+R) (2 for 1) x6 Lateral J Tap (L+R) (1 for 1) x8 Jump Lunge (L+R) (2 for 1) x4 Lateral J Tap (L+R) (1 for 1) x10 Jump Lunge (L+R) (2 for 1) x2 Lateral J Tap (L+R) (1 for 1)
1:59	Recovery
SET 2:	45 seconds – moves alternate and go up in even reps
1:59	Set up Ascending Ladder, begin with x2 Jump Lunge (L+R)
2:25	Begin Ascending Ladder x2 Jump Lunge (L+R) (2 for 1) x4 Lateral J Tap (L+R) (1 for 1) x6 Jump Lunge (L+R) (2 for 1) x8 Lateral J Tap (L+R) (1 for 1) x10 Jump Lunge (L+R) (2 for 1)
3:09	Recovery

02. FREE LOVE 3:16mins

COACHING TIP

Clearly set up the reps in the Ladder for both moves. The Lunges go up 2/4/6/8/10 and the Lateral J Taps go down 10/8/6/4/2. 90 seconds to flip the Ladder. Coach the early reps out loud so your team understands the rep counts.

CONNECTION

Make sure you congratulate the people who finish quickly! Let them enjoy their rest and encourage those still training to get as close to the total number of reps as they can.

DRIVE

It's all about earning the extra recovery! Ben challenges his team to stay low in the moves to hit the reps faster. Challenge your fitness early in the workout – don't hold back!

HIIT SCIENCE

The idea of the accelerated Warm-Up is to have your team in their top training zone as we begin Track 2. This means we are preconditioned to hit the first interval with high intensity. Maxing out in this first block is a crucial element of generating the most out of a 30-minute HIIT workout.

Jump Lunges and Lateral J Taps are 'big bang' exercises; this means they require maximum input from the large muscle groups – so, hitting this interval with intensity will ensure we are in the correct zone.

TECHNIQUE

JUMP LUNGE

- Jump leg back into Lunge
- **Soft knee landing**
- **Front knee out, back knee down**
- **Chest lifted**
- **Abs braced**
- Left and right Lunge equals 1 rep

↓ OPTION: BACKWARD-STEPPING LUNGE

Layer 2: Stay low in the legs to get the reps faster

LATERAL J TAP

- **Both feet take off, jump to the side**
- Arms over head in jump
- **Both feet soft knee landing**
- **Touch inside of ankle/calf as you land**
- Hand sweeps down in a 'J' shape
- Alternate ankle taps

Layer 2: Drive from the outside of the foot to change direction quickly





03. REPS LADDER

TRACK SET-UP: 2 minutes to complete 150 reps, broken into 10, 20, 30, 40, 50.

Exercise	
SET 1:	
0:00	Set up and demonstrate first move: Alligator Pushup (L+R)
0:30	Begin Reps Ladder x10 Alligator Pushup (L+R) (1 for 1) x20 Donkey Kick x30 Air Jack x40 Lateral Skater (L+R) (1 for 1) x50 Speed Jack
2:29	Recovery



03. BODY ROCK 2:36mins

COACHING TIP

2 minutes to hit 150 reps! Spend most of your set up on the Alligator Pushup. Be clear with the hand positions so everyone is good to go on the countdown.

CONNECTION

The Air Jacks and Skaters are simple to set up, so this is the best time to connect with your team. The song is upbeat; challenge them to catch the beat to connect with the workout and the music.

DRIVE

The tough moves are at the start so use the last 3 moves to really drive speed! Encourage your team to move as fast as they can to get the extra rest!

HIIT SCIENCE

This 2-minute block will build on the momentum achieved in Track 2. Once again, we move quickly using the big power muscles to drive up the heart rate over a 2 minute period. Power output is dependent upon moving load (in this case our body weight) over the greatest distance. Coaching speed while maintaining range will therefore improve athletic power.

TECHNIQUE

ALLIGATOR PUSHUP

- **One hand narrow, one hand wide**
- **Long flat back**
- **Chest to elbow height**
- **One elbow to ribs, one elbow wider**
- Switch hands at top of rep
- **Brace abs**

↓ OPTION: ON KNEES

Layer 2: Drive the palms down firmly and feel the triceps fire up in the close hand



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: A pull then kick action in the legs will recruit the abs even more! That's Reactive Core Training

AIR JACK

- Jump and extend arms and legs high and wide
- Pull arms and legs back in to land
- **Soft knee landing**
- **Abs braced**

↓ OPTION: JUMP JACK

Layer 2: Reach and pull the hands out and in as quickly as you can to drive up the heart rate!

LATERAL SKATER

- Jump side to side off one foot
- **Hips square to front**
- **Land softly, knee out**
- Push off outside foot to change direction

Layer 2: Use the arms to drive side to side even faster

SPEED JACK

- Arms over head
- Jump feet out and in quickly
- **Knees soft**
- **Chest lifted**
- **Abs braced**

↓ OPTION: JUMP JACK

Layer 2: Super light on your feet so you graze the floor. This will get you to 50 faster!



04. TRI LADDER

TRACK SET-UP: 3 moves, 2 and a half minutes, adding on one rep to each move each set.

Exercise

SET 1:	
0:00	Set up and demonstrate moves: Squat Jump, Switch, Plank Jack (Advanced: Plank Jack with Shoulder Tap)
0:29	Begin Tri Ladder x1 Squat Jump x1 Switch x1 Plank Jack Then x2 of each, x3 of each, climbing the Ladder
2:59	Recovery

SET 2:	
2:59	Set up Ladder down – begin on the highest number of reps completed in the first 2 and a half minutes (eg 8)
3:18	Begin Tri Ladder x8 Squat Jump x8 Switch x8 Plank Jack Then x7 of each, x6 of each, working down to x1 of each. If completed before countdown, extra recovery time is given
5:52	Recovery



04. JUMP ON IT / COBRASTYLE 5:57mins

COACHING TIP

3 moves to ladder up. Coach all 3 moves and the advanced option of the Plank Jack with Shoulder Tap. This will give your team the autonomy to choose their intensity for the next 2 and a half minutes.

CONNECTION

Celebrate the numbers! Ask your team how high they have climbed and give some praise. This will make them feel awesome and keep them going for the full 2 and a half minutes.

DRIVE

Your participants have set their own challenge on the Ladder up. Your job is to get them right back to 1, 1, 1! Break up the 2 and a half minutes into 30-second blocks. Every 30 dial up the motivation; training with your team is a great way to push their pace!

HIIT SCIENCE

Moving quickly between different exercises with Ladder training ensures that we are constantly mixing up our muscle recruitment. This allows us to maintain a higher level of intensity – as soon as one muscular pattern begins to fatigue we quickly flip into another pattern. The patterns in this track require a mix of lower body and core activation to amplify this effect.

TECHNIQUE

SQUAT JUMP

- **Feet outside hip width, knees out**
- Bend knees then Jump
- Arms over head in Jump
- **Abs braced**
- **Soft knee landing**
- **Chest up**

↓ OPTION: SQUAT HEEL RAISE

*Layer 2: As soon as you hit the floor, jump.
Minimal landing time will kick up the calorie burn*

SWITCH

- Twist lower body to bring one foot forward
- Twist back to front; alternate sides
- **Keep knees soft**

Layer 2: Use your abs to pull and switch the lower body quickly

PLANK JACK

- **Hands under shoulders in Plank position**
- **Back long and straight**
- **Abs braced**
- Jump feet out and in

↓ OPTION: ALTERNATING FOOT TAP (2 FOR 1)

↑ OPTION: PLANK JACK WITH SHOULDER TAP

Layer 2: The tighter you brace, the faster you can move. Core strength is the key to speed!



05. ADD-ON LADDER

TRACK SET-UP: 2 minutes to climb the Ladder, increasing reps on the last move. The last move is the most intense.

Exercise	
0:00	Set up and demonstrate the moves: Shuffle Tap (L+R) (1 for 1), High Knee Run, Hands Over Head (2 for 1), Butt Kick Tuck Jump (1 for 1)
0:30	Begin Add-On Ladder (Note: there is no countdown at beginning of track) Round 1 x5 Shuffle Tap (L+R) (1 for 1) x5 High Knee Run, Hands Over Head (2 for 1) x5 Butt Kick x1, Tuck Jump x1 (1 for 1) Round 2 x5 Shuffle Tap (L+R) (1 for 1) x5 High Knee Run, Hands Over Head (2 for 1) x10 Butt Kick x1, Tuck Jump x1 (1 for 1) Round 3 x5 Shuffle Tap (L+R) (1 for 1) x5 High Knee Run, Hands Over Head (2 for 1) x15 Butt Kick x1, Tuck Jump x1 (1 for 1) Increase Butt Kick x1, Tuck Jump x1 (1 for 1) by 5 reps each round, aiming to climb as high as possible in 2 minutes
2:29	Recovery



05. DRUM NATION 2:34mins

COACHING TIP

3 moves where we ladder the last move up by 5 reps each round. It is also the toughest move! Set the pace from the front and coach the reps in the 3rd move to keep your team on track.

CONNECTION

One round only and the intensity stays high throughout. The music is hard and heavy to keep your participants in the workout. Coaching different ways to break up the reps gives your team permission to hit their own personal best. Erin does this by breaking up the Tuck Jump, Butt Kick to bite-size chunks. Smaller goals can help you coach those who want to check out of the workout.

DRIVE

The struggle is real! Erin pushes her team to struggle and find a dark place. The reward will be the feeling when the track is done.

HIIT SCIENCE

The Ladder training concept continues in this track. Once again, switching between moves quickly enables us to maintain a high level of intensity over the 2-minute block. The kicker comes from the Butt Kick Tuck Jumps. Jumping off the floor requires a high rate of force production from our propulsion muscles – this drives up our heart rate and helps us access type 2 muscle fibers to tap into athletic muscle conditioning. The added Butt Kicks and Tuck Jumps means we need to get enough air time to complete the execution. This creates higher jumps and greater intensity.

TECHNIQUE

SHUFFLE TAP

- **Feet wide**
- Double Shuffle then Tap the floor with outside hand
- **Chest lifted**
- **Knees soft**
- **Hips and shoulders stay square to the front**

Layer 2: Drive off the outside foot to change direction quickly

HIGH KNEE RUN, HANDS OVER HEAD

- **Knees up to hip height**
- Arms over head
- **Chest lifted**
- **Abs braced**

Layer 2: Pump the knees like a sprinter

BUTT KICK

- Bend knees and jump, drive heels towards butt
- **Soft knee landing**
- **Squeeze butt**
- **Chest up**
- **Abs braced**

↓ OPTION: SQUAT JUMP

Layer 2: Find a rhythm on the jumps. Keep bouncing through the reps to hit your numbers

TUCK JUMP

- Bend knees and jump; drive knees towards chest
- **Soft knee landing**
- **Chest up**
- **Abs braced**

↓ OPTION: SQUAT JUMP

Layer 2: Snap the knees to the chest to fire the lower abs



06. REPS LADDER

TRACK SET-UP: 2 minutes to complete 150 reps, broken into 50, 40, 30, 20, 10. Moves are the same as Track 3 but the Ladder has been flipped.

<i>Exercise</i>	
0:00	Set up and demonstrate first move: Speed Jack
0:30	Begin Reps Ladder x50 Speed Jack x40 Lateral Skater (L+R) (1 for 1) x30 Air Jack x20 Donkey Kick x10 Alligator Pushup (L+R) (1 for 1)
2:29	<i>Recovery</i>



06. BODY ROCK 2:36mins

COACHING TIP

The Reps Ladder is back! A quick-set up as the moves are flipped, to keep it fresh. You then have time to set the mindset for the track. Start strong and fast in the easier moves to get to the finish first.

CONNECTION

Applaud effort! Positive motivators are what's needed to get your team to the next move and closer to the end.

DRIVE

Keep the focus on the number, that's the motivation. It doesn't matter if you don't finish – it's all about the intention and effort!

HIIT SCIENCE

One of the key training elements when focusing on intensity is reducing movement complexity. Repeating these moves at this stage of the workout requires a 'don't think, just do' approach. This enables participants to focus on output driven by speed and range with less attention needed for technique.

TECHNIQUE

SPEED JACK

- Arms over head
- Jump feet out and in fast
- **Knees soft**
- **Chest lifted**
- **Abs braced**

↓ OPTION: JUMP JACK

Layer 2: Super light on your feet so you graze the floor. This will get you to 50 faster!

LATERAL SKATER

- Jump side to side off one foot
- **Hips square to front**
- **Land softly, knee out**
- Push off outside foot to change direction

Layer 2: Use the arms to drive side to side even faster

AIR JACK

- Jump and extend arms and legs high and wide
- Pull arms and legs back in to land
- **Soft knee landing**
- **Abs braced**

↓ OPTION: JUMP JACK

Layer 2: Reach and pull the hands out and in as quickly as you can to drive the heart rate up!

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: A pull then kick action in the legs will recruit the abs even more! That's Reactive Core Training

ALLIGATOR PUSHUP

- **One hand narrow, one hand wide**
- **Long flat back**
- **Chest to elbow height**
- **One elbow to ribs, one elbow wider**
- Switch hands at top of rep
- **Brace abs**

↓ OPTION: ON KNEES

Layer 2: Drive the palms down firmly and feel the triceps fire up in the close hand



07. ASCEND / DESCEND LADDER

TRACK SET-UP: 90 seconds, 2 moves – move 1 goes up in evens, move 2 goes down in evens. Each move alternates.

Exercise	
SET 1:	2 minutes, move 1 goes up in even reps and move 2 goes down in even reps
0:00	Set up and demonstrate moves: Lateral J Tap (L+R), Jump Lunge (L+R)
0:19	Begin Ascend / Descend Ladder x2 Lateral J Tap (L+R) (1 for 1) x10 Jump Lunge (L+R) (2 for 1) x4 Lateral J Tap (L+R) (1 for 1) x8 Jump Lunge (L+R) (2 for 1) x6 Lateral J Tap (L+R) (1 for 1) x6 Jump Lunge (L+R) (2 for 1) x8 Lateral J Tap (L+R) (1 for 1) x4 Jump Lunge (L+R) (2 for 1) x10 Lateral J Tap (L+R) (1 for 1) x2 Jump Lunge (L+R) (2 for 1)
1:50	Recovery
SET 2:	1 minute – moves alternate and go down in even reps
1:50	Set up Ascending Ladder, begin with x10 Lateral J Tap (L+R)
2:03	x2 Lateral J Tap (L+R) (1 for 1) x4 Jump Lunge (L+R) (2 for 1) x6 Lateral J Tap (L+R) (1 for 1) x8 Jump Lunge (L+R) (2 for 1) x10 Lateral J Tap (L+R) (1 for 1)
2:43	Recovery



07. KARU KARU 2:47mins

COACHING TIP

Here we go again! Everyone knows the moves, so make a point of the switch in reps. 2 Lateral J Taps and 10 Lunges to start, then flip the Ladders. Coach the reps until you're happy your team has it. Fatigue has kicked in, so keeping them focused on the reps is key.

CONNECTION

Check out the room and coach to what is in front of you. If your fittest members are flying through, ask for a little more range (like Ben does) at the same speed to get them to fatigue. If some participants are losing pace reduce range to help them to feel successful.

DRIVE

In the second Ladder, there are less than half of the reps. Remind your team that this is when they can go flat out and get that awesome feeling of HIIT training at its best.

HIIT SCIENCE

Athletic performance requires the ability to move with speed and control in all 3 planes of movement: forward and back, side to side and rotation. This concept provides an ideal opportunity to maximize muscle output when body-weight training. This track combines a forward and back pattern in the Jump Lunges, combined with a side to side pattern in the Lateral J Taps. This mixes the muscle drive and allows us to keep the intensity high.

TECHNIQUE

LATERAL J TAP

- **Both feet take off, jump to the side**
- Arms over head in jump
- **Both feet soft knee landing**
- **Touch inside of ankle as you land**
- Alternate ankle taps

Layer 2: Swing the arms from the Squat to drive the body side to side

JUMP LUNGE

- Jump leg back into Lunge
- **Soft knee landing**
- **Front knee out, back knee down**
- **Chest lifted**
- **Abs braced**
- Left and right Lunge equals 1 rep

↓ **OPTION: BACKWARD-STEPPING LUNGE**

Layer 2: Stay low in the Lunge and brace the abs to force more speed



08. BURPEE LADDER

TRACK SET-UP: 1 minute 20 seconds to try hit all 4 levels of the Burpee.

<i>Exercise</i>	
0:00	Set up and demonstrate Level 1: Squat Burpee Jump
0:29	Begin Squat Burpee Jump
0:49	Level 2 – Squat Burpee Tuck Jump
1:10	Level 3 – Squat Burpee Sprinter Tuck Jump (L+R)
1:30	Level 4 – Squat Burpee Sprinter Tuck Jump with Clap (L+R)
1:48	<i>Recovery</i>



08. ON YOUR MARK 1:54mins

COACHING TIP

1 minute 20 seconds for the last BIG challenge! 4 levels of Burpee, 20 seconds on each. Let your team know that they can remain at the same level or take the challenge of the next level. This track is sure to beat even the fittest members in the room!

CONNECTION

It's a short track with 3 pre cues needed so not much time for connection. Get everyone hyped up in the set up and maintain energy with your face and body to show your love for Burpees!

DRIVE

Physical drive is all that's needed to take this workout home. Don't be afraid to show your team that you are smashed. Keep it authentic and get as many reps out in the last 20 seconds as possible!

HIIT SCIENCE

Burpees require power output from every muscle in the body – keeping the focus on the Squat transition allows us to execute these safely and keep the load in the muscles and out of the joints. Introducing this challenge at this phase of the workout will ensure we kick our energy systems into over-drive for the last phase of the class. Maxing out under fatigue is a great way to push into an anaerobic training zone and drive our fitness to a new level.

TECHNIQUE

SQUAT 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**
- **Chest up**
- **Abs braced as feet jump back**
- **Hands under shoulders**
- **Back long, strong and straight**
- Soft knee landing

↓ OPTION: NO JUMP

Add **TUCK JUMP**

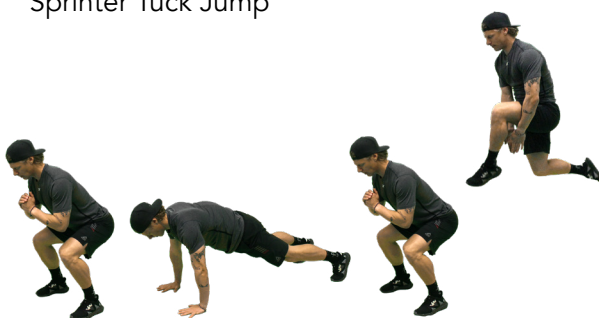
- Drive knees to chest as you jump

SQUAT BURPEE SPRINTER TUCK JUMP

- Squat, jump feet back to Plank, jump back to Squat, jump and split the knees
- 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**
- Jump and drive one knee and opposite arm forward
- Other arm and knee go back
- Soft knee landing
- Alternate lifted knee every rep

Add **CLAP**

- Clap under the front thigh at the top of the Sprinter Tuck Jump





09. CORE LADDER

TRACK SET-UP: 90-second Ladder with a drill.

Exercise	
0:00	Set up and demonstrate moves: Cross-Climber (L+R) (2 for 1), Plank Walk To Hover
0:17	Begin Ladder 1x Cross-Climber (L+R) (2 for 1) 1x Plank Walk To Hover 2x Cross-Climber (L+R) (2 for 1) 2x Plank Walk To Hover 3x Cross-Climber (L+R) (2 for 1) 3x Plank Walk To Hover x4 of each, 5x of each climbing the Ladder
1:04	Sprint Climber
1:18	Continue Ladder
2:16	Recovery



09. JUMP IN 2:25mins

COACHING TIP

90 seconds left of this workout. This is the last Ladder so focus your team on climbing as high as they can. 2 moves – coach them clearly early on to give yourself lots of connection time later in the track.

CONNECTION

The 15-second Sprinter Climber is a great chance to reconnect with your participants. It breaks up the Ladder and changes the pace to keep the energy up!

DRIVE

After the Sprint Climber it's not over. There's just under a minute left; give your team one more push to get them as high up the ladder as they can. "Your core might be burning but it's only gonna make you stronger!"

TECHNIQUE

CROSS-CLIMBER

- **Hands under shoulders in Plank position**
- **Back long and straight**
- **Abs braced**
- Pull knee towards opposite shoulder then step back to Plank
- Alternate knees

↓ OPTION: KNEELING CROSS-CLIMBER

Layer 2: Twist your hands into the floor to stabilize

PLANK WALK TO HOVER

- **Hands under shoulders in Plank position**
- **Back long and straight**
- **Abs braced**
- Walk down to Hover, forearms on floor
- Walk back up to Plank

↓ OPTION: ON YOUR KNEES

Layer 2: Brace tightly as you walk, to keep the hips as still as you can



GRIT ATHLETIC MUSIC

01.

WARM-UP

Use Strength Track 01 music
02.

ASCEND / DESCEND LADDER

Use Strength Track 02 music
03.

REPS LADDER

Use Strength Track 03 music
04.

Smoke Dance One (4:36)

DJ Shub feat. Frazer Sundown

© 2016 Independent.
Written by: Shub
05.

N.O Bounce (4:31)

Outside The Square

© 2020 Les Mills Music Licensing Ltd.
Written by: Pigott, Ross, McElroy
06.

Buckeye (4:31)

Downward Years

© 2020 Les Mills Music Licensing Ltd.
Written by: Newport, Langveld, van de Geer
07.

Trouble (4:31)

Wiwiek & Gregor Salto feat. MC Spyder

© 2015 Doorn/SpinninRecords exclusive license Hussle
Recordings division Ministry of Sound Australia.
Written by: Salto, Titus, Mahabali
08.

CORE LADDER

Use Strength Track 09 music
09.

OUTRO

Use Strength Track 10 music



L–R: Ben Main, James Thomas, Bas Hollander.

GRIT Athletic is nothing but pure fire this round! Revisiting an old friend and putting a fresh spin on it – these Tabata intervals will challenge you mentally and physically.

It's no secret in GRIT that we love the Tabata method! Not only will Tabata training make you fitter, but it also helps you burn more calories both during and after your workout. The reason this type of HIIT workout works so well is because of the work-to-rest ratio. Keeping it traditional for Release 32, you only get 10 seconds of rest between each 20-second bout of exercise.

Advanced options are also in there for those people in your class who love the extra challenge. As always, coach to your participants; everyone is at different fitness level, so it's all about achieving their personal best.

Enjoy!

Erin & the LES MILLS GRIT crew

CLASS SET-UP

Bench with 2 risers on each end, barbell with medium to heavy weights, 2 identical medium to heavy plates.

GRIT ATHLETIC CREDITS

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

Chief Creative Officer – Dr. Jackie Mills

Technical Consultants – Bryce Hastings, Andrew Newmarch and Rob Lee

Program Coach – Erin Maw

Production Coordinator – Ashlee Young

Special thanks to Ben Main, Bas Hollander and Rob Lee

GRIT ATHLETIC PRESENTERS

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

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 Les Mills International's Education Director, based in Auckland.

James Thomas (United States) is a LES MILLS GRIT, LES MILLS BARRE and LES MILLS SPRINT Trainer/Presenter and an RPM Presenter. He works for Les Mills US where he is a Customer Experience Specialist overseeing regional partnerships for New Jersey and New York.

RELEASE FEEDBACK

Tell us what you think of this release. Visit lesmills.com/release-feedback



The Bonus Athletic Block is a different structure to Strength and Cardio: 4 tracks that are mixed together with GRIT Strength 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 (for workshops and club launches please make sure you are following this format):

- TRACK 1: STRENGTH 32 – WARM-UP
- TRACK 2: STRENGTH 32 – ASCEND / DESCEND LADDER
- TRACK 3: STRENGTH 32 – REPS LADDER

THE BONUS ATHLETIC BLOCK

- TRACK 4: TABATA 1
- TRACK 5: TABATA 2
- TRACK 6: TABATA 3
- TRACK 7: TABATA 4
- TRACK 8: STRENGTH 32 – CORE LADDER

MIX and MATCH

For maximum member experience and class variety there is an option to combine GRIT Cardio and **GRIT Athletic**, here’s the format:

- TRACK 1: CARDIO 32 – WARM-UP
- TRACK 2: CARDIO 32 – ASCEND / DESCEND LADDER
- TRACK 3: CARDIO 32 – REPS LADDER

THE BONUS ATHLETIC BLOCK

- TRACK 4: TABATA 1
- TRACK 5: TABATA 2
- TRACK 6: TABATA 3
- TRACK 7: TABATA 4
- TRACK 8: CARDIO 32 – CORE LADDER



04. TABATA 1

TRACK SET-UP: 8 rounds, 20 seconds on, 10 seconds off, focusing on maximum effort alternating power movements.

Exercise	
0:00	Set up and demonstrate first move: Plyo Sumo Bench Jump
0:29	Plyo Sumo Bench Jump
0:51	Recovery
1:01	Power Burpee on bench
1:19	Recovery
1:29	Plyo Sumo Bench Jump
1:51	Recovery
2:01	Power Burpee on bench
2:19	Recovery
2:29	Plyo Sumo Bench Jump (Advanced: Plyo Sumo Bench Jump with Plate Punch)
2:51	Recovery
3:01	Power Burpee on bench (Advanced: Power Burpee on bench with Vertical Jump)
3:19	Recovery
3:30	Plyo Sumo Bench Jump (Advanced: Double Plate Plyo Sumo Bench Jump)
3:51	Recovery
4:01	Power Burpee on bench (Advanced: Power Burpee on bench with Vertical Jump)
4:18	Recovery



04. SMOKE DANCE ONE 4:36mins

COACHING TIP

The Athletic Block is all about Tabata! That means short working sets, so we go hard every round! Straight out of the block, we hit a huge move so coach great knee alignment and a soft landing to keep technique on point.

CONNECTION

Repetition of the first 2 moves gives you time to get on the floor and check in with your team. Ensure you set up the advanced options from the front with a great ‘say and do’ demonstration.

HIIT SCIENCE

Propulsion moves are a great way to drive up the intensity. To get the most out of Plyo Sumo Bench Jumps, we should aim to keep the load in the muscles rather than the joints. When we are on the bench in a more narrow stance the knees should track forward, compared to jumping into a Wider Squat the knees are directed out. This ensures the knees are aligned with the feet in each position.

DRIVE

The advanced options give this track some real energy! Use your physicality and think about massive explosive jumps over speed to hit the authentic feel of the track.

TECHNIQUE

PLYO SUMO BENCH JUMP

- Straddle bench, both feet on floor
- Bend knees, jump and kick off bench to jump high
- Land straddling bench, knees out over toes
- **Soft knee landing**
- **Chest up, abs braced**

↓ OPTION: PLYO SUMO JUMP WITHOUT THE BENCH

Layer 2: Use the bench like a springboard to kick high into the air

PLYO SUMO BENCH JUMP WITH PLATE PUNCH

- Plate on collarbones
- Punch and pull plate over head as you jump
- **Soft knee landing**
- **Abs braced**

DOUBLE PLATE PLYO SUMO BENCH JUMP

- Hold both plates low as you jump

POWER BURPEE

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

↓ OPTIONS: ON FLOOR OR WALK FEET FORWARD AND BACK

Layer 2: Use the abs and hip flexors to snap the feet up onto the bench!

POWER BURPEE WITH VERTICAL JUMP

- From the Squat, jump up from the floor/bench
- Land softly on the floor/bench
- **Whole foot lands on the bench**



05. TABATA 2

TRACK SET-UP: 8 rounds, 20 seconds on, 10 seconds off, focusing on maximum effort alternating agility movements.

Exercise	
0:00	Set up and demonstrate first move: L-Step (L)
0:30	L-Step (L)
0:49	Recovery
0:58	L-Step (R)
1:20	Recovery
1:29	L-Step (L)
1:50	Recovery
2:00	L-Step (R)
2:21	Recovery
2:30	Snowboarder (x3), Shuffle Tap (L), Snowboarder (x3), Shuffle Tap (R)
2:49	Recovery
3:00	Snowboarder (x3), Shuffle Tap (L), Snowboarder (x3), Shuffle Tap (R)
3:19	Recovery
3:29	Snowboarder (x3), Shuffle Tap (L), Snowboarder (x3), Shuffle Tap (R)
3:50	Recovery
3:59	Snowboarder (x3), Shuffle Tap (L), Snowboarder (x3), Shuffle Tap (R)
4:20	Recovery



05. N.O BOUNCE 4:31mins

COACHING TIP

Tabata 2 is an agility test. Speed of movement is the goal so a clear set-up of the 'L-Step' pattern is key. See how Bas spends time coaching the footwork as he moves to help his team pick it up quickly.

CONNECTION

Agility training is a great time to connect with the sports feel of the moves. Visualizing shooting or dunking a ball on the L-Step will keep the track fun and challenging.

DRIVE

Use the last 2 sets to really drive up the heart rate up. Encourage your team to move fast in the Snowboarder and Shuffle Tap. Challenge them to beat the person next to them, to keep them going to the end of the track.

HIIT SCIENCE

Tabata training is a great way to shift our anaerobic threshold. The 2-to-1 work-to-rest ratio means each 20-second interval builds on the intensity of the previous one. This means that by the end of the block, we have generated significant anaerobic demands, which is a great way to improve fitness levels.

TECHNIQUE

L-STEP

- **Jump outside, double jump, outside, inside**
- From back of bench, leap to the right of bench
- Leap forward off same leg
- Land on both feet; jump up then jump back
- Leap back to the start and repeat
- **Soft knee landing, knees tracking over toes**
- **Abs braced**

Layer 2: Think basketball. Cross-over, step, then jump for the 3-pointer!



SNOWBOARDER, SHUFFLE TAP

- Jump and twist 3 times
- **Both feet take off and land**
- Twist whole body as one
- Knees out
- **Brace abs**
- Shuffle to front of bench
- Bend knees to tap bench
- **Chest lifted**

Layer 2: Stay low in the Tap – imagine stealing the ball from your opponent



06. TABATA 3

TRACK SET-UP: 8 rounds, 20 seconds on, 10 seconds off – focusing on maximum effort alternating strength movements.

<i>Exercise</i>	
0:00	Set up and demonstrate first move: Descending Bolt Pushup on bench
0:30	Descending Bolt Pushup on bench
0:50	<i>Recovery</i>
1:00	Descending Bolt Pushup on bench
1:20	<i>Recovery</i>
1:31	Barbell Sprinter Lunge (L leg)
1:50	<i>Recovery</i>
2:01	Barbell Sprinter Lunge (R leg)
2:21	<i>Recovery</i>
2:29	Barbell Sprinter Lunge (L leg)
2:49	<i>Recovery</i>
3:00	Barbell Sprinter Lunge (R leg)
3:19	<i>Recovery</i>
3:30	Descending Bolt Pushup on bench (Advanced: Descending Bolt Pushup on bench with Alternating Knee Tap)
3:50	<i>Recovery</i>
4:00	Descending Bolt Pushup on bench (Advanced: Descending Bolt Pushup on bench with Alternating Knee Tap)
4:19	<i>Recovery</i>



06. BUCKEYE 4:31mins

COACHING TIP

Explosive strength training! Big moves to give the upper body, core and legs some serious conditioning. Coach the Pushup options early to keep everyone in the workout; this one is tough!

CONNECTION

The 4 Sprinter Lunge blocks back-to-back give you a great chance to set up the move before spending some quality time on the floor. Scan the room from the front and get out to those members who need you at this stage of the workout. That’s where your best coaching will happen!

DRIVE

The last 20 seconds is about pushing your limits and hitting that 10/10 effort level. Get more intense with your vocals to match the moves and don’t let anyone quit! They will thank you for it at the end.

HIIT SCIENCE

Lunging off the bench allows us to achieve better depth. This is because there is less tension in the hip flexors in the rear leg. This tension is often a limiting factor when trying to achieve 90-degree flexion in the front leg.

TECHNIQUE

DESCENDING BOLT PUSHUP

- Hands slightly wider than shoulders
- Feet on bench
- Sit hips back to heels
- Bolt forward and lower into Pushup
- **Chest to elbow height**
- **Abs braced, back long and straight**

↓ OPTION: FEET ON FLOOR

↓ OPTION: HANDS ON BENCH

↑ OPTION: ALTERNATING KNEE TAP ON LAST 2 SETS

Layer 2: Pounce your body forward and feel the force needed to drive your body back! This builds an explosive upper body



WITH TAP

BARBELL SPRINTER LUNGE

- Barbell on meaty part of back
- Both feet start on bench
- Long stride back to Lunge
- **Back knee towards the floor**
- Drive off the bench and lift knee up to waist height
- **Front knee out**
- **Chest stays lifted**
- **Abs braced**

↓ OPTION: NO BENCH

Layer 2: Like a sprinter, step back onto the blocks then explode out with the Knee Lift. Load then drive!





07. TABATA 4

TRACK SET-UP: 8 rounds, 20 seconds on, 10 seconds off – focusing on maximum effort alternating speed movements.

<i>Exercise</i>	
0:00	Set up and demonstrate first move: Forward Heisman on bench
0:29	Forward Heisman on bench (L+R)
0:50	<i>Recovery</i>
1:00	Shuttle Run OTS
1:20	<i>Recovery</i>
1:30	Forward Heisman on bench (L+R)
1:50	<i>Recovery</i>
2:00	Shuttle Run , travel F+B
2:20	<i>Recovery</i>
2:30	Forward Heisman on bench (L+R)
2:51	<i>Recovery</i>
3:00	Narrow / Wide Shuttle Run OTS (no set number of narrow/wide – minimum of 4)
3:21	<i>Recovery</i>
3:30	Forward Heisman on bench (L+R)
3:50	<i>Recovery</i>
4:00	Narrow / Wide Shuttle Run , travel F+B
4:20	<i>Recovery</i>



07. TROUBLE 4:31mins

COACHING TIP

We alternate speed movements for the final Tabata challenge. Coach great footwork then encourage an explosive knee drive in the Forward Heisman. This will give the class a true Athletic feel.

CONNECTION

Use the recoveries to praise, praise and praise! Positive motivators and letting them know it's OK to feel your max will keep your team with you until the finish.

DRIVE

Force yourself into the red zone! Embrace that uncomfortable feeling. You will feel so good when you come out of the other side!

HIIT SCIENCE

Staying on the balls of the feet in these moves helps generate speed. This focus ensures the Calf and Achilles unit is locked in a flexed position, eliminating movement at the ankle which would slow us down.

TECHNIQUE

FORWARD HEISMAN

- **Step on, off, off. Alternating the leg stepping on the bench**
- Land one foot on bench, opposite knee and arm drive forward
- **Knees soft**
- 2 quick steps off the bench, then snap back on with the other foot
- **Full foot on bench**
- **Chest lifted, abs braced**

Layer 2: Accelerate the arms and legs to break away from your opponent!



SHUTTLE RUN OTS

- **Shuttle feet fast on the spot**
- **Stay on the balls of your feet**
- **Keep knees soft**
- **Feet just off the floor**
- **Chest up, abs braced**

Add travel forward and back

- In the Shuttle Run travel the length of the bench then back

Add feet narrow / wide

- 4 Shuttles narrow, 4 Shuttles wide

Add narrow / wide and forward and back

Layer 2: How quickly can you break contact with the floor? Speed equals results!



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 straight forward 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.

