

LES MILLS GRIT 33

GRIT STRENGTH

MUSIC AND CREDITS

01. WARM-UP

02. EMOM

03. GIANT SUPERSETS

04. 2:01:01

05. EMOM

06. CORE

GRIT CARDIO

MUSIC AND CREDITS

01. WARM-UP

02. EMOM

03. GIANTS

04. 2:01:01

05. PYRAMID

06. EMOM

07. CORE

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LES MILLS GRIT 33

GRIT ATHLETIC

MUSIC AND CREDITS

03. TRI SET 1

04. TRI SET 2

05. TRI SET 3

07. ATHLETIC KICKER

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GRIT STRENGTH MUSIC

01.

Power (3:28)
Kanye West
Courtesy of the Universal Music Group.
Written by: Fripp, Giles, Lake, McDonald, Sinfield, West, Bernheim, Bergman, Lang

02.

Now Til Infinity (3:32)
GRiZ
© 2019 GRiZ.
Written by: Kwiecinski

03.

'Bout To Get Real (2:24)
7kingZ
© 2019 Digitalpressure/Peer Southern Productions US.
Written by: Bissell, Morgan

Making History (2:21)
Aaron Cole
© 2018 Gotee Records.
Written by: Cole, Olds

'Bout To Get Real (1:41)
7kingZ
© 2019 Digitalpressure/Peer Southern Productions US.
Written by: Bissell, Morgan

Making History (0:59)
Aaron Cole
© 2018 Gotee Records.
Written by: Cole, Olds

'Bout To Get Real (1:21)
7kingZ
© 2019 Digitalpressure/Peer Southern Productions US.
Written by: Bissell, Morgan

Making History (1:25)
Aaron Cole
© 2018 Gotee Records.
Written by: Cole, Olds

04.

Mambara (1:25)
Daddy's Groove & Mariana BO
© 2019 SPRS / SpinninRecords.com.
Written by: Unknown

Making Moves (1:20)
Oh The Larceny
© 2019 Position Music.
Written by: Wells, Burnett

Mambara (1:21)
Daddy's Groove & Mariana BO
© 2019 SPRS / SpinninRecords.com.
Written by: Unknown

Making Moves (1:26)
Oh The Larceny
© 2019 Position Music.
Written by: Wells, Burnett

05.

Azumba (4:32)
Shade
© 2020 Les Mills Music Licensing Ltd.
Written by: Unknown

06.

1988 (The Allergies Remix) (2:05)
Roast Beatz feat. Koaste
© 2016 Breakbeat Paradise Recordings.
Written by: Rhodes, Koaste

07.

Pearl Magnolia (3:25)
Alexander Lewis feat. Brasstracks,
Armani White & Bxrber
© 2018 Lowly.
Written by: Lewis, Rosenberg, Tolbert, Barber



L–R: Erin Maw, Reagan Kang, John Nicodemus

Hey guys! LES MILLS GRIT Strength 33 is literally set to rock your socks off! Release 32 had a really creative structure, so we have flipped it – a simple structure to give your class an opportunity to pick up and perform the movement patterns well, before applying power and speed to get that amazing heart rate kick! Heads up – those EMOMs are fire!

Every GRIT release is designed to be challenging and to get your members working harder and faster than they usually would outside of this class. So let's really encourage those extra reps and lift in intensity to make sure they get the true HIIT effect and all the benefits that come from it! Enjoy!

Erin and 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 can feel successful.

GRIT STRENGTH CREDITS

Creative Director – Les Mills Jnr

Lead Creative – Erin Maw

Creative Consultants – Corey Baird and Ezra Fantl

Chief Creative Officer – Dr. Jackie Mills

Technical Consultants – Bryce Hastings, Andrew Newmarch and Rob Lee

Program Coach – Erin Maw

Production Coordinator – Ashlee Young

GRIT STRENGTH PRESENTERS

Erin Maw (New Zealand) is a LES MILLS GRIT, BODYCOMBAT™, BODYJAM™, LES MILLS BARRE™ 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.

John Nicodemus (New Zealand) is a LES MILLS GRIT Coach/Presenter and a LES MILLS CEREMONY™ and LES MILLS CONQUER™ Instructor. He is based in Auckland.

Reagan Kang (Malaysia) is a LES MILLS GRIT Trainer, a BODYCOMBAT, CXWORX and RPM™ Instructor, and a BODYPUMP™ Trainer. He is also a Les Mills Ambassador for BODYCOMBAT, BODYPUMP and LES MILLS GRIT. He is based in Singapore.

RELEASE FEEDBACK

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



01. WARM-UP

EQUIPMENT: Moderate to heavy barbell and two free weight plates of the same size.

<i>Exercise</i>	
0:05	Torso Rotation (L+R)
0:17	Backward-Stepping Lunge with Rotational Twist (L+R)
0:30	Air Squat
0:42	Barbell Backward-Stepping Lunge (L+R)
1:07	Barbell Squat
1:20	Barbell Squat with Heel Raise
1:32	x1 Barbell Row , x1 High Pull
1:57	Barbell Clean & Press
2:22	Barbell Squat
2:34	Barbell Squat with Heel Raise
2:47	Burpee , x2 Pushup , x1 Squat Jump
3:24	<i>Recovery</i>



01. POWER 3:28mins

CONNECTION

GRIT Strength 33 has some great twists on old structures. This Warm-up really gives you the chance to get everyone comfortable with the barbell early! Simple coaching and great movement will get the heart rate up and the barbell patterns nailed for the rest of the workout

TECHNIQUE

BACKWARD-STEPPING LUNGE WITH ROTATIONAL TWIST

- **Feet under hips**
- **Long step back**
- Back knee towards floor
- **Twist from center of the chest**
- Front thigh parallel to floor
- **Front knee out to track middle of foot**
- **Chest lifted, hips square, abs braced**

AIR SQUAT

- **Feet just outside hip-width**
- **Hips back and down**
- **Knees out over toes**
- Butt to knee height
- **Chest lifted**

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 middle of foot**
- **Chest lifted, abs braced**

BARBELL SQUAT

- Bar on meaty part of upper back
- Feet just outside hip-width
- **Hips back and down**
- **Knees out over toes**
- Butt to knee height
- Chest lifted
- **Abs braced**
- Elbows under bar

Add HEEL RAISE

- **Squeeze glutes** coming out of Squat and lift heels off floor

BARBELL ROW

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

BARBELL HIGH PULL

- Pull bar up to lower chest, elbows wide/lead
- **Keep bar close to the body**
- Extend through hips

BARBELL CLEAN & PRESS

- **Lead with elbows**
- **Keep bar close to body**
- Clean bar to collar bones
- **Brace abs**
- **Drive from legs to press bar overhead**
- **Elbows slightly forward of face in press**
- Catch at collarbones, return to thighs
- Soft knees

BURPEE, PUSHUP, SQUAT JUMP

- Squat, jump feet back to Plank, 2x Pushup, Squat, jump up
- **Feet outside hip-width**
- Butt back and down just above knee line
- Use the Squat to transition
- Chest lifted
- **Abs braced as feet jump back**
- **Hands under shoulders**
- **Back long, strong and straight**
- Pushup, **chest to elbow height**
- **Soft knee landing in Jump**

↓ OPTION: PUSHUP ON KNEES



02. EMOM

TRACK SET-UP: 3 minutes, 2 moves every minute, last 10 seconds of every minute is a static Squat Hold.

Exercise	
0:00	Set up and demonstrate moves: Burpee x12, Plate Squat Press, Heel Raise x12
0:22	Begin EMOM x12 Burpee x12 Plate Squat Press, Heel Raise
1:15	10-second Squat Hold with Plate
1:23	Begin EMOM x12 Burpee x12 Plate Squat Press, Heel Raise
2:14	10-second Squat Hold with Plate
2:25	Begin EMOM x12 Burpee x12 Plate Squat Press, Heel Raise
3:16	10-second Squat Hold with Plate
3:24	Recovery



02. NOW TIL INFINITY 3:32mins

COACHING TIP

First working track. This EMOM is designed to get everyone in the HIIT zone early with Burpees and Squat Press with Heel Raise for time. Clearly set up both moves with the number of reps so people can get into their workout early. The challenge is the static hold. You can coach this towards the end of the EMOM as a surprise, just like Reagan did in the Masterclass. This allows your initial set-up to be super clear.

CONNECTION

With 3 identical rounds, set 2 is a great time to connect – both at the front and on the floor. Connect through your coaching and encourage people to move with explosive power to get rest before the bell and the static hold.

DRIVE

In set 3 it's time to chase the intensity! Role-model great range and athleticism in the Squat phase of each move from the front to keep people honest in the workout. Keeping the range in the reps will help them to get the results they came for!

HIIT SCIENCE

Our GRIT testing indicates that the first working track is key to getting the most out of a 30-minute HIIT session. Pushing into a maximum training intensity with these compound, big-bang exercises for 3 minutes will determine the overall benefits of this workout.

TECHNIQUE

BURPEE

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

↓ OPTION: NO JUMP

Layer 2: Whip the hips during the Plank to Squat phase to keep the intensity high

PLATE SQUAT PRESS HEEL RAISE

- **Feet outside hip-width**, plate at collarbones
- Squat, butt down to knee height, chest lifted
- **Butt back and down, knees out over toes**
- Triple extend to lift heels and push plate over head
- Squeeze glutes to extend, plate slightly forward
- **Brace abs**

Layer 2: Use the momentum in your legs to drive the plate to the ceiling. That's where you get athletic power

SQUAT HOLD WITH PLATE

- Drop into a Squat and hold
- Plate extended at shoulder height
- Knees out over toes
- Chest lifted, abs braced



03. GIANT SUPERSETS

TRACK SET-UP: 2 rounds, 2 minutes then 4 rounds, 1 minute working from explode to load.

Exercise	
0:00	Set up and demonstrate first move: Squat Jump
0:25	Begin Giant Set Squat Jump
0:55	Lateral Pushup (L+R)
1:25	Barbell Squat with Heel Raise
1:54	Barbell Push Press
2:23	Recovery
2:23	Set up and demonstrate first move: Power Lunge (L+R)
2:45	Begin Giant Set Power Lunge (L+R)
3:17	Side Climber (L+R)
3:44	Barbell Backward-Stepping Lunge (L+R)
4:16	Barbell Clean & Press
4:44	Recovery
4:44	Set up and demonstrate first move: Squat Jump
5:03	Begin Superset Squat Jump
5:35	Barbell Squat with Heel Raise
6:03	Recovery
6:03	Set up and demonstrate first move: Lateral Pushup (L+R)
6:25	Begin Superset Lateral Pushup (L+R)
6:55	Barbell Push Press
7:23	Recovery
7:23	Set up and demonstrate first move: Power Lunge (L+R)
7:44	Begin Superset Power Lunge (L+R)
8:16	Barbell Backward-Stepping Lunge (L+R)
8:45	Recovery
8:45	Set up and demonstrate first move: Side Climber (L+R)
9:06	Begin Superset Side Climber (L+R)
9:36	Barbell Clean & Press
10:05	Recovery



03. ‘BOUT TO GET REAL / MAKING HISTORY 10:11mins

COACHING TIP

Explode-to-load training. We work 4 moves back-to-back in the first 2 Giant Sets: 2 explode body weight then 2 loaded with the bar. The next 4 sets are 1-minute Supersets, 2 moves, explode to load back-to-back. Clear set-up in each set will keep the class engaged. This is an awesome training track so use the explode-to-load training principles to keep the variety in a long challenging track.

CONNECTION

In the Supersets, the class have already seen the moves. This allows you to connect through educating them about how to move better. Get on the floor and encourage more intensity in the shorter Supersets to connect the class to the workout.

DRIVE

In the last few sets you need to go there physically! Be a role model and go hard. This will change the intensity in your vocals and your class will know you are going hard with them!

HIIT SCIENCE

One of the most effective ways to drive intensity is to maximize the rate of force production in our power muscles. This is what produces explosive movements and facilitates type 2 muscle fiber activation as a result of the intensity.

TECHNIQUE

SQUAT JUMP

- **Feet outside hip-width, knees out over toes**
- Butt to knees
- Bend knees then jump
- Arms over head in Jump
- **Abs braced**
- **Soft knee landing**
- Chest lifted

↓ OPTION: SQUAT HEEL RAISE

Layer 2: Swing the arms for more momentum in the Jump

LATERAL PUSHUP

- Pushup, walk hands to one side; Pushup, walk hands to other side
- **Chest to elbow height**
- **Back long and straight**
- Anchor feet to floor
- **Abs braced**

↓ OPTION: PUSHUP ON KNEES

Layer 2: Drop quickly by squeezing the shoulder blades back then drive into the next rep

BARBELL SQUAT WITH HEEL RAISE

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

Layer 2: Build torque in the upper body by keeping the shoulders back and down and elbows pulling forward of the 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: Utilize the dip in the legs to punch the bar to the ceiling!

POWER LUNGE

- Split the feet, big step back
- Bend knees, front thigh parallel to floor
- Jump and switch legs
- Swing arms over head
- **Soft knee landing in the Lunge**
- Chest lifted, abs braced

↓ OPTION: BACKWARD-STEPPING LUNGE

Layer 2: Keep the front knee out to engage the glutes. Generating power from the hips for more height



03. ‘BOUT TO GET REAL / MAKING HISTORY 10:11mins

SIDE CLIMBER

- From Plank position
- Jump both knees outside elbows
- Jump back to Plank
- Alternate sides
- **Brace abs when jumping back to Plank**

↓ OPTION: SINGLE-LEG SIDE CLIMBER

Layer 2: Integrated core work. Upper body pressure by pushing hard into the floor. Explosive core work with fast feet!

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 middle of foot**
- **Chest lifted, abs braced**

Layer 2: Continuous movement to keep the legs loaded, keep knees soft and push straight into the next rep

BARBELL CLEAN & PRESS

- **Lead with elbows**
- **Keep bar close to body**
- Clean bar to collar bones
- **Brace abs**
- **Drive from legs to press bar overhead**
- **Elbows slightly forward of face in press**
- Catch at collarbones, return to thighs
- Soft knees

Layer 2: Build momentum by snapping the bar up from the bottom of the rep!



04. 2:01:01

TRACK SET-UP: Four 1-minute sets, first 2 sets are drop sets, second 2 sets are flipped into Pyramids, dropping every 20 seconds.

Exercise	
SET 1:	
0:00	Set up and demonstrate moves: x1 Barbell Row , x1 Barbell Drop Squat Clean
0:24	x1 Barbell Row , x1 Barbell Drop Squat Clean
0:43	Barbell Drop Squat Clean
1:06	Barbell Row
1:24	Recovery
SET 2:	
1:24	Set up and demonstrate moves: x1 Double Plate Wide Fly , x1 Squat Jump
1:46	x1 Double Plate Wide Fly , x1 Squat Jump
2:04	Squat Jump
2:24	Double Plate Wide Fly
2:44	Recovery
SET 3:	
2:44	Set up and demonstrate move: Barbell Row
3:04	Barbell Row
3:24	Barbell Drop Squat Clean
3:47	x1 Barbell Row , x1 Barbell Drop Squat Clean
4:04	Recovery
SET 4:	
4:04	Set up and demonstrate move: Double Plate Wide Fly
4:26	Double Plate Wide Fly
4:45	Squat Jump
5:00	x1 Double Plate Wide Fly , x1 Squat Jump
5:24	Recovery



04. MAMBARA / MAKING MOVES 5:32mins

COACHING TIP

Starting with a two move combo, then we split the moves for 20 seconds each before rest. The first set is about clarity in each part of the round. Let them know that the Drop Squat Clean sequence is the toughest move, so they won't check out before the end of the round. It's the same in the next set where the Squat Jump is the toughest part. Coaching them through this is key to keeping intensity in all sets. We flip it in sets 3 and 4, but the tough part is still the middle 20 seconds of each set!

CONNECTION

Get on the floor after the combo as the class will now know the moves. This gives you loads of time to connect. Praise the effort as people start to reach fatigue point. Let them know that this is what HIIT training is all about!

DRIVE

Sets 3 and 4 are when we need to drive our participants to work harder. Bring in challenging cues like "GRIT Strength is cardio with resistance. Can you keep repping?!" Driving the class at this point will make them feel awesome at the recovery.

HIIT SCIENCE

This track uses two contrasting concepts to maintain intensity. These are variety and familiarity. The variety comes from flipping the order of the exercises, which keeps us engaged. The familiarity comes from the repeated movement patterns, which allows us to maximize effort in each block.

TECHNIQUE

BARBELL ROW

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

Layer 2: Squeeze the elbows tightly to maximize muscle activation

BARBELL DROP SQUAT CLEAN

- Feet under hips
- Clean barbell to collarbones while dropping into a Squat
- **Bar close to body**
- **Lead with elbows**
- Feet outside hip-width
- Hips back and down
- **Abs braced**
- Butt to knee height
- **Knees out over toes, chest lifted**
- Jump feet under hips, return bar to thighs

Layer 2: Drop fast to challenge the load on the legs. This will build explosive power

↓ OPTION: NO JUMP

DOUBLE PLATE WIDE FLY

- **Tip forward from the hips**
- **Fly plates wide to shoulder height**
- **Abs braced**
- **Chest lifted**

Layer 2: Pull the plates even wider to shape your shoulders

SQUAT JUMP

- Feet outside hip-width, **knees out over toes**
- Bend knees then jump
- Plates against outer thighs
- **Abs braced**
- **Soft knee landing**
- **Chest lifted**

↓ OPTION: SQUAT HEEL RAISE

Layer 2: Drive the knees out more as you sink down, then use the glutes to power into the air!



05. EMOM

TRACK SET-UP: 4 minutes, every minute on the minute, using the 2 moves from the first EMOM and alternating them each minute. Count reps in round 1 and that is the target reps for the next 3 rounds. 10-second static hold at 50 seconds.

Exercise	
0:00	Set up and demonstrate move: Burpee – <i>Aim for a minimum of 15 reps</i>
0:25	Begin Minute 1 Burpee
1:15	10-second Squat Hold with Plate
1:25	Begin Minute 2 – <i>Aim for same number of reps as Minute 1</i> Plate Squat Press with Jack
2:15	10-second Squat Hold with Plate
2:25	Begin Minute 3 – <i>Aim for same number of reps as Minute 1</i> Burpee
3:15	10-second Squat Hold with Plate
3:25	Begin Minute 4 – <i>Aim for same number of reps as Minute 1</i> Plate Squat Press with Jack (Advanced Option: Squat Jump with Overhead Press)
4:15	10-second Squat Hold with Plate
4:25	<i>Recovery</i>



05. AZUMBA 4:32mins

COACHING TIP

One final challenge! Almost the same moves from the first EMOM but we focus on one move each minute. The challenge is to count your reps in set 1 then match them for the next 3! Use your set-up to explain this and keep coaching the numbers to set a high target for the rest of the track. Minute 1 is where you need to set the challenge in the room.

CONNECTION

Erin gives a minimum number of reps to challenge the class in Minute 1. This is a great way connect early on. If you know your class well, you can challenge them and create competition in the room. For your new members, encourage and praise their efforts to keep them engaged when the going gets tough.

DRIVE

You need to be pumped and energized to keep the energy in the room. See how Erin shows excitement and is absolutely loving it! This can be infectious and will push your team to reach targets they could never get without you! This is what GRIT is all about.

HIIT SCIENCE

Just as the intensity of the first track defines the workout, the last track is key to generating the changes we expect from HIIT. Pushing high intensities when fatigued is the key to shifting fitness and changing body composition.

TECHNIQUE

BURPEE

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

↓ OPTION: NO JUMP

Layer 2: Land low in the Squat after every jump to keep the load and intensity in the Burpee!

PLATE SQUAT PRESS WITH JACK

- Feet under hips
- Plate at collarbones
- Drop into a Squat, feet wide
- Hips back and down
- **Chest lifted**
- Jump back to feet under hips and press plate over head
- **Abs braced**
- **Plate slightly forward of head**

↓ OPTION: SQUAT PRESS

Advanced option: **SQUAT JUMP WITH OVERHEAD PRESS**

- Press plate over head as you jump
- **Soft knee landing in Squat**

SQUAT HOLD WITH PLATE

- Drop into a Squat and hold
- Plate extended at shoulder height
- **Knees out over toes**
- **Chest lifted, abs braced**



06. CORE

TRACK SET-UP: 100 reps of 2 moves, 50 reps of each move broken up however you want to. The goal is to reach 100 reps before the music fades.

<i>Exercise</i>	
0:00	Set up and demonstrate moves: Cross Crawl (L+R) (1 for 1) x50, Plate Pulse x50
0:29	x50 Cross Crawl (L+R) (1 for 1) x50 Plate Pulse If reps are completed before the countdown, either hold a Hover or your favorite stretch
2:01	<i>Recovery</i>



06. 1988 2:05mins

COACHING TIP

Two moves, 100 reps. This time the class can decide how to split their reps to reach 100. Be clear in the set-up about the class having autonomy and mention it again during the first minute. Reagan gives some examples of how to split the reps to remind the class they have this option.

CONNECTION

Once you've set up the moves, use your time to really look around the room and see who needs you. Get on the floor and encourage, praise and make sure everyone is clear about the workout plan. People are tired at this point so don't be surprised if they miss it in the set-up. It's your job to spot these people and get them back in the game.

DRIVE

When the 100 reps are complete, we hold a Hover until the music is finished! This cheeky little kick at the end allows everyone to work towards reaching the finish line. Now is the time to keep people in the Hover, so don't let them off easily. Use names of the regulars and challenge them to stay in the workout until the music ends.

TECHNIQUE

CROSS CRAWL

- Knees above hips, fingertips to temples
- **Extend one leg and rotate shoulder towards opposite knee**
- **Twist from mid-chest**
- **Chin tucked in, lower back towards floor**

↓ OPTION: TAP TOES DOWN

Layer 2: Keep the elbows wide to encourage twisting from the mid-chest

PLATE PULSE

- Legs extend straight up, **lower back to floor**
- Plate in hands, arms straight
- **Crunch ribs to hips**
- Aim plate towards feet
- **Chin tucked in**

↓ OPTION: NO PLATE

Layer 2: Bridge the gap between ribs and hips to strengthen your core

HOVER

- **Elbows under shoulders**
- **Back long, strong and straight**
- **Abs braced**

↓ OPTION: ON KNEES



GRIT CARDIO MUSIC

01.

Got Me (3:25)

Atomic Drum Assembly

© 2019 Island Life Recordings.
Written by: Unknown
02.

Magalenha (3:30)

Simon Fava & Gregor Salto feat. Sergio Mendes

© 2017 SPRS / SpinninRecords.com
Written by: Brown
03.

Within Sight (2:10)

Noam Dee

© 2020 Les Mills Music Licensing Ltd.
Written by: Fairley
- 1995** (2:05)

Bunji Garlin

Courtesy of VP Music Group.
Written by: Alvarez
- Within Sight** (2:05)

Noam Dee

© 2020 Les Mills Music Licensing Ltd.
Written by: Fairley
- 1995** (2:09)

Bunji Garlin

Courtesy of VP Music Group.
Written by: Alvarez
04.

Flicks and Tricks (1:29)

NOAM DEE

© 2020 Les Mills Music Licensing Ltd.
Written by: Fairley
- Ni de Coña** (1:25)

Wiwiek & Mike Cervello

© 2017 Barong Family.
Written by: Mahabali, Herssens
- Flicks and Tricks** (1:26)

NOAM DEE

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Written by: Fairley
- Ni de Coña** (1:29)

Wiwiek & Mike Cervello

© 2017 Barong Family.
Written by: Mahabali, Herssens
05.

Breaking Fire (1:25)

NOAM DEE

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Written by: Fairley
06.

Rumbra (4:30)

KANDY & Olly James

© 2015 Brooklyn Fire.
Written by: Schuppel, Purvis
07.

Catch My Breath (2:03)

Confidence Man

© 2018 Amplifire Music.
Written by: Hales, Moore, Stephenson
08.

OUTRO

Use Strength Track 07 music



L–R: Natasha Vincent, Kenshin Tani, Ben Main

Hey guys! LES MILLS GRIT Cardio 33 is literally set to rock your socks off! Release 32 had a really creative structure, so we have flipped it – a simple structure to give your class an opportunity to get playful with some of the moves. As always Advanced Options are simply that – options for those super fit members hungry for that next-level challenge. You have the choice whether to teach them to your class or not.

Every GRIT release is designed to be challenging and to get your members working harder and faster than they usually would outside of this class. So let's really encourage those extra reps and lift in intensity to make sure they get the true HIIT effect and all the benefits that come from it! Enjoy!

Erin and 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 can feel successful.

GRIT CARDIO CREDITS

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RELEASE FEEDBACK

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



01. WARM-UP

Exercise	
0:05	Roll out wrists
0:12	Squat with Rotation (L+R)
0:29	Run OTS
0:52	Inchworm
1:26	Mountain Climber (L+R)
1:38	Mountain Climber faster (L+R)
1:49	Set up Lizard Pushup (L+R)
2:00	Slow Lizard Pushup (L+R)
2:12	Lizard Pushup (L+R)
2:35	Double Hop (L+R)
2:46	Double Hop with High Knee (L+R)
2:58	Single Lateral High Knee Skater (L+R)
3:09	Single Lateral Skater (L+R)
3:20	<i>Recovery</i>



01. GOT ME 3:25mins

CONNECTION

As Tash says, GRIT Cardio 33 is all about bringing your personal best! There's lots of different challenges in this awesome structure. Bring the hype from the start to get the heart rate up, then get more technical for the Lizard Pushup. This will help the class nail the move later in the workout.

TECHNIQUE

SQUAT WITH ROTATION

- Feet just outside hip-width
- Hips back and down
- **Knees out over toes**
- Butt to knee height
- **Chest lifted**
- **Abs braced**
- Rotate at the top of each Squat
- **Hips square to front**
- **Rotate from center of chest**

RUN OTS

- Chest lifted
- Abs braced
- Knees up to waist height

INCHWORM

- Squat down
- Walk out to Plank
- **Brace abs**
- Walk back to Squat
- Stand 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

LIZARD PUSHUP

- Start in Bear Crawl
- **Abs braced**
- **Elbow to chest level**
- **Knees under hips, hands under shoulders**
- Step one hand and opposite knee forward
- Knee wide, outside, towards the elbow
- Drop into Pushup
- Front arm wide, back arm narrow
- Push out of Pushup back to Bear Crawl



DOUBLE HOP

- 2 Hops one side, then alternate
- **Knees soft**
- **Abs braced**

Add HIGH KNEE

- Lift your knee up to hip height

SINGLE LATERAL HIGH KNEE SKATER

- Knee to waist height
- Jump weight side to side
- **Chest lifted**
- **Soft knee landing**
- **Abs braced**
- **Landing knee pressed out over toes**

SINGLE LATERAL SKATER

- Jump weight side to side
- Drive off outside leg
- **Land softly**
- Use arms to drive side to side



02. EMOM

TRACK SET-UP: 3 minutes, 2 moves every minute, last 10 seconds of every minute is a static Squat Hold.

Exercise	
0:00	Set up and demonstrate moves: Plank Jack (x1), Air Jack (x1) x8, Broad Jump with 2 or 3 Jumps back x8
0:23	Begin EMOM x8 Plank Jack (x1), Air Jack (x1) x8 Broad Jump with 2 or 3 Jumps back
1:14	10-second Squat Hold
1:23	Begin EMOM x8 Plank Jack (x1), Air Jack (x1) x8 Broad Jump with 2 or 3 Jumps back
2:14	10-second Squat Hold
2:23	Begin EMOM x8 Plank Jack (x1), Air Jack (x1) x8 Broad Jump with 2 or 3 Jumps back
3:16	10-second Squat Hold
3:24	Recovery



02. MAGALENHA 3:30mins

COACHING TIP

Demonstrate both moves at the start to allow the class to get straight into the reps. Coach the numbers to ensure they understand the structure. Have some fun in the static Squat Holds. This is where you can connect easily with the class.

CONNECTION

The Squat Holds give you time to see everyone in class and know how they are feeling. This is the time to see who needs you in the next set. Kenshin uses the holds to build real excitement for the next set. This is a great way to connect with your participants when some might want to check out of the workout.

DRIVE

Go as hard as you can physically in the last set. Challenging the room to finish fast is a great way to drive up the heart rate and get a well-deserved rest before the bell! As the coach, you need to set the standard and get the room trying to catch you. Have fun with this!

HIIT SCIENCE

Our GRIT testing indicates that the first working track is key to getting the most out of a 30-minute HIIT session. Pushing into a maximum training intensity with these compound, big-bang exercises for 3 minutes will determine the overall benefits of this workout.

TECHNIQUE

PLANK JACK

- **Hands under shoulders**
- Feet together
- **Long strong back**
- **Abs braced**
- Jump feet out and in

Layer 2: Squeeze the glutes to keep the hips square to the floor in the Jack

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: Light taps on the floor to maximize the speed

BROAD JUMP

- **Both feet take off and land**
- Jump forward
- **Land softly in a squat**
- 2 or 3 small Jumps back
- **Brace abs**
- Swing arms to drive the Jump

Layer 2: Drive the hips forward for an explosive Jump

SQUAT HOLD

- Drop into a Squat and hold
- **Knees out over toes**
- **Chest lifted, abs braced**



03. GIANTS

TRACK SET-UP: 4 rounds, 2 minutes each, 4 moves per round, 25 seconds each – throughout every set, the intensity increases.

Exercise	
0:00	Set up and demonstrate first moves: x1 Drop Squat , x1 Block Jump
0:29	Begin Giant Set x1 Drop Squat , x1 Block Jump
0:54	Bolt Power Burpee
1:22	1x Drop Squat , x1 Tuck Jump
1:46	1x Pushup , x1 Bolt Power Burpee
2:09	Recovery
2:09	Set up and demonstrate first move: Power Lunge (L+R)
2:34	Begin Giant Set Power Lunge (L+R)
2:58	4x Bear Crawl F+B (1 for 1)
3:24	180° Power Lunge (L+R)
3:50	x4 Lizard Pushup F (L+R) (1 for 1), x4 Bear Crawl B (1 for 1)
4:13	Recovery
4:13	Set up and demonstrate first moves: x1 Drop Squat , x1 Block Jump
4:39	Begin Giant Set x1 Drop Squat , x1 Block Jump
5:03	Bolt Power Burpee
5:31	1x Drop Squat , x1 Tuck Jump (Advanced Option: Sprinter Tuck (L+R))
5:56	1x Pushup , x1 Bolt Power Burpee
6:19	Recovery
6:19	Set up and demonstrate first move: Power Lunge (L+R)
6:43	Begin Giant Set Power Lunge (L+R)
7:08	x4 Bear Crawl F+B (1 for 1)
7:34	180° Power Lunge (L+R)
8:00	x4 Lizard Pushup F (L+R) (1 for 1), x4 Bear Crawl B (1 for 1)
8:23	Recovery



03. WITHIN SIGHT / 1995 8:29mins

COACHING TIP

Four rounds of Giant sets with the intensity increasing mid-set! Let the class know that they will train the lower body then upper body then perform a more intense version of each move. For the second 2 moves, lift the energy at the front with more excitement in the vocals to let them know it's gonna be a challenge!

CONNECTION

Connect with all fitness levels in the class as the moves get more intense in the round. See how Ben returns to coaching the options in sets 3 and 4 to make people feel successful in their workout. Praise the efforts in the first 2 moves to give people confidence going into the intense moves. Keeping people moving for the full round is the challenge as a coach.

DRIVE

See how Ben reminds people that this release is about your personal best! Getting the class in the right mindset for the last round will set the scene to DRIVE the workout and get them the results they came here for.

HIIT SCIENCE

One of the most effective ways to drive intensity is to maximize the rate of force production in our power muscles. This is what produces explosive movements and facilitates type 2 muscle fiber activation as a result of the intensity.

TECHNIQUE

DROP SQUAT

- Start feet under hips
- Drop into Squat with feet outside hip-width
- **Knees out over toes**
- Butt to knee height
- Reach hand towards floor
- **Chest lifted, abs braced**
- Alternate hand towards floor

Layer 2: Absorb the Squat then pop up fast to keep the speed in the reps

BLOCK JUMP

- Feet under hips
- Jump and reach hands up to Block
- **Soft knee landing**

Layer 2: Minimize floor time to keep up the intensity and drive up the heart rate up

BOLT POWER BURPEE

- Start in Plank position, **hands under shoulders**
- **Abs braced**
- Sit hips back towards heels
- Spring forward into a low Squat
- **Feet outside hip-width**
- **Knees out over toes**
- **Chest lifted, abs braced**

↓ OPTION: WALK FEET TO SQUAT

Layer 2: Whip the hips forward and pull the chest up to land the Squat

TUCK JUMP

- Jump and bring knees towards chest
- **Soft knee landing**
- **Chest lifted, abs braced**

↓ OPTION: SMALL TUCK (any knee Tuck is progression)

Layer 2: Drive the knees up at the top of the move. A fast Tuck trains your core hard!

Advanced Option: **SPRINTER TUCK**

- Drive opposite arm and knee up at the top of the Jump
- **Soft knee landing**
- Alternate arm and leg each Jump

PUSHUP

- Hands outside shoulder-width
- **Back long and straight**
- **Abs braced**
- **Drop chest to elbow height**
- Pushup and back into Bolt

↓ OPTION: PUSHUP ON KNEES

Layer 2: Drive the hands into the floor and keep the body tight

POWER LUNGE

- Split the feet, **big step back**
- Bend knees, front thigh parallel to floor
- **Front knee out over mid foot**
- Jump and switch legs
- Swing arms over head
- **Soft knee landing in the Lunge**
- **Hips and shoulders stay square to front**
- **Chest lifted, abs braced**

↓ OPTION: BACKWARD-STEPPING LUNGE

Layer 2: Use your arms to throw the momentum in the air



03. WITHIN SIGHT / 1995 8:29mins

BEAR CRAWL

- **Hands under shoulders**
- **Knees under hips**
- Walk opposite arm and leg forward x4
- **Back flat, hips level with shoulders, abs braced**
- Knees close to floor

Layer 2: How fast can you move back? Keep the butt down and push out of the hands

180-DEGREE POWER LUNGE

- Big stride back to Lunge
- Bend back knee into Lunge
- **Chest lifted, abs braced**
- Jump and 180-degree turn
- Land in Lunge with other leg forward
- **Soft knee landing**
- **Front knee out over toes**
- Turn back the same way

↓ OPTION: BACKWARD-STEPPING LUNGE

*Layer 2: Drive out of the legs then **rotate the whole body as one**. That will give you the full 180 degrees.*

LIZARD PUSHUP

- Start in Bear Crawl
- **Knees under hips, hands under shoulders**
- **Abs braced**
- Step one hand and opposite knee forward
- Drop into Pushup, **chest to elbow height**
- Front arm wide, back arm narrow
- Alternate arm and leg walks forward x4
- Push out of Pushup back to Bear Crawl

↓ OPTION: PUSHUP ON KNEES

Layer 2: The Pushups will slow you down, so go as fast as you can in the Bear Crawl back. This keeps the intensity high!





04. 2:01:01

TRACK SET-UP: Four 1-minute sets, starting with 2 moves then dropping to 1, changing every 20 seconds.

Exercise	
SET 1:	
0:00	Set up and demonstrate moves: x4 Mountain Climber (L+R) (1 for 1), x1 Donkey Kick
0:28	x4 Mountain Climber (L+R) (1 for 1), x1 Donkey Kick
0:50	Donkey Kick
1:10	Mountain Climber (L+R)
1:29	Recovery
SET 2:	
1:29	Set up and demonstrate moves: x1 Burpee , x1 Tuck Jump
1:54	x1 Burpee , x1 Tuck Jump
2:16	Tuck Jump
2:34	Burpee
2:54	Recovery
SET 3:	
2:54	Set up and demonstrate moves: x4 Mountain Climber (L+R) (1 for 1), x1 Donkey Kick
3:19	x4 Mountain Climber (L+R) (1 for 1), x1 Donkey Kick
3:40	Donkey Kick
4:01	Mountain Climber (L+R)
4:19	Recovery
SET 4:	
4:19	Set up and demonstrate moves: x1 Burpee , x1 Tuck Jump (Advanced Option: x1 Bronco , x1 Tuck Jump)
4:44	x1 Burpee , x1 Tuck Jump (Advanced Option: x1 Bronco , x1 Tuck Jump)
5:03	Tuck Jump
5:25	Burpee (Advanced Option: Bronco)
5:43	Recovery



04. FLICKS AND TRICKS / NI DE COÑA 5:49mins

COACHING TIP

Drop sets within 1 minute of work! In the set-up, focus on coaching the two-move combo with a couple of demonstrations before the class hits the floor. Count the reps of the Mountain Climber as a reminder, then the class can get into the workout quickly! They already know the drop moves, making it simple for them to stay in the workout for the full minute.

CONNECTION

The simple workout plan allows you to get on the floor in sets 3 and 4. Get involved with your team, educating the benefits of each move. Remember that the Bronco is an Advanced Option so only bring it in if it's right for your class.

DRIVE

Set 4 is a massive minute with Burpees and Tuck Jumps or a Bronco! The class will start to hit fatigue quickly. See how Kenshin goes full out in the Tuck Jumps and challenges the class to keep going. Positive motivators will be needed to get your team over the line!

HIIT SCIENCE

This track uses two contrasting concepts to maintain intensity. These are variety and familiarity. The variety comes from flipping the order of the exercises, which keeps us engaged. The familiarity comes from the repeated movement patterns, which allow us to maximize effort in each block.

TECHNIQUE

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: Driving hands into floor, stabilising upper body, freeing legs to accelerate

DONKEY KICK

- Hands under shoulders, pressing hard, stabilize upper body
- Back long and strong
- **Abs braced**
- Drive knees towards chest
- Extend legs back out to Plank

↓ OPTION: FROG JUMP

Layer 2: Set your rhythm to achieve maximum reps!

BURPEE

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

↓ OPTION: NO JUMP

Layer 2: Focus on a fast knee drive out and in from Plank. This is Reactive Core Training

TUCK JUMP

- Jump and bring knees towards chest
- **Soft knee landing**
- **Chest lifted, abs braced**

↓ OPTION: SMALL TUCK (encourage a small knee bend)

Layer 2: Rebound off the floor every rep to keep the speed in the reps

BRONCO

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

Layer 2: Push your hands down hard and brace the core tightly for stability. This will help you move with speed and power



05. PYRAMID

TRACK SET-UP: 1 minute reverse drop set; every 20 seconds we add intensity.

<i>Exercise</i>	
0:00	Set up and demonstrate move: Double Shuffle (L+R)
0:19	Double Shuffle (L+R)
0:39	Butt Kick x1, Double Shuffle (L+R)
0:59	Butt Kick x2, Double Shuffle (L+R)
1:19	<i>Recovery</i>



05. BREAKING FIRE 1:25mins

COACHING TIP

This Pyramid is all about pacing. Tash sets it up by asking the class to “forget your heart rate”. Get everyone moving at a medium pace so they have somewhere to go with every add-on move. The challenge is to push them through to the last second so they don’t peak too soon.

CONNECTION

A short track with simple patterns allows for good connection time. Encourage the team from the front and on the floor as the intensity rises.

DRIVE

The last 20 seconds is tough, so see what the class needs from you. Do you need to challenge and drive them by going hard or can you be playful and get people to race side to side against each other? Choose whether you’re a good cop or bad cop but keep them working right to the end.

HIIT SCIENCE

Athletic development is maximized when we train in different planes of movement. This track challenges us laterally in the Shuffles followed by explosive sagittal movements with the Butt Kicks.

This variety in muscle recruitment also allows us to keep the intensity high as we alternate muscle recruitment patterns.

TECHNIQUE

DOUBLE SHUFFLE

- Double Shuffle to the side then back to center
- **Knees out and soft**
- **Hips square to the front**
- Reach towards floor
- **Chest lifted**

Layer 2: As soon as you touch the floor move quickly to the other side! Touch and dodge for athletic training

BUTT KICK

- Jump and kick heels towards butt
- **Lift chest**
- Squeeze glutes and hamstrings
- **Soft knee landing**

↓ OPTION: SQUAT JUMP

Layer 2: Snap the feet to the butt to fire up the hamstrings!



06. EMOM

TRACK SET-UP: 4 minutes, every minute on the minute, using the 2 moves from the first EMOM and alternating each minute. Count reps in round 1 and that is the target of reps for the next 3 rounds.
10-second Squat Pulse hold at 50 seconds.

Exercise	
0:00	Set up and demonstrate moves: x1 Plank Jack , x1 Air Jack – <i>Aim for a minimum of 13 reps</i>
0:24	Begin Minute 1 x1 Plank Jack , x1 Air Jack
1:15	10-second Squat Pulse hold
1:23	Begin Minute 2 – <i>Aim for the same number of reps as Minute 1</i> Broad Jump with 2 or 3 jumps back
2:15	10-second Squat Pulse hold
2:25	Begin Minute 3 – <i>Aim for the same number of reps as Minute 1</i> x1 Plank Jack , x1 Air Jack
3:16	10-second Squat Pulse hold
3:24	Begin Minute 4 – <i>Aim for the same number of reps as Minute 1</i> Broad Jump with 2 or 3 Jumps back
4:14	10-second Squat Pulse hold
4:24	Recovery



06. RUMBLA 4:30mins

COACHING TIP

The EMOM is back with a challenge! One move in each round but set the challenge in round 1. How many reps can you achieve? Give your class a target and this is their number for every following set.

CONNECTION

Having reps to aim for is a great way to help you connect with your team. Ask them “What is your number?”, then you can help them hit their target before the bell.

DRIVE

This is the last HIIT track, so go big early. See how Ben really challenges the class to aim high and work to the bell to complete as many reps as possible. This sets the scene for the rest of the track. Reinforce their target and remind them of the need for recovery time if they finish early!

HIIT SCIENCE

Just as the intensity of the first track defines the workout, the last track is key to generating the changes we expect from HIIT. Pushing high intensities when fatigued is the key to shifting fitness and changing body composition.

TECHNIQUE

PLANK JACK

- **Hands under shoulders**
- Feet together
- **Long flat back**
- **Abs braced**
- Jump feet out and in

Layer 2: The tighter the ab brace, the faster you can jack your feet

AIR JACK

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

↓ OPTION: JUMP JACK

Layer 2: Rip the arms in quickly as you lower for a faster transition to the floor

BROAD JUMP

- **Both feet take off and land**
- Jump forward
- **Land softly in squat**
- 2 Jumps back
- **Brace abs**
- Swing arms forward to jump

Layer 2: Stick the landing then bounce, bounce, jump with no rest. This keeps speed in the rep and forces the body to work harder to jump forward

SQUAT PULSE

- Drop into a Squat and pulse at the bottom
- **Knees out over toes**
- Fingertips to temples
- **Chest lifted, abs braced**



07. CORE

TRACK SET-UP: 100 reps of 2 moves, 50 reps of each move broken up however you want to. The goal is to reach 100 reps before the music fades.

<i>Exercise</i>	
0:00	Set up and demonstrate moves: Cross Crawl (L+R) (1 for 1) x50, Crunch Pulse x50
0:28	x50 Cross Crawl (L+R) (1 for 1) x50 Crunch Pulse If reps are completed before the countdown, either hold a Hover or your favorite stretch
1:59	<i>Recovery</i>



07. CATCH MY BREATH 2:03mins

COACHING TIP

Two moves 100 reps. This time the class can decide how to split their reps to reach 100. Be clear in the set-up about the class having autonomy and mention it again during the first minute. Ben gives some examples of how to split the reps to remind the class they have this option.

HOVER

- **Elbows under shoulders**
- **Back long, strong and straight**
- **Abs braced**

↓ OPTION: ON KNEES

CONNECTION

Once you've set up the moves, use your time to really look around the room and see who needs you. Get on the floor and encourage, praise and make sure everyone is clear about the workout plan. People are tired at this point so don't be surprised if they miss it in the set-up. It's your job to spot these people and get them back in the game.

DRIVE

When the 100 reps are complete, we hold a Hover until the music is finished! This cheeky little kick at the end allows everyone to work towards reaching the finish line. Now is the time to keep people in the Hover so don't let them off easily. Use names of the regulars and challenge them to stay in the workout until the music ends.

TECHNIQUE

CROSS CRAWL

- Knees above hips, fingertips to temples
- **Extend one leg and rotate shoulder towards opposite knee**
- **Twist from mid-chest**
- **Chin tucked in, lower back towards floor**

↓ OPTION: TAP TOES DOWN

Layer 2: Keep the elbows wide to encourage twisting from the mid-chest

CRUNCH PULSE

- Knees up over hips
- Fingertips to temples
- **Crunch ribs to hips**
- **Chin tucked in**

↓ OPTION: FEET DOWN

Layer 2: Bridge the gap between ribs and hips to strengthen your core



GRIT ATHLETIC MUSIC

01. **WARM-UP**
Use Strength Track 01 music

02. **EMOM**
Use Strength Track 02 music

03. **Supadupakulavibe** (3:01)
GRiZ
© 2019 GRiZ.
Written by: Kwiecinski, Lucia, James

04. **Moon Bounce** (6:26)
Gent & Jaws
© 2015 Mad Decent.
Written by: Phung, Bennett

05. **Victorious** (3:16)
7kingZ
© 2019 Digital Pressure/Peer Southern Productions US.
Written by: Bissell, Morgan

06. **EMOM**
Use Strength Track 05 music

07. **AVA** (2:57)
Garmiani
© 2019 SpinninRecords.com.com
Written by: Garmiani

08. **CORE LADDER**
Use Strength Track 06 music

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



L-R: Des Helu, Reagan Kang

Hey team! The GRIT 33 Bonus Athletic Block release has arrived, and it is pure fire... literally! Your lungs are going to feel some serious heat with this release! Strength and Cardio formats and moves were kept relatively simple, allowing us to bring some innovation into Athletic. The Tri Sets are designed to be a heart-rate kicker, educational with the Offset sets and explosively innovative with some fresh barbell moves.

As always, Advanced Options are simply that – options for those super fit members hungry for that next-level challenge. You have the choice whether to teach them to your class or not.

There is also a final kicker after you combine Athletic together with GRIT Strength 33. This is the first time we have broken up the Bonus Athletic Block throughout the workout. It feels fresh but also will leave your members on a massive high after that incredible final Athletic kicker! You can also mix and match Athletic with GRIT Cardio 33 as noted below, after it has been launched as a combined block with GRIT Strength 33.

Enjoy!

Erin and the LES MILLS GRIT crew

CLASS SET-UP

Bench with 2 risers on each end, barbell with medium to heavy weights, 1 small plate and 1 medium to heavy plate.

GRIT ATHLETIC CREDITS

- Creative Director** – Les Mills Jnr
- Lead Creative** – Erin Maw
- Creative Consultants** – Corey Baird and Ezra Fantl
- Chief Creative Officer** – Dr. Jackie Mills
- Technical Consultants** – Bryce Hastings, Andrew Newmarch and Rob Lee
- Program Coach** – Erin Maw
- Production Coordinator** – Ashlee Young

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- Reagan Kang** (Malaysia) is a LES MILLS GRIT Trainer, a BODYCOMBAT, CXWORX and RPM Instructor, and a BODYPUMP Trainer. He is also a Les Mills Ambassador for BODYCOMBAT, BODYPUMP and LES MILLS GRIT. He is based in Singapore.

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 33 – WARM-UP

TRACK 2: STRENGTH 33 – EMOM

BONUS ATHLETIC BLOCK

TRACK 3: TRI SET 1

TRACK 4: TRI SET 2

TRACK 5: TRI SET 3

TRACK 6: STRENGTH 33 – EMOM

TRACK 7: ATHLETIC KICKER

TRACK 8: STRENGTH 33 – CORE

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: STRENGTH 33 – WARM-UP

TRACK 2: CARDIO 33 – EMOM

BONUS ATHLETIC BLOCK

TRACK 3: TRI SET 1

TRACK 4: TRI SET 2

TRACK 5: TRI SET 3

TRACK 6: CARDIO 33 – EMOM

TRACK 7: ATHLETIC KICKER

TRACK 8: CARDIO 33 – CORE



03. TRI SET 1

TRACK SET-UP: 4 moves, 30 seconds each, with 10-second recoveries in between. Focus is on spiking the heart rate.

Exercise	
0:00	Set up and demonstrate first move: Power Lunge On Bench (L+R)
0:24	Power Lunge On Bench (L+R)
0:55	Recover and demonstrate move 2: Squat Jump On/Off Bench with Touchdown
1:05	Squat Jump On/Off Bench with Touchdown
1:36	Recover and demonstrate move 3: Lateral Bench Jump (L+R)
1:46	Lateral Bench Jump (L+R)
2:14	Recover and demonstrate move 4: Offset Pushup On Bench with Lateral Bear Crawl (L+R)
2:25	Offset Pushup On Bench with Lateral Bear Crawl (L+R)
2:55	Recovery

03. SUPADUPAKULAVIBE 3:01mins

COACHING TIP

GRIT Athletic has an awesome Tri Set structure with a huge kicker to finish! Tri Set 1 is all about body-weight training. We want to get the heart rate up early with an explosive focus. Coach Layer 1, then get straight into coaching intensity with height to fire up the muscles.

CONNECTION

Spend the first 10 to 15 seconds of each set at the front of the room to give everyone a visual on the moves. When they've got each move, get out quickly and connect, as there's only 1 set of each move.

DRIVE

This track flies by so your drive comes by using 'say and do'. Say what you want your class to do then physically do it. Be that shift in energy and lead the way!

HIIT SCIENCE

One of the key factors when designing a HIIT workout is establishing the most effective work-to-rest ratios. 30 seconds of explosive movements followed by 10 seconds of recovery means we take the fatigue from the previous block into the next with just enough recovery to drive intensity. This is a great way to hit maximum intensity.

TECHNIQUE

POWER LUNGE ON BENCH

- Front foot on bench
- **Big step back**
- Bend knees, front thigh parallel to floor
- **Front knee out over mid-foot**
- Jump and switch legs
- **Whole foot on the bench**
- Swing arms over head
- **Soft knee landing in the Lunge**
- **Hips, shoulders stay square to the front**
- **Chest lifted, abs braced**

↓ OPTION: BACKWARD-STEPPING LUNGE OFF THE BENCH

Layer 2: Drive off the front foot and swing the arms to maximize height

SQUAT JUMP ON/OFF BENCH WITH TOUCHDOWN

- Face long side of bench
- Squat down and reach towards the floor
- **Knees out over toes**
- **Chest lifted, abs braced**
- Jump onto bench
- **Land in Squat** (soft knee) and touch down on bench
- Jump back into Squat (soft knee) on the floor

↓ OPTION: NO BENCH

Layer 2: Catch the landing low on the bench then spring off high



LATERAL BENCH JUMP

- One foot on bench
- Squat down and touch towards bench
- **Knees out over toes**
- **Chest lifted, abs braced**
- Jump laterally across bench
- Land in a Squat with other foot on bench
- **Soft knee landing**
- Touch towards bench

↓ OPTION: NO BENCH

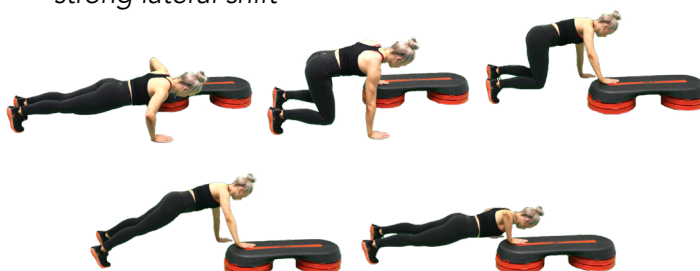
Layer 2: The foot on the bench is where you find the power. Land then explode!

OFFSET PUSHUP ON BENCH WITH LATERAL BEAR CRAWL

- One hand on bench, other on floor
- Body in Plank position
- **Abs braced, back long**
- **Pushup, chest to elbow height (chest hand)**
- Tuck knees under hips
- Walk across bench laterally
- Repeat on other side

↓ OPTION: PUSHUP ON KNEES

Layer 2: Tuck knees under hips and brace for a strong lateral shift





04. TRI SET 2

TRACK SET-UP: 4 moves, 30 seconds each with 10 second recoveries. A plate in the right hand, then switching to repeat on the left.

Exercise

SET 1:	
0:00	Set up and demonstrate first move: Scissor Lunge off bench (L) with Plate Press (R)
0:26	Scissor Lunge off bench (L) with Plate Press (R)
0:55	Recover and demonstrate move 2: Single-Arm Plate Snatch (R)
1:08	Single-Arm Plate Snatch (R) (Advanced Option: Plate Snatch onto bench)
1:39	Recover and demonstrate move 3: Offset Squat Snatch with plate in R hand
1:54	Offset Squat Snatch with plate in R hand
2:25	Recover and demonstrate move 4: Single-Arm Superman Burpee with Squat Jump with plate in R hand
2:40	Single-Arm Superman Burpee with Squat Jump with plate in R hand
3:10	Recovery

SET 2:	
3:10	Set up and demonstrate first move: Scissor Lunge off bench (R) with Plate Press (L)
3:35	Scissor Lunge off bench (R) with Plate Press (L)
4:05	Recover and demonstrate move 2: Single-Arm Plate Snatch (L)
4:19	Single-Arm Plate Snatch (L) (Advanced Option: Plate Snatch onto bench)
4:49	Recover and demonstrate move 3: Offset Squat Snatch with plate in L hand
5:05	Offset Squat Snatch with plate in L hand
5:35	Recover and demonstrate move 4: Single-Arm Superman Burpee with Squat Jump with plate in L hand
5:51	Single-Arm Superman Burpee with Squat Jump with plate in L hand
6:20	Recovery



04. MOON BOUNCE 6:26mins

COACHING TIP

Tri Set 2 is all about off set training. We use the plate to load one side of the body for 4 moves then change sides in the second set. Coach a strong ab brace and square hips to front in each move as this is where the challenge is.

CONNECTION

We coach the right side then the left side. Connect the participants with the feel of off set training. Which is their stronger side? Can they feel the stability challenge on their weaker side? Educating the benefits will keep them coming back for more!

DRIVE

The right mix of driving from the front and getting on the floor is key in this track. Spend more time on great execution to allow the class to feel successful with some new movement patterns. When they are competent you can start to push them into reaching a higher heart rate.

HIIT SCIENCE

Offset training is a great way to improve athletic development. In most functional or sporting environments it's rare for the loads to be even. This type of training therefore improves stabilizer control when we are in those situations.

TECHNIQUE

SCISSOR LUNGE WITH PLATE PRESS

- Both feet on bench, plate in one hand
- Jump leg back to drop into Lunge
- Press arm over head as you drop
- **Front thigh parallel to floor**
- Back knee down to bench level
- **Front knee out over mid-foot**
- **Chest lifted, abs braced**
- Jump foot back onto bench
- Hips/shoulders square to front
- Catch plate at collarbones

↓ OPTION: BACKWARD-STEPPING LUNGE WITH PLATE PRESS

Layer 2: Drop under the plate as quickly as you can to fire up your athletic muscles



SINGLE-ARM PLATE SNATCH

- Plate in one hand
- Drop into a Squat and snatch plate over head
- **Knees out over toes**
- Sit hips back and down to knee height
- Hips/shoulders square to front
- **Plate slightly forward of head**
- **Chest lifted, abs braced**

Layer 2: Drop under the plate quickly to transfer the power from the floor to the plate

Advanced Option: **PLATE SNATCH ONTO BENCH**

- From the floor, jump onto bench as you snatch the plate
- **Land in a Squat** on the bench
- Walk off the bench then repeat



OFFSET SQUAT SNATCH

- One foot on floor, one foot on bench
- Plate in hand same side as foot on the floor
- Drop into a Squat
- **Knees out over toes**
- **Chest lifted, abs braced**
- Hips/shoulders square to front
- Drive out of Squat and lift knee up to hip height
- Snatch plate above head
- Keep plate close to body
- Land back in Squat with plate low

Layer 2: Feel the power coming through in a straight line by keeping plate close to the body





04. MOON BOUNCE 6:26mins

SINGLE-ARM SUPERMAN BURPEE WITH SQUAT JUMP

- Start at end of bench, light plate in one hand
- Squat butt down just above knee height
- **Knees out, chest lifted**
- Jump back into Superman, **abs braced** in Plank
- **Hand on bench under shoulder**, legs out to Plank, plate arm extends out to shoulder height
- **Feet just outside hip-width**
- **Abs braced, hips parallel to floor**
- Jump into a Squat
- Jump up, **soft knee landing**

↓ OPTION: NO PLATE

Layer 2: Keep the hips square to the front in the Superman to challenge your whole core!





05. TRI SET 3

TRACK SET-UP: 4 explosive barbell moves, 30 seconds each, with 15-second recovery in between.

Exercise	
0:00	Set up and demonstrate first move, Barbell Clean with Backward-Stepping Lunge
0:24	Barbell Clean with Backward-Stepping Lunge (Advanced Option: Barbell Clean & Press with Backward-Stepping Lunge)
0:53	Recover and demonstrate move 2: Barbell Clean, Drop Squat
1:11	Barbell Clean, Drop Squat (Advanced Option: Drop Squat On/Off Bench)
1:41	Recover and demonstrate move 3: Lateral Bench Front Squat (L+R)
1:55	Lateral Bench Front Squat (L+R) (Advanced Option: Lateral Bench Front Squat with Overhead Press (L+R))
2:25	Recover and demonstrate move 4: x1 Barbell Wide Row , x1 High Pull
2:39	x1 Barbell Wide Row , x1 High Pull
3:09	Recovery

05. VICTORIOUS 3:16mins

COACHING TIP

Tri Set 3 brings in the barbell! There's 4 big moves between you and the end of the track. Coach to who is in front of you and demonstrate the Advanced Options in the set-up if needed. This will give your regulars the chance to go hard from the start and find their level of challenge.

CONNECTION

Connect with both the Advanced Options and people taking the regular workout. Praise their efforts and everyone will have the mindset to push through each move.

DRIVE

Remind the class that they do each exercise only once. This is a great way to drive them in every set because when the move is done, it's done!

HIIT SCIENCE

Combining bar work with lower body movements ensures we drive intensity because of the amount of muscles that are engaged. These patterns require a lot of core engagement as we transmit force from the legs through to the upper body.

TECHNIQUE

BARBELL CLEAN WITH BACKWARD-STEPPING LUNGE

- Clean barbell to collarbones, step back into Lunge
- **Bar close to body in Clean**
- Lead with the elbows
- **Big step back in Lunge**
- Front thigh parallel to floor
- **Front knee out over toes**
- **Chest lifted, abs braced**

Layer 2: Full range in the Lunge to maximize the leg training

Advanced Option: BARBELL CLEAN & PRESS WITH BACKWARD-STEPPING LUNGE

- Press bar over head as you drop into Lunge
- **Brace abs tightly**
- Stand and catch bar at collarbones



BARBELL CLEAN, DROP SQUAT

- Clean barbell to collarbones, drop into Squat
- **Bar close to body in Clean**
- Lead with elbows
- **Knees out over toes in Squat**
- Hips back and down to knee height
- **Chest lifted, brace abs**

Layer 2: The intensity is in the reps. Keep a rhythm to go non-stop through the set!

Advanced Option: DROP SQUAT ON/OFF BENCH

- Start with both feet on bench
- Clean and drop squat feet onto the floor
- Jump back on bench to reset
- **Abs braced**
- Soft knee landing



LATERAL BENCH FRONT SQUAT

- Start with both feet on bench, bar at collarbones
- Step one foot off bench into Squat
- **Knees out over toes**
- Hips back and down
- **Hips to bench knee level**
- **Chest lifted, abs braced**
- Step back onto bench; repeat to other side

Layer 2: Brace as you press. Keep strong and stable in each rep

Advanced Option: LATERAL BENCH FRONT SQUAT WITH OVERHEAD PRESS

- Press bar over head at top of Squat
- Elbows forward of face
- Catch at collarbones at bottom of Squat
- **Brace abs**





05. VICTORIOUS 3:16mins

BARBELL WIDE ROW, HIGH PULL

- Hands wide on bar
- Tip forward from hips
- Pull bar from knees to lower ribs
- **Abs braced**
- **Chest lifted**
- High Pull bar to lower chest
- **Lead with elbows**
- **Bar close to body, high pull bar to lower chest**
- Squeeze glutes, shoulder blades to pull bar

Layer 2: Pull everything up in the High Pull – elbows, hips and shoulders – for full-body athletic training



07. ATHLETIC KICKER

TRACK SET-UP: Final challenge alternating between offset load and power. 4 sets, 2 moves, 25 seconds on and 10 seconds off

Exercise	
0:00	Set up and demonstrate first move: Squat Jack On/Off Bench with Plate Press (R)
0:26	Squat Jack On/Off Bench with Plate Press (R)
0:54	Recover and demonstrate move 2: Plyo Sumo Bench Jump
1:06	Plyo Sumo Bench Jump
1:33	Recover and demonstrate move: Squat Jack On/Off Bench with Plate Press (L)
1:46	Squat Jack On/Off Bench with Plate Press (L)
2:13	Recover and demonstrate move: Plyo Sumo Bench Jump
2:25	Plyo Sumo Bench Jump
2:52	Recovery



07. AVA 2:57mins

COACHING TIP

Final 2 minutes of work with this awesome kicker! Coach the drop in the Squat Jack and focus on air time in the Plyo Sumo Bench Jump. This gives enough contrast to keep the coaching clear and the energy high!

CONNECTION

Using people’s names in GRIT is a great way to connect with your participants. When someone hears their name in class, they know that their coach has ‘got their back’!

DRIVE

Time to go ‘all out’. Crush the workout and bring real energy and intensity to your voice! Your class will know they’ve had a serious workout after this track.

HIIT SCIENCE

Bent knee landings are the key to ensuring we keep the load in the muscles and out of the joints during high-impact activities. This technique ensures the impact is absorbed through the glutes, quads and calf muscles. Although the coaching focus is on the knees, it is the hips, knees and ankles that flex on impact to reduce joint forces.

TECHNIQUE

SQUAT JACK ON/OFF BENCH WITH PLATE PRESS

- Both feet on bench, plate in one hand
- Drop into Squat as you press over head
- Feet land on floor outside bench
- **Chest up**
- **Abs braced**
- **Soft knee landing**
- **Knees out over toes**
- Hips back and down
- **Plate slightly forward of head**
- Jump back onto bench
- Catch plate at collarbones

↓ OPTION: NO BENCH

Layer 2: Catch the load at the bottom of the rep then spring back up. This is athletic training

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 lifted, abs braced**

↓ OPTION: NO BENCH

Layer 2: Launch the arms over head to fly high in every Jump



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,
eg 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.

