

LES MILLS GRIT 34

GRIT STRENGTH

MUSIC AND CREDITS

01. WARM-UP

02. EVEN LADDER + COACHES REP CHALLENGE

03. AMRAP

04. RELAY + TRISET KICKER

05. REVERSE PYRAMID

06. ODD LADDER + COACHES REP CHALLENGE

07. CORE CHALLENGE

GRIT CARDIO

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LES MILLS GRIT 34

GRIT ATHLETIC

MUSIC AND CREDITS

03. LATERAL QUICKNESS

04. OBSTACLE COURSE

05. REACTIVE TRAINING 1.0

06. 3D PLAYGROUND

07. REACTIVE TRAINING 2.0

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GRIT STRENGTH MUSIC

01. **Otis** (3:04)
JAY-Z & Kanye West feat. Otis Redding
© Courtesy of the Universal Music Group.
Written by: West, Carter, Hammond, Robinson, Brown, Roach, Campbell, Connelly, Woods

02. **Hot Sensation** (3:36)
The Allergies
© 2020 Jalapeno Ltd.
Written by: Spencer, Volsen, Smith

03. **So Hot** (1:54)
Jigg
© 2014 Jigg.
Written by: Azbite

On to the Next One (2:01)
JAY-Z feat. Swizz Beats
© Courtesy of the Universal Music Group.
Written by: Carter, Dean, Dulong, Chaton, Auge

So Hot (2:06)
Jigg
© 2014 Jigg.
Written by: Azbite

04. **Notorious** (2:11)
Santino & Outasight
© 2020 83 Sound.
Written by: Lobban-Bean, Bhattacharya, Lambert, Conte

Goat (2:05)
Santino
© 2020 83 Sound.
Written by: Lobban-Bean, Bhattacharya, Lambert, Conte

Another Level (1:54)
Oh The Larceny
© 2019 Position Music.
Written by: Burnett, Wells

05. **Tiger King** (3:46)
MFG
© 2020 Les Mills Music Licensing Ltd.
Written by: Landell, MacCarthy, Yeh, Sanders

06. **Wolf and Cage** (3:37)
NOAM DEE
© 2020 Les Mills Music Licensing Ltd.
Written by: Fairley

07. **Step Into A World** (2:32)
KRS-One
© 2013 RCA Records, a division of Sony Music Entertainment.
Written by: Harmsworth, Parker, Harry, Stein, Williams

08. **Mouth Full** (1:05)
Ashley Alexander
© 2020 Les Mills Music Licensing Ltd.
Written by: Alexander



L-R: Erin Maw, Ben Main

Back at it! Release 34 has all the goodies to get the heart rate pumping and all cylinders firing! The United release was so special the team knew they had to throw all at this one to build on that momentum.

Innovative twists on previous sets and structures will mentally stimulate and physically challenge! Surprise and delight are the kickers added onto the end of almost all tracks to give his workout extra fire. A blend of counting reps and going hard for time will appeal to a wide audience and keep everyone on their toes mixing up and shifting the focus. Coach to athleticism and the benefits you get training HIIT, focus on the feel and high motivation to find that next level!.... we going 11 out of 10 in this one.

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.

CREDITS

- Creative Director** – Les Mills Jnr
- Lead Creative** – Erin Maw
- Creative Consultants** – Ezra Fantl
- Chief Creative Officer** – Dr. Jackie Mills
- Technical Consultants** – Bryce Hastings and Rob Lee
- Program Coach** – Erin Maw
- Production Coordinator** – Hannah Lofroth

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.

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.

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 weight plates of the same size.

<i>Exercise</i>	
0:05	Mobility Lunge Twist (L+R)
0:36	Air Squats
0:47	Squat Jacks
1:06	Dynamic Lunge
1:16	Scissor Lunges
1:27	Scissor Lunge x1 (L+R) Burpee x1
1:47	Pushups
2:08	Barbell Rows x2 Hang Clean x1
2:27	Clean and Press
2:48	Squat Jumps
3:04	<i>Recovery</i>



01. OTIS 3:04mins

COACHING TIP

Before the class starts demo the moves that will go with the 2 plates of equal weight so members can choose appropriate weights right for their level rather than having to swap weights mid class.

CONNECTION

This warm-up tune is amazing really setting the tone and vibes for the workout ahead. Keep the cues simple and break down the moves well so everyone in the class nails the warm-up and feels successful leading into the rest of the workout.

DRIVE

The last 15 seconds of Squat Jumps is a great opportunity to add a final kicker to lift the heart rate in this warm-up and encourage members to add intensity to the warm-up.

TECHNIQUE

LUNGE TWIST

- **Feet just outside hip-width**
- Tip forward **chest up** bringing hands to floor
- **Bending knees, abs braced** walk out into a Plank long spike
- Bring one leg outside hands knee in line with hips
- Twist towards front thigh, open the chest
- Pull up on inner thigh
- Return to Plank, change legs
- **Brace abs and bend knees to return to standing**

AIR SQUAT/SQUAT JACK

- **Feet just outside hip-width**
- **Hips back and down**
- Knees out
- **Hips and knees to 90 degrees**
- **Chest up**
- **Abs braced**
- In Squat Jack land soft
- **Chest up** in touch down

DYMANIC LUNGES

- **Feet under hips**
- **Long step back**
- Back knee towards floor
- **Twist from center of the chest**
- **Front thigh parallel to floor**
- **Front knee out**
- **Chest up**

SCISSOR LUNGE

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

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**

↓ OPTION: NO JUMP

PUSHUP

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

↓ OPTION: DROP TO THE KNEES

ROW

- **Tip from hips**
- **Bar to knee height**
- **Pull bar to belly**
- **Abs braced**
- **Chest lifted**



01. OTIS 3:04mins

TECHNIQUE

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**

↓ OPTION: USE A PLATE

CLEAN & PRESS

- Lead with elbows
- Clean bar to collarbones
- **Brace abs** to press bar overhead
- **Elbows slightly forward of face in press**
- **Bend knees to catch at collar bone then return to thighs**
- **Keep bar close to body**

SQUAT JUMP

- **Feet outside hips, knees out**
- Bend knees then jump
- Arms overhead in jump
- **Abs braced**
- **Soft knee landing**
- **Chest up**

↓ OPTION: SQUAT HEEL RAISE



02. EVEN LADDER + COACHES REP CHALLENGE

TRACK SET-UP: 2 minute ladder going up in EVEN numbers followed by a 30 second EVEN numbers Coaches Rep Challenge.

Exercise	
0:00	Set up and demo moves, Clean & Press x2 Power Lunge x1 (L+R)
0:29	Begin 2 minute ladder going up in EVEN numbers Clean & Press x2 Power Lunge x1 (L+R) Clean & Press x4 Power Lunge x2 (L+R) Clean & Press x6 Power Lunge x3 (L+R) Clean & Press x8 Power Lunge x4 (L+R) Clean & Press x10 Power Lunge x5 (L+R) *If 10/10 reps completed before countdown – extra <i>recovery</i>
2:29	Recover and set up coaches AMRAP REP challenge. Coach decides reps 2, 4, 6, 8 or 10 – Reps can be different each class. Here is a rough guide for ROUNDS to aim for depending on reps chosen: 2 Reps: 4 Rounds 4 Reps: 3 Rounds 6 Reps: 2 Rounds 8 Reps: 1 Round 10 Reps: 1 Round
2:58	Coach Call AMRAP Rep Challenge
3:29	<i>Recovery</i>



02. HOT SENSATION 3:36mins

COACHING TIP

‘Say and Do’ the first few reps of the ladder so participants can follow and understand how to count the ladder reps properly.

CONNECTION

2 minutes is a great duration of time to coach the ladder sequence all layer 1 cues and even get out on the floor checking technique and building that coaching connection early.

DRIVE

Comes in the 30 second rep challenge – heart rate is up – nervous system is firing and now it’s time to push into the red zone with a max rep challenge.

HIIT SCIENCE

Hitting maximum training zones in the first working track sets up the rest of the workout. In this track we alternate between the upper and lower body with explosive movements to drive intensity.

TECHNIQUE

POWER LUNGE

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

↓ OPTION: BACK STEPPING LUNGE

Layer 2: Swing the arms to help drive move explosive power in the Lunge

CLEAN AND PRESS

- Lead with elbows
- **Feet just outside hip-width**
- **Pull bar to lower chest**
- **Keep the bar close**
- Drop elbows under bar to catch
- Bar at collarbone
- **Hips back and down**
- **Knees out**
- **Hips and knees to 90 degrees**
- **Chest up**
- **Abs braced**

↓ OPTION: USE A PLATE

Layer 2: Strong grip on the bar to help give extra pull power



03. AMRAP

TRACK SET-UP: x3 90 second AMRAPs – Beginning with 3 moves, 8 reps each. Count the rounds from the first AMRAP and use that as the bench mark for the track.

Exercise	
0:00	Set up and demo AMRAP moves, Barbell Narrow Rows x8, Barbell Squat Press x8, Pushup (x1) Frog Jump (x1) x8
0:24	Begin and count AMRAP 1 – x8 REPS EACH Barbell Narrow Rows x8, Barbell Squat Press x8, Pushup (x1) Frog Jump (x1) x8
1:53	Recover and set up AMRAP 2 – x9 REPS EACH
2:22	Begin and count AMRAP 2 – x9 REPS EACH Barbell Narrow Rows x9, Barbell Squat Press x9, Pushup (x1) Frog Jump (x1) x9
3:55	Recover and setup AMRAP 3 – x10 REPS EACH
4:24	Begin and count AMRAP 3 – x10 REPS EACH Barbell Narrow Rows x10, Barbell Squat Press x10, Pushup (x1) Frog Jump (x1) x10
5:53	Recovery



03. SO HOT / ON TO THE NEXT ONE 6:01mins

COACHING TIP

To keep the heart rate high GRIT track intros are short, pre-plan a quick easy to the point. Set up to give yourself enough time to get out the most important points.

CONNECTION

This track is a great opportunity to spend quality time floor coaching, not just technique, sets 2 and 3 offer a substantial time to coach intensity and improvement of execution.

DRIVE

This is a tough challenge, as fatigue gets high the sets get harder. By the third set motivation will need to be high to keep members aiming for their first max effort.

HIIT SCIENCE

Alternating between moves allows us to keep the intensity high. Just as one muscle group fatigues - we change the exercise which changes the muscle target. The overall objective is to drive the heart rate up and keep it there for each 90 second block.

TECHNIQUE

ROW

- **Tip from hips**
- **Bar to knee height**
- **Pull bar to belly**
- **Abs braced**
- **Chest lifted**

Layer 2: Squeeze the shoulder blades together to generate more power in the back body

BARBELL SQUAT PRESS

- **Feet start just outside hips and barbell at collarbone**
- **Hips sit back into a squat hips just above knee height**
- Push bar from collarbone over head
- **Keep bar slightly forward of shoulders**
- Drive from the legs
- **Brace abs**
- **Lift chest**

↓ OPTION: PLATE PUSH PRESS

Layer 2: Drive out of the legs for more muscle recruitment

PUSH UP/FROG JUMP

- Hands outside shoulder width
- **Back long and straight**
- **Abs braced**
- **Drop chest to elbow height**
- In Frog Jump, jump both feet in and back out to Plank
- **Knees in line with hips**
- **Core braced to jump**
- **Back long and straight**

↓ OPTION: DROP TO THE KNEES

Layer 2: Brace the abs tight to move quicker and feel the reactive core power



04. RELAY + TRISET KICKER

TRACK SET-UP: 3 rounds of relays, 2 teams, 2 different moves, 30 seconds each move with a full team kicker at the end of each set.

Exercise	
0:00	Set up: Split room in half and face each other, demo first moves RIGHT SIDE: Double Plate Fly x1 Single Arm Snatch x1 LEFT SIDE: Double Hang Plate Squat
SET 1	
0:28	RIGHT SIDE: Double Plate Fly x1 Single Arm Snatch x1 LEFT SIDE: Double Hang Plate Squat
1:00	CHANGE MOVES LEFT SIDE: Double Plate Fly x1 Single Arm Snatch x1 RIGHT SIDE: Double Hang Plate Squat
1:29	Recover and set up whole team full body move, Double Hang Lunge with plate at collarbone.
1:48	Double Hang Lunge with plate at collarbone
2:09	Recover and repeat SET 1 *Double Hang Lunge + Press and + 5 seconds working time (25 seconds)
2:29	REPEAT SET 1
4:16	Recover and set up SET 3 – TRI SET KICKER, Whole class does all 3 moves together back to back 30 seconds each.
4:35	Double Hang Squat
5:05	Double Plate Fly x1 Single Arm Snatch x1
5:35	Double Hang Lunge with Overhead Plate Press
6:04	Recovery



04. NOTORIOUS / GOAT / ANOTHER LEVEL 6:10mins

COACHING TIP

Split the room in half quickly so you have lots of time to set up the track. Keep a look out for the slight technique change in the Plate Snatch.

CONNECTION

This is a great track to create teams within a team, facing each other will give this track a slight sense of competition and members will feed off each others energy.

DRIVE

The TRI SET to finish this track off is a massive kicker in this set, build up lots of hype leading into this final set and encourage members to give it their best effort.

HIIT SCIENCE

Athletic power comes from improving what's known as "power to weight ratio". This refers to how fast you can move your bodyweight. Performing these explosive exercises with added weight is a great way to improve power to weight ratio. When you put the plates down you can move your bodyweight more explosively.

TECHNIQUE

DOUBLE ARM PLATE FLY

- **Tip from hips**
- Pull plates wide to **shoulder height**
- **Abs braced**
- **Chest lifted**

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

SINGLE ARM PLATE SNATCH

- Begin feet under hips, plates hanging down by side
- Jump forward into low squat, **knees to 90 degrees out over toes**
- At the same time with straight arms snatch arm forward of face
- Thumb faces back wall
- **Plate in line with forehead**
- **Brace abs**
- Jump back, two feet at the same time to starting position

↓ OPTION: LIGHTER PLATES

Layer 2: Rip and pull the plates to generate greater intensity and work the body harder

DOUBLE HANG SQUAT JUMP

- Begin feet under hips, plates hanging down by side
- Jump feet into Wide Squat, plates switch in between legs
- Plates and legs move opposite direction
- Stay low with hips back
- **Chest up**
- **Abs on, knees and hips to 90 degrees**

↓ OPTION: NO PLATES

Layer 2: Keep the hips low and close to the ground to activate more muscle fibers and hit fatigue faster

NEW MOVE: DOUBLE HANG JUMP LUNGE WITH PLATE PRESS

- **Feet start underneath hips**, plate to collarbone
- Jump feet into Low Lunge, staying low switch legs to stay in Lunge on alternate leg then jump feet together.
- In Lunge **front thigh parallel** to ground
- Back knee goes towards the floor
- **Chest up**
- **Abs on to press plate overhead**
- **Elbows slightly forward of face**

Layer 2: Pure power on point by punching the plate up as hard and fast as possible and switching fast in the loaded Lunge



05. REVERSE PYRAMID

TRACK SET-UP: Reverse Pyramid, starting with full combo going for 30 seconds, dropping to 20 and 10 seconds then building back up to 30 seconds.

<i>Exercise</i>	
0:00	Set up and demo move, Barbell Jump Clean to Squat
0:29	Barbell Jump Clean to Squat
1:00	<i>Recovery</i>
1:14	Barbell Front Squat
1:34	<i>Recovery</i>
1:45	Barbell Hang Clean
1:55	<i>Recovery</i>
2:15	Barbell Hang Clean
2:24	<i>Recovery</i>
2:34	Barbell Front Squat
2:55	<i>Recovery</i>
3:09	Barbell Jump Clean to Squat
3:39	<i>Recovery</i>



05. TIGER KING 3:46mins

COACHING TIP

We have not done too many Reverse Pyramids in Les Mills GRIT before, explaining 30, 20, 10, 10, 20, 30 structure in the setup will allow members to mentally prepare the format of this track.

CONNECTION

Mentally this would be the toughest track of the class, the next track is ‘rep’ counting which helps and distracts – this track is all about reps and pushing past failure so encouragement and praise needs to be at it’s max in this track.

DRIVE

This would be the ‘Tabata’ of the class, short quick bursts of maximum intensity, like Erin say’s 10 out of 10 from start to finish.

HIIT SCIENCE

The most important element of the Clean is keeping the bar close to the body. This reduces spinal load and stress on the shoulder muscles. This also improves vertical drive and athletic development.

TECHNIQUE

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 hips**
- **Hips back and down**
- **Hips and knees to 90 degrees**
- **Knees out, chest up**
- **Abs braced**
- Jump feet under hips, return bar to thighs

↓ OPTION: USE PLATE

Layer 2: Triple extend through hips, ankles and knees to get vertical power

FRONT SQUAT

- Bar in front of collarbones
- **Feet just outside hip-width**
- **Hips back and down**
- **Knees out**
- **Hips and knees to 90 degrees**
- **Chest up**
- **Abs braced**

↓ OPTION: USE A PLATE

Layer 2: Strong grip on the bar to help give extra pull power



06. ODD LADDER + COACHES REP CHALLENGE

TRACK SET-UP: 2 minute ladder going up in ODD numbers followed by a 30 second ODD numbers coaches rep challenge.

Exercise	
0:00	Set up and demo moves, Hanging Plate Squat Jump x1 Burpee Jump x1
0:29	Begin 2 minute ladder going up in ODD numbers Hanging Plate Squat Jump x1 Burpee Jump x1 Hanging Plate Squat Jump x3 Burpee Jump x3 Hanging Plate Squat Jump x5 Burpee Jump x5 Hanging Plate Squat Jump x7 Burpee Jump x7 Hanging Plate Squat Jump x9 Burpee Jump x9 *If 9/9 reps completed before countdown, extra recovery.
2:29	Recover and set up coaches AMRAP REP challenge coach decides reps 1, 3, 5, 7 or 9 – Reps can be different each class. Here is a rough guide for ROUNDS to aim for depending on reps chosen: 1 Rep: 5 Rounds 3 Reps: 3 Rounds 5 Reps: 2 Rounds 7 Reps: 1.5 Rounds 9 Reps: 1 Round
2:59	Coach Call AMRAP Rep Challenge
3:30	Recovery



06. WOLF AND CAGE 3:37mins

COACHING TIP

Keep the intro simple and sharp allow for members to mentally prepare for this final challenge, fatigue is high, members already know how a ladder works, 'say and do' when the countdown hits.

CONNECTION

This is the best time to dig deep and be with your team, show them you feel what they feel and let your personal best inspire them to keep giving everything they have.

DRIVE

The reps that break you are the reps that make you. This last set is all about pushing to maximum failure in order to the fitness results.

HIIT SCIENCE

Pushing our heart rate to max and driving fatigue generates a series biochemical changes that are exclusive to HIIT training. Doing this when fatigued ensures we get the changes in fitness and body composition that are the hallmark of HIIT training.

TECHNIQUE

SQUAT JUMP WITH PLATE

- **Feet outside hips, knees out**
- Plate hanging low in front of body
- **Bend knees** then jump
- Plate stays in front of body hanging low
- **Abs braced**
- **Soft knee landing**
- **Chest up**

↓ OPTION: NO PLATE

BURPEE

- 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 PLATE

Layer 2: Trying to stay weightless moving on and off the ground will create more speed and higher heart rate



07. CORE CHALLENGE

TRACK SET-UP: Core AMRAP, 3 moves, 5 reps each, 2 minutes as many rounds as possible

<i>Exercise</i>	
0:00	Set up and demo moves with or without plate, C-Crunch with Extension x5 Pike to Extension x5 Walking Planks x5 *No countdown in the music
0:30	Begin Core AMRAP, C-Crunch with Extension x5 Pike to Extension x5 Walking Planks x5
2:29	<i>Recovery</i>



07. STEP INTO A WORLD 2:32mins

COACHING TIP

There is no countdown so either go when Erin does on master class “yes yes yo, we don’t stop” which is 30 seconds in and 2 minutes working. Or just setup and get class into it as quickly as possible.

CONNECTION

Everyone is super fatigued and wanting to checkout, keep the feels upbeat and fun, now is a great time to start walking around and acknowledging how hard the team have worked throughout the class, lots of moments for praise.

DRIVE

Play on the fact that this is the last working track, but also throw in all the benefits that having a strong core brings to the workout.

TECHNIQUE

C-CRUNCH WITH PLATE

- Lying on back plate at forehead knees in line with hips
- **Crunch ribs to hips**
- **Chin tucked**
- **Arms and legs extended out lower back presses towards the floor**
- Slight tail bone lift in crunch

↓ OPTION: NO PLATE

MARCHING PLANK

- Begin in Hover position, **elbows in line with shoulders**
- **Back long and straight**
- Walk up into Plank altering arms then back to Hover
- Hands under shoulders
- **Core braced**
- **Hips square**
- **Maintain neutral spine throughout entire movement**

↓ OPTION: DROP TO THE KNEES

PIKE EXTENSION

- Begin on back arms and legs extended out to 45, plate or no plate
- **Lower back presses towards the floor**
- **Chin tucked**
- Keeping arms and legs straight lift vertical into pike then open back into dish shape
- **In Pike, Crunch ribs towards hips**

↓ OPTION: NO PLATE



GRIT CARDIO MUSIC

01. **Turn It Up** (3:21)
Oh The Larceny
© 2019 Position Music.
Written by: Burnett, Wells

02. **Don't Wanna Dance** (2:30)
Boston Bun
© Courtesy of the Universal Music Group.
Written by: Noyer, Emenike, Baker

BRASSSS (1:05)
Sky Tone
© 2020 Les Mills Music Licensing Ltd.
Written by: Newport, van de Geer, Langeveld

03. **Walk Out Laughing** (1:55)
BadBoe
© 2007 Breakbeat Paradise Recordings.
Written by: Badboe

Let's Go (1:59)
JAXSON GAMBLE
© 2020 Silver Side Productions.
Written by: Stolar, van Alstine

Walk Out Laughing (2:07)
BadBoe
© 2007 Breakbeat Paradise Recordings.
Written by: BadBoe

04. **Come For It** (2:10)
Machel Montano
© 2019 Monk Music.
Written by: Mark, Montano, Shaw, Philips

Le Retour (2:05)
Kove
© 2019 UKF.
Written by: Rockhill

Badbwoy(1:56)
Shad
© 2019 Tribal Trap.
Written by: Elisabeth

05. **BRASSSS** (3:46)
Sky Tone
© 2020 Les Mills Music Licensing Ltd.
Written by: Newport, van de Geer, Langeveld

06. **A-FREAK-A** (3:36)
Sophie Francis
© 2020 SpinninRecords.com.
Written by: Bongers, Roos, Ericsson

07. **The Difference** (2:26)
Flume, Toro y Moi
© 2020 Future Classic.
Written by: Bundick, Streten



Erin Maw

Back at it! Release 34 has all the goodies to get the heart rate pumping and all cylinders firing! The United release was so special the team knew they had to throw all at this one to build on that momentum.

Innovative twists on previous sets and structures will mentally stimulate and physically challenge! Surprise and delight are the kickers added onto the end of almost all tracks to give his workout extra fire. A blend of counting reps and going hard for time will appeal to a wide audience and keep everyone on their toes mixing up and shifting the focus. Coach to athleticism and the benefits you get training HIIT, focus on the feel and high motivation to find that next level!.... we going 11 out of 10 in this one.

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.

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- Production Coordinator** – Hannah Lofroth

PRESENTER

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.

RELEASE FEEDBACK

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01. WARM-UP

Exercise	
0:09	Butt Kicks
0:22	Squat Twist
0:35	Dynamic Lunges (L+R)
0:49	Butt Kicks
1:02	High Knee Run/Sprints OTS
1:15	Burpee
1:41	Burpee Jump
1:55	Surfer Burpee
2:08	Pushups
2:21	Renegade Pushup (L+R)
2:37	Lateral Shuffle (L+R)
2:49	High Knee Sprints OTS
3:02	Surfer Burpee
3:16	Recovery



01. TURN IT UP 3:21mins

COACHING TIP

Keep it simple, coach with clarity and the class will gel well with you and the workout.

CONNECTION

Turn It Up what a tune! All the feels and vibes to get the energy in the right place and set the tone for the workout, ride the musicality of this song and try match the energy.

DRIVE

Three heart rate kickers in this warm-up to lift the intensity and get into the right zones early in the workout. Les Mills GRIT warm-ups are accelerated warm-ups to get the heart rate lifted quicker than other workouts, encourage members to hit those kickers and get breathless early.

TECHNIQUE

RUN OTS/BUTT KICKS

- **Chest up**
- **Abs braced**
- Heels kick up towards butt

SQUAT WITH ROTATION

- **Feet just outside hip width**
- **Hips back and down**
- **Knees out**
- **Hips and knees to 90 degrees**
- **Chest up**
- **Abs braced**
- Rotate at the top of each Squat
- **Lift heel as you rotate**

DYNAMIC LUNGE

- **Feet under hips**
- **Long step back**
- **Back knee towards floor**
- Twist from center of the chest
- **Front thigh parallel to floor**
- **Front knee out**
- **Chest up**

HIGH KNEE RUN OTS

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

BURPEE/SURFER 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**

Add **Surfer**

- 90 degree quarter turn, **feet wide knees out**
- **Brace abs to turn**

↓ OPTION: NO JUMP

PUSHUP/RENEGADE ROW

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

Add **Row**

- Feet or knees wide to keep hips square
- **Brace core to keep chest square to ground on elbow lift**

↓ OPTION: DROP TO THE KNEES

SHUFFLE

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



02. EVEN LADDER + COACHES REP CHALLENGE

TRACK SET-UP: 2 minute ladder going up in EVEN numbers followed by a 30 second EVEN numbers coaches rep challenge.

Exercise	
0:00	Set up and demo moves, Cross Over Sprint (2 for 1) (L+R) x2, Lateral Skaters (2 for 1) (L+R) x2
0:28	Begin 2 minute ladder going up in EVEN numbers Cross Over Sprint (2 for 1) (L+R) x2, Lateral Skaters (2 for 1) (L+R) x2 Cross Over Sprint (2 for 1) (L+R) x4, Lateral Skaters (2 for 1) (L+R) x4 Cross Over Sprint (2 for 1) (L+R) x6, Lateral Skaters (2 for 1) (L+R) x6 Cross Over Sprint (2 for 1) (L+R) x8, Lateral Skaters (2 for 1) (L+R) x8 Cross Over Sprint (2 for 1) (L+R) x10, Lateral Skaters (2 for 1) (L+R) x10 *If 10/10 reps completed before countdown – extra recovery
2:30	Recover and set up coaches AMRAP REP challenge coach decides reps 2, 4, 6, 8 or 10 – Reps can be different each class. Here is a rough guide for ROUNDS to aim for depending on reps chosen: 2 Reps: 4 Rounds 4 Reps: 2.5 Rounds 6 Reps: 1.5 Rounds 8 Reps: 1 Round 10 Reps: 1 Round
2:59	Coach Call AMRAP Rep Challenge
3:29	Recovery



02. DON'T WANNA DANCE / BRASSSS 3:35mins

COACHING TIP

‘Say and Do’ the first few reps of the ladder so participants can follow and understand how to count the ladder reps properly. Remember 2 for 1 means Right + Left is ONE rep. So TWO reps to start is Right + Left 2 times.

CONNECTION

2 minutes is a great duration of time to coach the ladder sequence all layer 1 cues and even get out on the floor checking technique and building that coaching connection early.

DRIVE

Comes in the 30 second rep challenge – heart rate is up – nervous system is firing and now it’s time to push into the red zone with a max rep challenge.

HIIT SCIENCE

Hitting maximum training zones in the first working track sets up the rest of the workout. In this track we sink low and rive the body laterally to drive the heart rate.

TECHNIQUE

CROSS OVER SPRINT

- 4 step lateral run
- Step, cross, step, back tap with same arm tap down
- **Hip square to the front**
- **Light on the balls of the feet**
- **Chest up on reach down**
- Leg in back tap travels straight back, **front knee out**

↓ OPTION: REACH TOWARDS FLOOR NO TAP DOWN

Layer 2: Generate speed by staying light on the balls of the feet, the greater the speed the quicker the reps

LATERAL SKATERS (L+R)

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

Layer 2: Use the arms for momentum and to gear shift fast and swiftly from side to side



03. AMRAP

TRACK SET-UP: x3 90 second AMRAPs – Beginning with 3 moves, 8 reps each. Count the rounds from the first AMRAP and use that as the bench mark for the track.

<i>Exercise</i>	
0:00	Set up and demo AMRAP moves, Air Taps x8, Renegade Pushups x8, Power Lunges (L+R) x4
0:24	Begin and count AMRAP 1 – x8 REPS EACH Air Taps x8, Renegade Pushups x8, Power Lunges (L+R) x4
1:55	Recover and set up AMRAP 2 – x9 REPS EACH
2:24	Begin and count AMRAP 2 – x9 REPS EACH Air Taps x9, Renegade Pushups x9, Power Lunges x9
3:54	Recover and set up AMRAP 3 – x10 REPS EACH
4:24	Begin and count AMRAP 3 – x10 REPS EACH Air Taps x10, Renegade Pushups x10, Power Lunges x10
5:54	<i>Recovery</i>



03. WALK OUT LAUGHING / LET’S GO 6:01mins

COACHING TIP

To keep the heart rate high GRIT track intros are short, pre-plan a quick easy to the point setup to give yourself enough time to get out the most important points.

CONNECTION

This track is a great opportunity to spend quality time floor coaching not just technique, sets 2 and 3 offer a substantial time to coach intensity and improvement of execution.

DRIVE

This is a tough challenge, as fatigue gets high the sets get harder. By the third set motivation will need to be high to keep members aiming for their first max effort.

HIIT SCIENCE

Alternating between moves allows us to keep the intensity high. Just as one muscle group fatigues - we change the exercise which changes the muscle target. The overall objective is to drive the heart rate up and keep it there for each 90 second block.

TECHNIQUE

AIR TAP

- **Feet outside hips, knees out**
- **Bend knees then Jump**
- Heels click together in the air
- Arms overhead in jump
- **Abs braced**
- **Soft knee landing**
- **Chest up**

↓ OPTION: SQUAT JACK

Layer 2: Drive off the floor and out of the Squat by pulling up on the inner thighs and squeezing the glutes hard

PUSHUP/RENEGADE ROW

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

Add **Row**

- Feet or knees wide to keep hips square
- **Brace core to keep chest square to ground on elbow lift**

↓ OPTION: DROP TO THE KNEES

Layer 2: Snap the elbow up towards the ceiling to activate more posterior and back power

POWER LUNGE

- Feet hip width, big step back
- **Bend knees front thigh parallel to floor**
- Jump and switch legs
- Swing arms overhead
- **Soft knee landing in the lunge**
- **Hips, shoulders stay square**
- **Chest lifted, abs braced**

↓ OPTION: BACKWARDS STEPPING LUNGE

Layer 2: Drive out of the base of the Lunge by pushing off the ball of the back foot and heel of the front this will help generate intensity



04. RELAY + TRISET KICKER

TRACK SET-UP: 3 rounds of relays, 2 teams, 2 different moves, 30 seconds each move with a full team kicker at the end of each set.

Exercise	
0:00	Set up: Split room in half and face each other, demo first moves RIGHT SIDE: Double Heisman Foot Tap LEFT SIDE: Frog Jump Shoulder Tap
SET 1	
0:30	RIGHT SIDE: Double Heisman Foot Tap LEFT SIDE: Frog Jump Shoulder Tap
0:59	CHANGE MOVES LEFT SIDE: Double Heisman Foot Tap RIGHT SIDE: Frog Jump Shoulder Tap
1:29	Recover and set up whole team full body move, Halo Slam Squat Jump
1:51	Halo Slam Squat Jump
2:10	Recover and repeat SET 1 * Halo Slam Squat Jump + Butt Kick + 5 seconds working time (25 seconds)
2:29	REPEAT SET 1
4:14	Recover and set up SET 3 – TRI SET KICKER, Whole class does all 3 moves together back to back 30 seconds each.
4:33	Double Heisman Foot Tap
5:03	Frog Jump Shoulder Tap
5:35	Halo Slam Squat Jump + Butt Kick
6:03	Recovery



04. COME FOR IT / LE RETOUR / BADBWOY 6:11mins

COACHING TIP

Split the room in half quickly so you have lots of time to set-up the track. Two variations on moves we have done in previous Cardio releases break down and explain these add ons well.

CONNECTION

This is a great track to create teams within a team, facing each other will give this track a slight sense of competition and members will feed off each others energy.

DRIVE

The TRI SET to finish this track off is a massive kicker in this set, build up lots of hype leading into this final set and encourage members to give it their best effort. That Halo Slam is punishing!

HIIT SCIENCE

Keeping the hips and shoulders square during the Frog Jump Shoulder Tap generates athletic core strength. This means the core muscles are not only strong - they are responsive to sudden changes in trunk load.

TECHNIQUE

DOUBLE HEISMAN

- Lateral 3 step moving L+R
- 2 Runs and 1 knee drive up towards chest with opposite hand tapping inside of foot
- **Light on balls of feet**
- **Hips square**
- **Knees soft**

Add **Tap**

- **Chest up on foot tap**

Layer 2: Imagine you have fire under your feet, swift and light maintaining speed and high heart rate

FROG JUMP SHOULDER TAP

- Set-up in Plank position, **hands in line with shoulders**
- **Back long and straight**
- Jump two feet in and back into Plank
- **Knees jump in line with hips**
- **Brace core to jump in and out**
- **Keep knees close to the ground**
- Bodyweight stays forward

Add **Shoulder Tap**

- As feet jump in one arm reaches and taps opposite shoulder
- **Keep hips square**

Layer 2: Imagine a compression sock around your core, tighten the entire mid section to move the arms and legs faster

HALO SLAM

- **Feet wide outside hips**
- Hands clasped together in the center
- Half circle the arms around the R side
- **Elbows forward of face**
- When fists are behind head, crunching top ribs to hips, slam them down the front of the body in between legs
- **Bend knees to slam and brace core hard**
- **Land soft** out of Squat Jump
- **Keep knees tracking out the whole time**

Add **Butt Kick**

- **Two feet take off and land soft**
- Heels kick up towards glutes

↓ **OPTION: NO BUTT KICK**

Layer 2: Generate as much core power as possible by imagining you are cutting a piece of wood with an axe



05. REVERSE PYRAMID

TRACK SET-UP: Reverse Pyramid, starting with full combo going for 30 seconds, dropping to 20 and 10 seconds then building back up to 30 seconds.

<i>Exercise</i>	
0:00	Set up and demo move, Surfer Burpee Tuck Jump
0:29	Surfer Burpee Tuck Jump
1:00	<i>Recovery</i>
1:14	Surfer Burpee
1:33	<i>Recovery</i>
1:43	Burpee
1:54	<i>Recovery</i>
2:14	Burpee
2:24	<i>Recovery</i>
2:33	Surfer Burpee
2:54	<i>Recovery</i>
3:10	Surfer Burpee Tuck Jump
3:39	<i>Recovery</i>



05. BRASSSS 3:46mins

COACHING TIP

We have not done to many Reverse Pyramids in Les Mills GRIT before, explaining 30, 20, 10, 10, 20, 30 structure in the setup will allow members to mentally prepare the format of this track.

CONNECTION

Mentally this would be the toughest track of the class, the next track is 'rep' counting which helps to distract – this track is all about reps and pushing past failure so encouragement and praise needs to be at it's max in this track.

DRIVE

The reps that break you are the reps that make you. This last set is all about pushing to maximum failure in order to the fitness results.

HIIT SCIENCE

The more muscle groups we have firing - the easier it is to drive the heart rate. Burpees and Tuck Jumps tap into every muscle group we have. Moving your bodyweight explosively like this develops the ability to shift our body weight with speed and power.

TECHNIQUE

BURPEE/SURFER 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**

Add **Surfer**

- 90 degree quarter turn, **feet wide knees out**
- **Brace abs to turn**

↓ OPTION: NO JUMP

Layer 2: Stay low in the Squat and whip the hips to maintain speed and intensity

TUCK JUMP

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

↓ OPTION: NO TUCK, OR SMALL RANGE TUCK

Layer 2: Engage the core and glutes to drive off the ground and tap into extra vertical power – this will build athleticism



06. ODD LADDER + COACHES REP CHALLENGE

TRACK SET-UP: 2 minute ladder going up in ODD numbers followed by a 30 second ODD numbers coaches rep challenge.

Exercise	
0:00	Set up and demo moves, Lateral Shuffle (2 for 1) x1 Donkey Kick x1
0:29	Begin 2 minute ladder going up in ODD numbers Lateral Shuffle (2 for 1) x1 Donkey Kick x1 Lateral Shuffle (2 for 1) x3 Donkey Kick x3 Lateral Shuffle (2 for 1) x5 Donkey Kick x5 Lateral Shuffle (2 for 1) x7 Donkey Kick x7 Lateral Shuffle (2 for 1) x9 Donkey Kick x9 *If 9/9 reps completed before countdown, extra recovery.
2:29	Recover and set up coaches AMRAP REP challenge coach decides reps 1, 3, 5, 7 or 9 – Reps can be different each class. Here is a rough guide for ROUNDS to aim for depending on reps chosen: 1 Rep: 5 Rounds 3 Reps: 3 Rounds 5 Reps: 2 Rounds 7 Reps: 1.5 Rounds 9 Reps: 1 Round
2:59	Coach Call AMRAP Rep Challenge
3:29	Recovery



06. A-FREAK-A 3:36mins

COACHING TIP

Keep the intro simple and sharp allow for members to mentally prepare for this final challenge, fatigue is high, members already know how a ladder works, 'say and do' when the countdown hits.

CONNECTION

This is the best time to dig deep and be with your team, show them you feel what they feel and let your personal best inspire them to keep giving everything they have.

DRIVE

This would be the 'Tabata' of the class, short quick bursts of maximum intensity, like Erin say's 10 out of 10 from start to finish. Those Tuck Jumps get really tough so keep the motivation high!

HIIT SCIENCE

Pushing our heart rate to max and driving fatigue generates a series biochemical changes that are exclusive to HIIT training. Doing this when fatigued ensures we get the changes in fitness and body composition that are the hallmark of HIIT training.

TECHNIQUE

SHUFFLE

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

Layer 2: Try maintain a rhythm in the Shuffle, having a consistent speed to try hit will keep you accountable to the set and keep the heart rate high and legs firing

DONKEY KICK

- **Hands under shoulders**
- **Back long and strong**
- **Abs braced**
- Drive knees towards chest
- Extend legs back out to Plank
- **Hips stay low and square to the ground**

↓ OPTION: FROG JUMP

Layer 2: Shoot the knees in and out like a cannon ball, tapping into extra core power to stimulate and work the muscles harder



07. CORE CHALLENGE

TRACK SET-UP: 2 ½ minutes of Hovers and Planks.

<i>Exercise</i>	
0:00	Set up Hover, knees or toes. *There is no countdown in this track get everyone into Hover as soon as possible.
0:00	Hover
0:34	Walk up to Plank
0:36	Mountain Climbers
0:48	Hover
1:10	Walk up to Plank
1:12	Mountain Climbers
1:24	Cross Tap Mountain Climber
1:36	Cross Tap Mountain Climber - Faster
1:48	Cross Tap Mountain Climber - Faster
2:12	Mountain Climbers
2:24	<i>Recovery</i>



07. THE DIFFERENCE 2:26mins

COACHING TIP

There’s no countdown, everything is to the music so get everyone into a Hover as soon as possible then explain the focus of the track when holding Hover.

CONNECTION

The music is everything in this track, which is a little different because music is not usually the center of HIIT however this song was too good and Erin couldn’t resist making a 2½ minute Plank challenge blend with this awesome tune.

DRIVE

Don’t be fooled this track is SUPER challenging, especially that new Cross Tap Mountain Climber wowzer! Abs are going to be on fire! Big encouragement start to finish with this last track.

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: Switch your knees as fast as you can the greater the speed the better reactive core training

HOVER HOLD

- **Elbows on floor in line with shoulders**
- **Back long and straight**
- **Core braced**
- **Body weight forward**
- **Hips in line with shoulders**
- Heels press towards back
- Pull up on knee caps

↓OPTION: KNEES OR TOES

2 POINT MOUNTAIN CLIMBER

- Start in Plank position
- **Hands under shoulders**
- **Back long and straight**
- **Feet wide**
- Opposite hand taps knee alternating L&R
- **Hips stay square**
- **Brace core hard to tap knee**

↓ OPTION: STAY WITH SLOWER PACE

Layer 2: Stay solid like a plank of wood through the mid section to maintain control and increase speed



GRIT ATHLETIC MUSIC

01.

WARM-UP

Use Cardio Track 01 music
02.

EVEN LADDER + COACHES REP CHALLENGE

Use Cardio Track 02 music
03.

TALKING FACTS (3:00)

NOAM DEE

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Written by: Fairley
04.

Party People (Stream Edit) (2:54)

Alex Guesta vs Yan Kings & Matt Petrone
feat. Fatman Scoop

© 2020 Under Town Records.
Written by: Lazzaroni, Petrone, Agosto
05.

Reckless (2:11)

Yellow Claw feat. Fatman Scoop

© Courtesy of the Universal Music Group.
Written by: Taihuttu, Rondhuis
06.

Badbwoy (5:10)

Shad

© 2019 Tribal Trap.
Written by: Elisabeth
07.

Reckless (2:12)

Yellow Claw feat. Fatman Scoop

© Courtesy of the Universal Music Group.
Written by: Taihuttu, Rondhuis
08.

ODD LADDER + COACHES REP CHALLENGE

Use Cardio Track 06 music
- 09

CORE CHALLENGE

Use Cardio Track 07 music
10.

OUTRO

Use Strength Track 08 music



Ben Main

Back at it! Release 34 has all the goodies to get the heart rate pumping and all cylinders firing! The United release was so special the team knew they had to throw all at this one to build on that momentum.

Athletic is super creative this round, making use of the risers like never before! The bonus athletic block is called ‘3D Training’ inspired by sports conditioning in NFL Combine training. 3D training is all about teaching the body how to move in multi directions quickly, mixing up the stimulus and challenging the body in new ways to shift our fitness faster. Enjoy learning about and teaching this one it’s super high energy and really fun, especially the reactive training sets!

Enjoy!

Erin and the LES MILLS GRIT crew

CLASS SET-UP

Bench with 2 risers on each end and 1 small to medium plate.

CREDITS

- Creative Director** – Les Mills Jnr
- Lead Creative** – Erin Maw
- Creative Consultants** – Ezra Fantl
- Chief Creative Officer** – Dr. Jackie Mills
- Technical Consultants** – Bryce Hastings and Rob Lee
- Program Coach** – Erin Maw
- Production Coordinator** – Hannah Lofroth

PRESENTER

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.

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: 5 or 6 tracks that are mixed together with GRIT Cardio to create a **GRIT Athletic** workout. GRIT Athletic is the name of any class that incorporates the 'Bonus Athletic Block'. If you would like to teach a **GRIT Athletic** class, here's the format (for workshops and club launches, please make sure you are following this format):

- TRACK 1: *CARDIO 34 – WARM-UP*
- TRACK 2: *CARDIO 34 – EVEN LADDER + COACHES REP CHALLENGE*
- BONUS ATHLETIC BLOCK**
- TRACK 3: LATERAL QUICKNESS**
- TRACK 4: OBSTACLE COURSE**
- TRACK 5: REACTIVE TRAINING 1.0**
- TRACK 6: 3D PLAYGROUND**
- TRACK 7: REACTIVE TRAINING 2.0**
- TRACK 8: *CARDIO 34 – ODD LADDER + COACHES REP CHALLENGE*
- TRACK 9: *CARDIO 34 – CORE CHALLENGE*



03. LATERAL QUICKNESS

TRACK SET-UP: 3 rounds to test lateral quickness, first 30 seconds moving laterally over the risers with lateral leaps and sprints.

Exercise	
0:00	Set up 2 sets of risers ½ meter apart and demo move, LATERAL COMBO: Sprints OTS x4 Lateral Leap x1 Sprints OTS x4 Lateral Leap x1 Sprints OTS x4 (L+R)
0:24	LATERAL COMBO: Sprints OTS x4 Lateral Leap x1 Sprints OTS x4 Lateral Leap x1 Sprints OTS x4 (L+R)
0:54	Recover and demo add on, Lateral Shuffle (L+R) x1
1:15	FULL COMBO: Begin (L) side - Sprints OTS x4 Lateral Leap (R) x1 Sprints OTS x4 Lateral Leap (R) x1 Sprints OTS x4, Shuffle (L + R), Begin combo on (R) side
1:44	Recover and extend risers across floor by 1 or 2
2:04	FULL COMBO with either 2, 3 or 4 risers set up on the floor
2:54	Recovery



03. TALKING FACTS 3:00mins

COACHING TIP

Get the class to quickly set-up the risers so you have lots of time to demo the moves. Ensure there is enough space in between members risers to hit those high knees.

CONNECTION

This is the first time we have used the risers in this way in Les Mills GRIT before. Super important to set-up the moves well and get the class feeling super comfortable and confident to attack these creative sets with intensity.

DRIVE

The final 50 second set is designed to drive the heart rate up! The first 30 seconds sets are designed for our members to feel it out, the 3rd set is all about bringing intensity and fire.

HIIT SCIENCE

High knee runs on the spot provide a great opportunity to focus on sprint technique. The chest is lifted, we are up on the toes and the arms drive forward and back with the hands moving from the hips to the lips.

TECHNIQUE

HIGH KNEE RUN OTS

- **Chest up**
- **Abs braced**
- **Up on the balls of feet**

Layer 2: As soon as one foot lands push off the other foot and switch the knees as quickly as you can to maintain intensity

LATERAL JUMP

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

Layer 2: Engage the glutes to drive across the floor with more power

SHUFFLE

- Double shuffle to the side then back to centre
- **Knees out and soft**
- **Hips square to the front**
- Reach towards floor
- **Chest up**

↓ **OPTION: FIRE UP THROUGH THE GLUTES, HIPS, QUADS AND CALVES TO ENGAGE AND TAKE THE LOWER BODY TO FAST FATIGUE**



04. OBSTACLE COURSE

TRACK SET-UP: 3 rounds to test multi direction quickness, first round 30 seconds, each round getting progressively harder.

Exercise	
0:00	Set up 2 sets of risers ½ meter apart and demo move, Burpee x1, F Jump over risers x2, Speed Ladder F on bench x4
0:24	LEVEL 1 COMBO: Burpee x1, F Jump over risers x2, Speed Ladder F on bench x4
0:54	Recover and demo add on, Burpee Tuck x1, F Jump Tuck over risers x2, Speed Ladder F on bench x4
1:14	LEVEL 2 COMBO: Recover and demo add on, Burpee Tuck x1, F Jump Tuck over risers x2, Speed Ladder F on bench x4
1:44	Recover and demo add on, Burpee Pushup Tuck x1, F Jump Tuck over risers x2, Speed Ladder F on bench x3 Plyo Sumo x1
2:04	LEVEL 3 COMBO: Burpee Pushup Tuck x1, F Jump Tuck over risers x2, Speed Ladder F on bench x3 Plyo Sumo x1
2:53	Recovery



04. PARTY PEOPLE 2:54mins

COACHING TIP

The risers set-up stays the same from the previous track, try demo the full obstacle course 2 times through so members are super clear on the structure.

CONNECTION

To describe the benefits of this style of training and how it fits into a sporting / athletic lifestyle. This set really taps into the multi-directional elements you get in 3D training

DRIVE

This track gets progressively harder, mentally and physically. The goal is to hit all 3 sets with as much intensity as possible, how many rounds can our class get through on the course in the allotted amount of time?

HIIT SCIENCE

Alternating between exercises allows us to keep the intensity high. Each new focus brings in different muscle patterns which means that while some muscles recover, others take over to keep the heart rate high.

TECHNIQUE

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

Layer 2: On and off the ground as fast as possible to hit high reps and keep the heart rate high

FORWARD JUMP

- **Feet under hips**
- **Two feet take off and land**
- Jumping forward
- **Soft knee landing**
- **Chest up**
- **Core on**

↓OPTION: JUMP BESIDE RISERS

Layer 2: Use the core power for quick dynamic shifts across the floor

SPEED LADDER

- **Feet start under hips**
- **Light on the balls of the feet**
- **Knees soft**
- Hips back
- **Chest up**
- **Abs braced**
- Feet go, out,out,in,in – that is one rep

↓OPTION: Move forward along bench

Layer 2: Padlock your core to tense the whole upper body this allows the legs to move with more speed

PUSHUP

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

↓OPTION: DROP TO THE KNEES

Layer 2: Open and close the chest as fast as you can to increase power in the upper body

SUMO PLYO BENCH JUMP

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

↓OPTION: NO JUMP – x4 SPEED LADDERS

Layer 2: Use the bench like a spring board to tap into even more explosive power



05. REACTIVE TRAINING 1.0

TRACK SET-UP: 3 rounds of reactive training, holding pattern of Shuttles, Coach Calls right, Burpee tap right, Coach Calls left, Burpee tap left. React to the sound of the coaches voice.

*NOTE: No countdowns in this song

Exercise	
0:00	Set up 2 sets of risers 1 meter apart square to bench and demo moves, holding pattern: Shuttle Right: ¼ Turn Burpee tap R risers Left: ¼ Turn Burpee tap L risers
0:35	Begin Coach Calls
0:53	Recover and demo add on, Flip
1:10	On the beat challenge, Air Taps
1:27	Begin Coach Calls Holding pattern: Shuttle Right: ¼ Turn Burpee tap R risers Left: ¼ Turn Burpee tap L risers Flip: 180 Turn x1 Pushup on bench x1 180 Turn x1
1:44	Recover
1:54	Begin Coach Calls Holding pattern: Shuttle Right: ¼ Turn Burpee tap R risers Left: ¼ Turn Burpee tap L risers Flip: 180 Turn x1 Pushup on bench x1 180 Turn x1
2:11	Recovery



05. RECKLESS 2:11mins

COACHING TIP

Due to music license there is no countdown, however the builds and drops in this song are really easy to follow when the working sets kick in. Listen to the music and learn it of by heart before teaching this track.

CONNECTION

This track is like a game, all about fast twitch activation, challenge to see who can be the quickest in the class to react to your voice, simple way to get members understanding how reactive training works.

DRIVE

Going back in for the third set should be when you crank up the calls are quick fire to literally keep people on their toes!

HIIT SCIENCE

Our type 2 muscle fibers, which improve athletic ability are recruited via intensity, The higher the intensity the more we tap into the fibers that give us shape, strength and tone.

TECHNIQUE

SHUTTLE RUN OTS 'HOLDING PATTERN'

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

↓OPTION: SHIFT BODY WEIGHT FORWARD TO STAY LIGHT ON THE BALLS OF THE FEET, THIS WILL HELP INCREASE THE SPEED

BURPEE RISER TAP 'A or B'

- Start facing forward, depending on call out of 'A' or 'B' determines which side you turn
- **To turn keep feet wide outside hip width, knees out**
- **Brace abs to turn**
- To Burpee Squat, jump feet back to Plank, jump back to Squat, stand up
- **Use the Squat to transition**
- **Abs braced as feet jump back**
- **Hips square to the ground on hand tap**
- **Back long, strong and straight**

Layer 2: Engage the core harder to hit the turn and tap faster to maintain the fast twitch activation

180 TURN 'FLIP'

- **Feet wide just outside hip width**
- Start facing forward, 180 turn to back, complete pushup then 180 turn to face front
- **Two feet take off and land**
- **Soft knee landing**
- **Chest up**
- **Core on to turn**

Layer 2: Use the core power for quick dynamic shifts from front to back

PUSHUP

- **Hands outside shoulder width on bench**
- **Back long and straight**
- **Abs braced**
- **Drop chest to elbow height**

↓OPTION: DROP TO THE KNEES

Layer 2: Press palms hard into the bench to pop out of the Pushup

AIR TAP

- **Feet outside hips, knees out**
- **Bend knees** then jump and click heels together
- **Arms overhead in jump**
- **Abs braced**
- **Soft knee landing**
- **Chest up**

Layer 2: In the climax of the Squat shift your force up and out of the ground to tap into extra leg power



06. 3D PLAYGROUND

TRACK SET-UP: 4 rounds of training, beginning with 30 seconds of Skaters and High Knees, building up to a 1 minute 3D challenge.

Exercise	
0:00	Set up a letter T using bench and risers and demo F Skaters over risers x3 High Knee Run B (L+R) x3
0:24	F Skaters over risers x3 High Knee Run B (L+R) x3
0:53	Recover and demo new move, Single Leg Bound (R) x1 Speed Ladder B x4
1:19	Single Leg Bound (R) x1 Speed Ladder B x4
1:49	Single Leg Bound (L) x1 Speed Ladder B x4
2:20	Recover and demo, Single Leg Bound with Tuck (R) x1 Speed Ladder B x4
2:44	Single Leg Bound with Tuck (R) x1 Speed Ladder B x4
3:14	Single Leg Bound with Tuck (L) x1 Speed Ladder B x4
3:44	Recover and demo BURST COMBO, F Tuck over bench x1, F Skaters over risers x3 Sprint back to start, alternate starting side
4:09	BURST COMBO
5:09	Recovery



06. BADBWOY 5:10mins

COACHING TIP

Quick set-up of risers into the letter T, then demo the Skater High Knee Combo twice.

CONNECTION

This is the biggest and longest track, fatigue is high so give lots of praise and encouragement, especially when those Tuck Jumps appear.

DRIVE

The last minute of this track is pure FIRE, keep focusing on coaching intensity so those jumps stay long, the Tucks stay explosive and the heart rate stays off the charts.

HIIT SCIENCE

Staying light on the balls of the feet helps to develop speed and also minimizes stretch tension on the achilles tendon.

TECHNIQUE

LATERAL SKATERS OVER RISERS (L+R)

- Start on one side of risers x3 Lateral Skaters moving forward
- Jump to left side over bench, shifting body weight with knee lift
- **Hips square to front**
- **Land softly with knee bent**
- Push off outside foot to change direction

Layer 2: Use the arm swing to help generate power to launch over the risers

HIGH KNEE RUN BACKWARDS

- **Chest up**
- **Abs braced**
- **Up on the balls of feet**

Layer 2: Lean back slightly this allows a bigger need drive up and greater glute activation

SINGLE LEG BOUND

- Set-up on one side of bench, **inside leg grounded, knee presses out**
- **Single-foot take-off and 2 foot landing**
- Jump forward then up
- **Land soft**
- **Light on the feet moving back**
- **Brace abs, chest up**
- Swing arms to jump

Layer 2: Big arm swings for momentum and explosive power in the jump

BLOCK JUMP

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

Layer 2: Triple extend through hips, knees and ankles to engage in vertical power to increase energy output

TUCK JUMP

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

Layer 2: Use the power of the core to drive the knees up and challenge athleticism

SPEED LADDER BACKWARDS

- **Feet start under hips**
- **Light on the balls of the feet**
- **Knees soft**
- **Hips back**
- **Chest up**
- **Abs braced**
- Feet go, out, out, in, in – that is one rep

Layer 2: Stay light on the balls on the feet to maintain fast speed and lower body engagement

BROAD FORWARD OVER BENCH WITH TUCK 'BURST'

- Start behind bench on one side
- **Two-foot take-off and landing**
- Jump forward over bench with knee tuck
- **Land soft**
- **Brace abs**
- Swing arms to jump

Layer 2: Triple extend to launch the body forward with force and power



07. REACTIVE TRAINING 2.0

TRACK SET-UP: 3 rounds of reactive training, holding pattern of High Knee Sprints OTS, Coach Calls ‘PUSH’ Lateral Step out alternating sides. React to the sound of the coaches voice.

*NOTE: No countdowns in this song

Exercise	
0:00	Set up risers the same as SET 3 in a square and demo moves Holding pattern: High Knee Sprints OTS Push: Lateral Side Step out and in x1 – alternating sides on each call out
0:35	Begin Coach Calls
0:53	Recover and demo ‘Follow the coach – direction change’
1:10	On the beat challenge, Air Taps
1:27	Begin Coach Calls Holding pattern: High Knee Sprints OTS Push: Lateral Side Step out and in x1 – alternating sides on each call out + Follow The Coach – Direction Change
1:44	Recover
1:54	Begin Coach Calls Holding pattern: High Knee Sprints OTS Push: Lateral Side Step out and in x1 – alternating sides on each call out + Follow The Coach – Direction Change Coach to move faster around the room
2:11	Recovery



07. RECKLESS 2:12mins

COACHING TIP

Fatigue is really high from the previous track, be assertive in the quick set-up so members have as much recovery time as possible and you have their full attention to demo the moves in this last track.

CONNECTION

Back again, the music and concept are the same so now its PLAY time. Keep the energy high in your coaching and bring all the HYPE in this track especially when the stimulus changes to be visual and verbal! The added layer of running around keeps this structure fresh and fun!

DRIVE

Short bursts so they need to be explosive! Since this is a repeat concept fire out those call out cues quicker to build that physical and mental fatigue so by the end of this track the class have no steam left.

HIIT SCIENCE

Pushing hard when fatigued is the fastest way to get fitter. This type of training drives us into our anaerobic training zones which unlocks all the benefits of HIIT training.

TECHNIQUE

HIGH KNEE RUN OTS WITH PUSH

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

Add **Push**

- Bodyweight shift out and in
- **Brace abs to shift body**
- **Keeping the knees soft**
- **Chest up**

Layer 2: Brace the core harder to react and shift body weight faster, this will generate more speed and fast twitch activation

AIR TAP

- **Feet outside hips, knees out**
- **Bend knees** then jump and click heels together
- **Arms overhead in jump**
- **Abs braced**
- **Soft knee landing**
- **Chest up**

Layer 2: In the climax of the Squat shift your force up and out of the ground to tap into extra leg power



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 ONE GLOBAL FAMILY

WE ARE ONE GLOBAL FAMILY of leaders, passionately devoted to creating a fitter planet. We fearlessly inspire others to discover their true potential by falling in love with exercise. Exercise is our global movement. Our movement shakes the world. We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement.

Millions of us bind together every day to unite through sweat. Music is in our soul. We are passionate about it. It gives us drive and focus. 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 Les Mills.

OUR DECLARATION OF INTENT

The Les Mills family is made up of fitness clubs, Instructors and millions of participants from around the globe. We may differ in location, religion, race, color and language, but we unite in our love of movement, music and the pursuit of healthy living, for every single person on our planet. At Les Mills, we believe in the dignity of each individual within our community, and we strive towards equality for all. We celebrate and showcase all cultures through our choice of role models, music and movements, with the aim of broadening cultural awareness. We know that what is considered appropriate in some contexts can be seen as inappropriate

in others, and we aim to traverse these delicate situations with the utmost respect to everyone. Choosing, licensing and matching choreography to the right music is a huge challenge! We screen all music and try to avoid any language or references that may cause offense. 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 that differences of opinion can be expressed, and education will always continue. We are here, doors open, ready to listen and learn. Above all, we are passionate about delivering life-changing fitness experiences, every time, everywhere, for everybody.

