

LES MILLS GRIT 35

GRIT STRENGTH

MUSIC AND CREDITS

01. WARM-UP

02. CONTRAST TRAINING

03. STAGGERED SUPERSETS - 5'S

04. LOAD EXPLODE SUPERSETS - 6'S

05. ANTAGONISTIC SUPERSETS - 7'S

06. REVERSE CONTRAST TRAINING

07. CORE CHALLENGE

GRIT CARDIO

MUSIC AND CREDITS

01. WARM-UP

02. COMBO KICKERS

03. STAGGERED SUPERSETS 5'S

04. SUPERSETS 6'S

05. SUPERSETS 7'S

06. COMBO KICKERS

07. CORE CHALLENGE

Les Mills' instructor resources are unique, valuable resources provided to you as a Les Mills' certified instructor to enable you to learn each new release and teach it in Les Mills' licensed clubs only. Do not share these resources. Copying, uploading or sharing files on the internet or selling Les Mills' instructor resources to other people is illegal, and rips off Les Mills, its distributors and other instructors. If you are engaging in any of these illegal activities, there may be serious consequences for you personally including legal action and the suspension or permanent withdrawal of your Les Mills certification. Your cooperation is much appreciated.

LES MILLS GRIT 35

GRIT ATHLETIC

MUSIC AND CREDITS

03A. DROP SET EMOM

03B. TABATA

04A. VOLUME TRAINING EMOM

04B. TABATA

05A. LADDER EMOM

05B. TABATA

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GRIT STRENGTH MUSIC

01.

The Movement (3:21)
Kid Ink
© 2013 RCA Records, a division of Sony Music Entertainment.
Written by: Hills, Willis, Collins, Foster, Araica, White

02.

All Di Dancer Dem (3:21)
OOJ feat. Dimention
© Black Lotus 2020.
Written by: Williams, Langeveld

03.

The People (4:04)
1991
© 2020 Sable Valley Records.
Written by: Webb

HIT IT (2:16)
AKIRA
© 2020 Les Mills Music Licensing Ltd.
Written by: Evans

04.

You Driving Me Crazy (Indian Girl)
(4:05)
Just Can't Sleep
© 2020 Les Mills Music Licensing Ltd.
Written by: Laplante

HIT IT (2:15)
AKIRA
© 2020 Les Mills Music Licensing Ltd.
Written by: Evans

05.

Takeover (4:13)
Fabian Mazur
© 2020 Fabian Mazur.
Written by: Mazur

06.

Zero G (3:23)
Mista Tikkie
© 2020 Les Mills Music Licensing Ltd.
Written by: Romano

07.

Montefisto (2:35)
Hudson Mohawke
© 2020 Warp Records.
Written by: Birchard

ALT
01.

I AM THE HYPE (3:21)
St. Urbain feat. INF
© 2020 Les Mills Music Licensing Ltd.
Written by: Yeh, Tyson



L-R: Ben Main, Khiran Huston

Release 35 is about pure athleticism, GRIT has always been about pushing physical and mental boundaries, however release 35 is taking it next level! With multiple 1 minute intervals and half Tabata's in Strength, Cardio and Athletic this workout is pure fire! The added benefit to this release is being able to highlight and teach to the different styles of Supersets as an added layer of education. Great to keep upskilling and growing in knowledge. Have fun team!

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

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.

Khiran Huston (New Zealand) is a LES MILLS TONE, LES MILLS SPRINT and LES MILLS THE TRIP Trainer/Presenter, a BODYPUMP Instructor/Presenter, an RPM Trainer and a LES MILLS GRIT Coach/Presenter. She is based in Auckland and has been a Les Mills Instructor for seven years.

RELEASE FEEDBACK

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



01. WARM-UP

Please note: This track *The Movement* contains explicit content. The Alternative song can be used in its place.
Please use *I Am The Hype* with the same choreography.

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

Exercise	
0:05	Air Squat
0:20	Butt Kicks
0:35	Dynamic Lunge
0:50	Squat Rotations
1:04	Burpee
1:20	Burpee faster
1:35	Barbell Squat & Lunge
2:04	Barbell Row x1 High Pull x1
2:34	Clean & Press
2:49	Burpee Jump
3:04	Burpee Pushup Jump
Recovery	



01. THE MOVEMENT 3:21mins

COACHING TIP

Always ensure anyone new knows what the ideal weight is and demonstrate any moves you feel members might need to foresee in order to select appropriate weight so they don't have change weights in the middle of the workout.

CONNECTION

Kick off the workout with lots of up lifting energy set a good tone from the beginning of the workout and just enjoy this banging warm-up tune!

DRIVE

Prime the muscles and crank the heart rate are the two main focuses of the warm-up, opportunity to drive the intensity in the final set of Burpee Pushups.

TECHNIQUE

AIR SQUAT

- Feet just outside hip-width
- Hips back and down
- Knees out
- Knees and Hips to 90 degrees
- Chest up
- Abs braced
- Add rotation turn from the centre of chest

BUTT KICKS

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

DYNAMIC LUNGE

- Feet under hips
- Long step back
- Back knee towards floor
- Arms straight just forward of face thumbs to the back of the room
- Front thigh parallel to floor
- Front knee out to track in line with foot
- Chest up

SQUAT ROTATIONS / BURPEE / JUMP

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

Add a jump

- Soft knee landing

↓ OPTION: NO JUMP

BARBELL SQUAT & 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 in line with foot
- Chest up

BARBELL ROW

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

HIGH PULL

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



01. THE MOVEMENT 3:21mins

TECHNIQUE

CLEAN & PRESS

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

PUSHUPS

- **Hands under shoulders**
- **Back long, strong and straight**
- **Push up, chest to elbow height**
- **Abs braced**

↓ OPTION: DROP TO THE KNEES



02. CONTRAST TRAINING

TRACK SET-UP: 3-minute track broken into 3 1-minute working blocks, 30 seconds of Power/Strength, 20 seconds of explosive power/cardio, 10 seconds recovery.

<i>Exercise</i>	
0:00	Set up and demonstrate moves, Barbell Squat Heel Raise SET 1:
0:24	Barbell Squat with Heel Raise
0:55	Plate Squat Jack & Overhead Press
1:14	<i>Recovery</i>
1:23	SET 2: REPEAT SET 1
2:24	SET 3: REPEAT SET 1
3:15	<i>Recovery</i>



02. ALL DI DANCER DEM 3:21mins

COACHING TIP

To explain the set thoroughly, don't worry about demonstrating the plate move in the intro – focus on showing clean barbell technique and explaining the working blocks well.

CONNECTION

Our first 3-minute kicker is a big one, long sets and little recovery and a great way to lift the heart rate and tap into those early 'breathless' and 'HIIT feel' cues so the class fully understand that in HIIT training you want these sensations as early as possible in the workout.

DRIVE

10-second short sharp recoveries keep these working sets intense! Great high heart rate formula to really set the standard on this workout.

HIIT SCIENCE

The secret to any effective HIIT workout is driving the heart rate into top training zones early on.

This sets us up for higher intensities in the subsequent blocks. The most potent effects of HIIT training occur above 85% of HR max.

TECHNIQUE

BARBELL SQUAT WITH HEEL RAISE

- Bar onto meaty part of upper back
- **Feet just outside hip-width**
- **Hips back and down**
- Knees out
- **Hips & knees to 90 degrees**
- Squeeze glutes coming out of Squat and lift heels off floor
- **Chest up**
- **Abs braced**
- Elbows under bar

Layer 2: Build torque in the upper body by keeping the shoulders back and down and the bar tight

PLATE SQUAT JACK & OVERHEAD PRESS

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

↓ OPTION: SQUAT PRESS

Layer 2: Engage the glutes to get more power from the base of the Squat



03. STAGGERED SUPERSETS - 5’S

TRACK SET-UP: 3 1-minute blocks of work focus on Staggered Supersets, 2 moves, 5 reps each back to back working for 1-minute. Working for time or can be AMRAP. The Tabata is 4 rounds, 20 seconds on, 10 seconds off, maximum effort in every set.

Exercise	
0:00	Set up and demonstrate moves, Clean & Press, Double Hang Lunge SET 1:
0:24	Clean & Press x5 Double Hang Lunge x5 (L&R)
1:25	Recover and set up SET 2
1:44	SET 2: REPEAT SET 1
2:43	Recover and set up SET 3
3:05	SET 3: REPEAT SET 1
4:04	Recover and set up and demonstrate Tabata move, Pendulum Squat
4:24	Pendulum Squat
4:43	Recover
4:53	Pendulum Squat
5:12	Recover
5:25	Pendulum Squat
5:45	Recover
5:54	Pendulum Squat
6:13	Recovery



03. THE PEOPLE / HIT IT 6:20mins

COACHING TIP

Quick clean intro – be really confident with the Double Hang Lunge before you teach it. The Pendulum Squat is a new move for GRIT Strength, big focus on Wide Squat and keeping the chest up when the plates lower.

CONNECTION

This whole workout is a great opportunity to learn about the different types of ways you can train Supersets. Staggered is all about unrelated muscles, find moments to talk to where and what muscles are being activated in the body throughout the sets to get a greater mind-body connection to the workout.

DRIVE

3 1-minute rounds is pure fire! The way the team break these rounds down is, Minute 1 – Feel, Minute 2 Fuel and Minute 3 – Fire. Then we build on this momentum with a ½ Tabata to take it to the next level!

HIIT SCIENCE

A Wider Squat Stance allows us to keep the trunk more upright at the bottom of a Squat.

The Pendulum Squat enables us to keep stress off the trunk stabilizers and absorb the downward force of the plates in the legs.

TECHNIQUE

CLEAN & PRESS

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

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

DOUBLE HANG LUNGE

- Feet start underneath hips plates down by side
- Jump feet into Long 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 braced**

Layer 2: Fast twitch power to jump the Lunge in the load phase tapping into more athletic muscle fibers

PENDULUM SQUAT

- **Feet wide**, one plate in each hand outside thighs
- Plates swing in upward motion to 45 degrees
- Keeping arms straight, plates swing down in between legs
- Alternate narrow to wide with plates
- **Use Squat to catch the swings**
- **Chest up**
- **Abs braced**
- Elbows forward of face in upswing
- Plates stop by thighs in the Squat

Layer 2: Drive out of the heels, generate that upward acceleration



04. LOAD EXPLODE SUPERSETS - 6’S

TRACK SET-UP: 3 1-minute blocks of work focus on load to explode, 2 moves, 6 reps each back to back working for 1-minute. Working for time or can be AMRAP. The Tabata is 4 rounds, 20 seconds on, 10 seconds off, maximum effort in every set.

Exercise	
0:00	Set up and demonstrate moves, Barbell Lunge (L&R) x3, Power Lunge (L&R) x3 SET 1:
0:24	Barbell Lunge (L&R) x3 Power Lunge (L&R) x3
1:24	Recover and set up SET 2
1:44	SET 2: REPEAT SET 1
2:44	Recover and set up SET 3
3:04	SET 3: REPEAT SET 1
4:05	Recovery and set up and demonstrate Tabata move, Burpee Pushup
4:24	Burpee Pushup
4:43	Recover
4:52	Burpee Pushup
5:12	Recover
5:25	Burpee Pushup
5:44	Recover
5:54	Burpee Pushup
6:12	Recovery



04. YOU DRIVING ME CRAZY (INDIAN GIRL) / HIT IT

6:20mins

COACHING TIP

There's time to clearly demonstrate and explain both these moves in the intro. Load explode is all about pre-fatiguing and stimulating the nervous system to get a greater response from the muscles with this type of training. Then we flush out the legs with the bodyweight Burpee Pushup Tabata – big focus on speed here, blending power from the Lunges and speed in the Burpees.

DRIVE

Double hit on the lower body is going to take glutes and quads into super fast fatigue, aiming to maintain intensity under fatigue is where you will see the fastest results – encourage members to keep pushing in order to achieve those results. No holding back in the Tabata – it's GAME ON

HIIT SCIENCE

Maintaining a long stride every time we Lunge takes pressure off the front knee. Shortening the Lunge allows the knee to push too far forward over the front ankle and increases joint stress behind the kneecap.

TECHNIQUE

BARBELL LUNGE

- 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
- **Long step back**
- Back knee towards floor
- **Front thigh parallel to floor**
- **Front knee out to track in line with foot**
- **Chest up**

↓ OPTION: USE A PLATE

Layer 2: Focus on the hip extend to get quick under the bar

POWER LUNGE

- Split the feet, **big step back**
- 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: Use the arms to generate greater momentum and help get out of the base of the Lunge

BURPEE PUSHUP

- **Hands under shoulders**
- **Back long, strong and straight**
- **Push up, chest to elbow height**
- **Abs braced**

↓ OPTION: DROP TO THE KNEES

- **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

Layer 2: Activate the core to help power out of the Pushup and into the air to generate more speed and intensity



05. ANTAGONISTIC SUPERSETS - 7’S

TRACK SET-UP: 3 1-minute blocks of work focus on opposing muscle groups, 2 moves, 7 reps each back to back working for 1-minute. Working for time or can be AMRAP.

<i>Exercise</i>	
0:00	Set up and demonstrate moves, Barbell Push Press x7 Row x7 SET 1:
0:24	Barbell Push Press x7 Row x7
1:25	Recover and set up SET 2 – Option to change Barbell Push Press to Barbell Squat Press
1:43	<i>SET 2: REPEAT SET 1</i>
2:43	Recover and set up SET 3
3:05	<i>SET 3: REPEAT SET 1</i>
4:05	<i>Recovery</i>



05. TAKEOVER 4:13mins

COACHING TIP

Again, lots of time to set this up clean, members are already familiar with how the 3 sets of 1-minute works. Antagonistic is opposing muscle groups, so here, chest and back. All about ultimate performance and getting fast results.

DRIVE

The last style of 3 1-minute rounds and no Tabata means bring all the hype and the feels, everyone is confident with how the 1 minute rounds work so now its play time – especially when the Push Press swaps out for Squat Press! FIRE.

HIIT SCIENCE

Training vertical drive is a key component of athletic development.

Most of our big muscles are designed to propel us away from the ground against gravity. Therefore exercises like a Barbell Squat Press engage our largest muscle groups – driving our heart rate through the roof.

TECHNIQUE

BARBELL PUSH PRESS

- Push bar from collarbone overhead
- **Keep bar slightly forward of shoulders**
- Drive from the legs
- **Brace abs**
- **Lift chest**

Layer 2: Utilize the dip in the legs to punch the bar to the ceiling!

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 overhead
- **Keep bar slightly forward of shoulders**
- Drive from the legs
- **Brace abs**
- **Lift chest**

↓ OPTION: PUSH PRESS

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

ROW

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

Layer 2: Engage the athletic chain by focusing on bending the bar around your body



06. REVERSE CONTRAST TRAINING

TRACK SET-UP: 3-minute track broken into 3 1-minute working blocks, 30 seconds of explosive power/ cardio, 20 seconds of power/strength, 10 seconds recovery.

<i>Exercise</i>	
0:00	Set up and demonstrate moves, A-Slam SET 1:
0:25	A-Slam
0:55	Barbell Squat with Heel Raise
1:16	<i>Recovery</i>
1:26	SET 2: REPEAT SET 1
2:27	SET 3: REPEAT SET 1
3:18	<i>Recovery</i>



06. ZERO G 3:23mins

COACHING TIP

Quick refresh on how this track is Set up then big focus on teaching the A–Slam correctly.

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

3 minutes on the clock with little recovery is going to make this final challenge massive at the end of an already epic workout, high motivation and benefits to this style of training will keep people in and pushing for longer.

HIIT SCIENCE

Increasing lactate is key to triggering the biochemical changes we get from HIIT workouts. Pushing the last block of work under fatigue will be sure to achieve that. This is what unlocks the changes in fitness and body composition HIIT workouts are known for.

TECHNIQUE

A-SLAM

- Begin with feet wide, arms hanging low
- Jump feet together keeping heels down
- **Arms swing up in front of body finishing on 45 degrees**
- **Chest up**
- **Elbows forward**
- **Core braced**
- **Feet jump wide and plate lowers down keeping chest up**
- **Knees out**
- **Hips back**
- **Land soft**

Layer 2: Load and snap the plate to generate more reactive core power

BARBELL SQUAT WITH HEEL RAISE

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

Layer 2: Press the heels harder into the floor to generate more power in the Squat



07. CORE CHALLENGE

TRACK SET-UP: 2 sets, 30 seconds each back to back oblique focus

<i>Exercise</i>	
0:00	Set up and demonstrate moves Jack Knife (R) , Cross Crawl . Option to add light weight plate
0:19	Jack Knife (R)
0:49	Cross Crawl
1:19	<i>Recovery</i>
1:30	Jack Knife (L)
2:00	Cross Crawl Advanced option Straight Leg Cross Crawl
2:28	<i>Recovery</i>



07. MONTEFISTO 2:35mins

COACHING TIP

New move Jack Knife – Give the option quickly as this is an intense core exercise.

CONNECTION

Final opportunity to talk to Supersets of complimentary muscles, meaning we hit the oblique's twice to overload and build strength quicker.

DRIVE

This track is a great little finisher for the workout! Designed to be challenging and deliver results. Lots of encouragement and praise to keep pushing through these last two 1 minute sets. And hey! – at least there's not a third minute!

TECHNIQUE

JACK KNIFE

- Lying side on to front on meaty part of butt
- Lower ribs to the floor
- Lower arm extended out from shoulder to stabilize
- Feet and knees together
- Top arm and legs draw towards each other
- **Top side ribs crunch towards top side hips**
- **Chest up**
- Spine neutral

↓ OPTION: BEND KNEES

CROSS CRAWL

- Knees above hips, fingertips to temples
- **Extend one leg and twist towards opposite knee**
- **Twist from mid chest**
- Chin tucked
- Add STRAIGHT LEGS

↓ OPTION: TAP TOES DOWN



GRIT CARDIO MUSIC

01. **Van Horn (Beatsumishi Remix)** (3:20)
Saint Motel, Beatsumishi
© 2020 Elekta Records.
Written by: Jackson

02. **Square Grouper** (3:21)
FLOYD WONDER
© 2020 Position Music.
Written by: Nielsen

03. **Basist Low** (4:05)
Eastern Bloc
© 2020 Les Mills Music Licensing Ltd.
Written by: Aldridge

Get Rekt (2:16)
St Urbain
© 2020 Les Mills Music Licensing Ltd.
Written by: Yeh

04. **PONYPACK** (4:05)
Sunnery James & Ryan Marciano
© 2019 Armada Music B.V. under exclusive license from
Sono Music.
Written by: Budhai, Gorre, Marciano

Get Rekt (2:16)
St Urbain
© 2020 Les Mills Music Licensing Ltd.
Written by: Yeh

05. **Power** (4:11)
Kove
© 2020 Drum&BassArena.
Written by: Rockhill

06. **Dhol Life** (3:26)
Wiwek feat. Suraj Suren
© 2020 Elysian Records.
Written by: Mahabali

07. **Great** (2:34)
Swimnaked
© 2020 Les Mills Music Licensing Ltd.
Written by: Price



L-R: Erin Maw, Natasha Vincent

Release 35 is about pure athleticism, GRIT has always been about pushing physical and mental boundaries release 35 is taking it next level! With multiple 1-minute intervals and half Tabata's in Strength, Cardio and Athletic this workout is pure fire! The added benefit to this release is being able to highlight and teach to the different styles of Supersets as an added layer of education. Great to keep upskilling and growing in knowledge. Have fun team!

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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Lead Creative – Erin Maw

Creative Consultants – Ezra Fantl

Chief Creative Officer – Dr. Jackie Mills

Technical Consultants – Bryce Hastings and Rob Lee

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.

Natasha Vincent (New Zealand) is a LES MILLS GRIT, LES MILLS CEREMONY and LES MILLS TONE Instructor and a BODYCOMBAT Trainer/Presenter. She is based in Auckland and is the Group Fitness Manager at Auckland City for LES MILLS CEREMONY, LES MILLS CONQUER and LES MILLS GRIT.

RELEASE FEEDBACK

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



01. WARM-UP

Exercise	
0:05	Speed Squat
0:33	Butt Kicks
0:49	Double Pulse Step through Lunge (F&B)
1:03	Double Pulse Jump Lunge (L&R)
1:18	Lateral Skater (L&R)
1:32	Mountain Climber
1:48	Pushup x2 Burpee x1
2:01	Pushup x2 Burpee Jump x1
2:17	Lateral Skaters (L&R)
2:31	Mountain Climber
2:46	Lateral Shuffle (L&R)
3:01	Lateral Shuffle (R) Burpee Jump x1 Lateral Shuffle (L) Burpee Jump x1
3:17	Recovery



01. VAN HORN (BEATSUMISHI REMIX) 3:21mins

COACHING TIP

This Warm-up is pretty straight forward. No new moves or surprises but remember to kick up the intensity in the second half of this track.

CONNECTION

Great way to connect mind and body by coaching to the purpose of the Warm-up and talking to what areas of the body should be getting warmer.

DRIVE

Last 30 seconds is a great chance to ramp up the energy.

TECHNIQUE

SPEED SQUAT

- Feet just outside hip-width
- Hips back and down
- Knees out
- Hips and knees to 90 degrees
- Chest up
- Abs braced
- Aiming for a fast pace

BUTT KICKS

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

DOUBLE PULSE STEP THROUGH LUNGE

- Big step forward
- Bend knee to 90 degrees
- Front thigh parallel to floor
- Front knee out
- Rotate towards front thigh
- Step same leg backward into Lunge
- Rotate towards front thigh
- Double pulse in the bottom of the Lunge

DOUBLE PULSE JUMP LUNGE

- Jump leg back into Lunge
- Soft knee landing
- Front knee out, back knee down
- Chest lifted
- Abs braced
- Double Pulse in base of Lunge

↓ OPTION: BACKWARD STEPPING LUNGE

LATERAL SHUFFLE

- Double Shuffle to the side then back to centre
- Hips square to the front
- Reach towards floor
- Chest up

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

Add a jump

- Soft knee landing

↓ OPTION: NO JUMP

LATERAL SKATERS

- 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

PUSHUP

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

↓ OPTION: DROP TO THE KNEES

MOUNTAIN CLIMBER

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



02. COMBO KICKERS

TRACK SET-UP: 3-minute track broken into 3 1-minute working blocks, 30 seconds full combo, 20 seconds drilling one move of combo, 10 seconds recovery.

Exercise	
0:00	Set up and demonstrate moves, Single Heisman (L&R) x1, Lateral Vertical Jump x1 SET 1:
0:24	Single Heisman (L&R) x1, Lateral Vertical Jump x1
0:54	Single Heisman (L&R)
1:13	Recovery set up SET 2: Repeat Set 1 combo with New Kicker
1:24	Single Heisman (L&R) x1, Lateral Vertical Jump x1
1:54	Lateral Vertical Jumps
2:13	Recover set up SET 3: Repeat Set 1 combo with New Kicker
2:23	Single Heisman (L&R) x1, Lateral Vertical Jump x1
2:55	Lateral Vertical Jump
3:14	Recovery



02. SQUARE GROUPER 3:21mins

COACHING TIP

Simple coaching is best for this set, the structure is a little complex so focus on coaching the first combo well and pre-cueing vocally and visually the kicker moves.

CONNECTION

Our first 3-minute kicker is a big one. Long sets, little recovery and a great way to lift the heart rate and tap into those early 'breathless' and 'HIIT feel' cues so the class fully understand that in HIIT training you want these sensations as early as possible in the workout.

DRIVE

10-second short sharp recoveries keep these working sets intense! Great high heart rate formula to really set the standard on this workout.

HIIT SCIENCE

The secret to any effective HIIT workout is driving the heart rate into top training zones early on.

This sets us up for higher intensities in the subsequent blocks. The most potent effects of HIIT training occur above 85% of HR max.

TECHNIQUE

SINGLE HEISMAN

- Lateral Hop right and left
- Landing single leg
- **Core braced to drive knee up**
- **Hips square**
- **Chest up**
- **Soft knee landing**

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

LATERAL VERTICAL JUMP

- Begin with feet under hips
- One jump traveling horizontal one jump vertical (L&R)
- Take off and land one foot at a time
- **Hips square**
- **Chest up**
- **Soft knee landing**

Layer 2: Catch and control – when you contract your core your heart rate shifts higher



03. STAGGERED SUPERSETS 5’S

TRACK SET-UP: 3 1-minute blocks of work focused on Staggered Supersets, 2 moves, 5 reps each back to back working for 1-minute. Working for time or can be AMRAP. The Tabata is 4 rounds, 20 seconds on, 10 seconds off, maximum effort in every set.

Exercise	
0:00	Set up and demonstrate moves, Broad Jump x1 180 Turn x1 (x5) Drop Pushup x5 SET 1:
0:22	Broad Jump x1 180 Turn x1 (x5) Drop Pushup x5
1:25	Recover and set up SET 2
1:44	SET 2: REPEAT SET 1
2:44	Recover and set up SET 3
3:04	SET 3: REPEAT SET 1
4:04	Recovery, set up and demonstrate Tabata move, Squat Snap (L&R) Burpee Jump x1
4:24	Squat Snap (L&R) Burpee Jump x1
4:44	Recover
4:53	Squat Snap (L&R) Burpee Jump x1
5:14	Recover
5:29	Burpee Snap
5:43	Recover
5:54	Burpee Snap
6:15	Recovery



03. BASIST LOW / GET REKT 7:26mins

COACHING TIP

‘Say and do’ is key to help our members understand how reps are counted in these sets. Give the option for the Drop Pushup early in the set up. This whole workout is a great opportunity to learn about the different types of ways you can train Supersets. Staggered is all about un-related muscles, find moments to talk to where and what muscles are being activated in the body throughout the sets to get a greater mind-body connection to the workout.

DRIVE

3 1-minute rounds is pure fire! The way the team break these rounds down is, Minute 1 – Feel, Minute 2 – Fuel and Minute 3 – Fire. Then we build on this momentum with a ½ Tabata to take it to the next level!

HIIT SCIENCE

Jumps involving both feet such as the Broad Jump require significant core input.

This is known as reactive core training. Conditioning the core to react quickly when and how we need it during athletic movement patterns.

TECHNIQUE

BROAD JUMP / 180 TURN

- Two-foot take off and landing
- Jump forward
- **Land soft**
- **Keep feet wide to turn**
- **Brace abs**
- Swing arms to jump

Layer 2: Drive the hips forward for an explosive Jump

DROP PUSHUP

- Begin in Bear Position
- **Knees in line with hips, hands inline with shoulders**
- Anchor feet, jump arms forward and land in Pushup **hands just outside of shoulders**
- Walk hands back into bear crawl position
- **Back long and straight**
- **Abs braced** to jump and walk back
- **Drop chest to elbow height in Pushup**

↓ OPTION: DROP TO THE KNEES, WALK HANDS OUT AND IN

Layer 2: Catapult the body forward to get forward force and generate more power output in the Pushup

SQUAT / BURPEE SNAP

- **Feet outside hip-width**
- **Butt down and back just above knee line**
- Glue hands together elbows wide
- **Rotate through centre of chest**
- **Chest up**
- As upper body rotates slide legs together pull knee up towards chest and rotate at the same time
- ADD Burpee Snap
- Squat, jump feet back to Plank, jump back to Squat, jump up, Snap
- Split knees into sprinter Burpee with Snap Arms
- Use the Squat to transition in the Burpee
- **Abs braced as feet jump back**
- Two feet take off and land
- **Soft knee landing**

↓ OPTION: NO JUMP

Layer 2: For intensity use the Burpee for momentum then float and snap the knees open at the top



04. SUPERSETS 6’S

TRACK SET-UP: 3 1-minute blocks of work focus on power and speed, 2 moves, 6 reps each back to back working for 1-minute. Working for time or can be AMRAP. The Tabata is 4 rounds, 20 seconds on, 10 seconds off, maximum effort in every set.

Exercise	
0:00	Set up and demonstrate moves, Double Plyo Scissor Lunge x6 High Knee Sprint x6 (2 for 1) SET 1:
0:24	Double Plyo Scissor Lunge x6 High Knee Sprint x6 (2 for 1)
1:25	Recover and set up SET 2 Option to take away Scissor in Lunge and Jump through
1:44	SET 2: REPEAT SET 1
2:44	Recover and set up SET 3
3:03	SET 3: REPEAT SET 1
4:05	Recovery, set up and demonstrate Tabata move, Burpee Snap
4:24	Burpee Snap
4:43	Recover
4:54	Switch Climber (L&R) *Advanced Option add Shoulder Tap
5:15	Recover
5:24	Burpee Snap
5:44	Recover
5:53	Switch Climber (L&R) *Advanced Option add Shoulder Tap
6:14	Recovery



04. PONY PACK / GET REKT 6:21mins

COACHING TIP

Demonstrate the new Scissor Lunge variation clearly like Tash does to ensure everyone is confident with this movement pattern. Not only is this power v speed, we nail the glutes twice to get that fast fatigue and extra burn! A great opportunity to link mind/muscle and to talk to the heart rate burn but also the lower body feels and benefits of a Superset like this.

DRIVE

Big mental shift in this track. The double hit on the lower body means the class will hit extremely fast fatigue, motivation especially in the third set is key to stay pushing max effort in this set. The Tabata is pure fire, Burpee Snap has been set up in the first set. Now it's time to just go hard.

HIIT SCIENCE

2:1 work to rest ratios are perfect for HIIT training. Tabata sets usually work on a 20-second on – 10-second off time frame. Each break only provides a partial recovery – which means the blocks build in intensity.

TECHNIQUE

DOUBLE PLYO SCISSOR LUNGE

- Split the feet, **big step back**
- Bend knees front thigh parallel to floor
- Jump up land in Lunge, jump up again and switch legs
- In Scissor Lunge feet jump together in the middle
- Swing arms overhead
- **Soft knee landing in the Lunge**
- **Hips, shoulders stay square**
- **Chest lifted, abs braced**

↓ OPTION: DOUBLE SCISSOR LUNGE

Layer 2: Drive out of the base of the Lunge to generate greater leg power

HIGH KNEE SPRINT

- **Chest up**
- **Abs braced**
- **Knees up to waist height**
- Hands overhead to activate more core

↓ OPTION: RELEASE HANDS

Layer 2: Lock your core and hold your upper body tight to transfer power into the lower body

SWITCH CLIMBER

- Start in Plank Position
- **Hands under shoulders**
- **Back long and straight**
- **Abs braced**
- **Hips in line with shoulders**
- Alternating foot forward outside hand
- Trying to get the heel of foot to floor
- **Butt down**
- ADD Shoulder Tap
- Opposite arm as foot, forward taps opposite shoulder
- **Stronger core brace**

↓ OPTION: TAP FOOT – NO JUMP

Layer 2: Two points of stability with the shoulder tap is going to drive your core to produce power and strength.

BURPEE SNAP

- **Front thigh parallel to floor**



05. SUPERSETS 7’S

TRACK SET-UP: 3 1-minute blocks of work focus on opposing muscle groups, 2 moves, 7 reps each back to back working for 1-minute. Working for time or can be AMRAP

Exercise	
0:00	Set up and demonstrate moves, Reach In x1 Block Jump x1 (x7) Cross Over Mountain Climbers x7 (2 for 1) SET 1:
0:24	Reach In x1 Block Jump x1 (x7) Cross Over Mountain Climbers x7 (2 for 1)
1:24	Recover and set up SET 2
1:44	SET 2: REPEAT SET 1
2:45	Recover and set up SET 3
3:04	SET 3: REPEAT SET 1
4:05	Recovery



05. POWER 4:11mins

COACHING TIP

‘Say and Do’ and always coach ‘reps’ for the first couple of sets each time like Erin does on the Masterclass to ensure the class understand how the rep counting works in this track.

CONNECTION

Say as little as possible, counting reps means members will be internally thinking reps and counting – show them you are there physically struggling and pushing hard with them.

DRIVE

This is nothing but heart rate! Some of the biggest and best motivation needs to live in these sets.

HIIT SCIENCE

One of the objectives when designing HIIT workouts is keeping the load in the muscles and out of the joints.

Landing soft in a Block Jump is a prime example. This allows us to use explosive efforts out of our triple extension muscles (glutes, quads and calves) while absorbing the impact of the landing to reduce stress on the hips, knees and ankles.

TECHNIQUE

REACH IN / BLOCK JUMP

- Start with feet outside hips
- Lateral bounce out and in followed by a Block Jump
- Hips Back
- **Knees out in Quarter Squat**
- Light on balls of feet
- **Brace abs to shift weight in reach in**
- **Chest up**
- **Land soft in Block Jump**

Layer 2: Quick shift of body weight out in to activate the fast twitch fibers in the lower body and lift intensity

CROSS OVER MOUNTAIN CLIMBER

- Start in Plank Position
- **Hands under shoulders**
- **Back long and straight**
- **Abs braced**
- **Hips in line with shoulders**
- Alternating knee drive to opposite elbows
- **Butt down**

Layer 2: Switch your knees as fast as you can the greater the speed the better reactive core training



06. COMBO KICKERS

TRACK SET-UP: 3-minute track broken into 3 1-minute working blocks, 30 seconds full combo, then drilling one move of combo, 10 seconds recovery. Note final kicker is 25 seconds.

Exercise	
0:00	Set up and demonstrate moves, Burpee x1 Donkey Kick x1 Tuck Jump x1 SET 1:
0:23	Burpee x1 Donkey Kick x1 Tuck Jump x1
0:54	Squat Tuck (15 seconds)
1:08	Recovery set up SET 2: Repeat Set 1 combo with new kicker
1:23	Burpee x1 Donkey Kick x1 Tuck Jump x1
1:55	Donkey Kick (20 seconds)
2:15	Recover set up SET 3: Repeat Set 1 combo with new kicker
2:24	Burpee x1 Donkey Kick x1 Tuck Jump x1
2:55	Burpee Jump (25 seconds)
3:19	Recovery



06. DHOL LIFE 3:26mins

COACHING TIP

Keep the intro short and sharp, allow a lot of recovery time leading into this set and give options for Donkey and Tuck Jumps early.

CONNECTION

Being in it with your team and physically pushing for every rep in this set will keep you connected as a team.

DRIVE

This track is nothing but drive, designed to be the hardest set in the workout. Let your energy and passion for this training vibe around the room to keep everyone checked in and engaged with you.

HIIT SCIENCE

Increasing lactate is key to triggering the biochemical changes we get from HIIT workouts. Pushing the last block of work under fatigue will be sure to achieve that. This is what unlocks the changes in fitness and body composition HIIT workouts are known for.

TECHNIQUE

TUCK JUMP

- Bend knees and jump, drive knees towards chest
- **Land soft**
- **Chest up**
- **Abs braced**

↓ OPTION: SQUAT JUMP

Layer 2: Zip the knees up towards the chest to get more explosive power in the tuck

DONKEY KICK

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

↓ OPTION: FROG JUMP INSTEAD OF DONKEY KICK

Layer 2: Shift weight forward, tuck and snap to lift intensity

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**

Layer 2: The big jumps are where we get faster results big drive up with the knees



07. CORE CHALLENGE

TRACK SET-UP: 2 sets, 30 seconds each back to back oblique focus. 1-minute on 10-second recovery then repeat set.

<i>Exercise</i>	
0:00	Set up and demonstrate Spider Hover L&R
0:19	Spider Hover
0:50	Huntsman
1:17	<i>Recovery</i>
1:28	Spider Hover
1:58	Huntsman
2:25	<i>Recovery</i>

;



07. GREAT 2:34mins

COACHING TIP

New move alert! Make sure you practice this one in the mirror first before teaching it.

CONNECTION

Final opportunity to talk to Supersets of complimentary muscles, meaning we hit the oblique's twice to overload and build strength quicker.

DRIVE

This track is a great little finisher for the workout! Designed to be challenging and deliver results. Lots of encouragement and praise to keep pushing through these last two 1 minute sets. And hey – at least there's not a third minute!

TECHNIQUE

SPIDER HOVER

- **Elbows to floor under shoulders**
- Feet together
- **Long straight back**
- **Abs braced**
- Alternating knee comes up towards elbow of the same side
- **Hips square**
- **Butt down**
- ADD Jump

↑ OPTION: HUNTSMAN

- Brace core harder to jump the knee switch
- Knee drives up as opposite foot lands at the same time



GRIT ATHLETIC MUSIC

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

02. **CONTRAST TRAINING**
Use Strength Track 02 music

03A. **Ready Steady Go** (3:30)
KUENTA
© 2020 Barong Family.
Written by: Calister, Weemhoff

03B. **Partly Equal** (2:22)
NOAM DEE
© 2020 Les Mills Music Licensing Ltd.
Written by: Fairley

04A. **Vitalize** (3:30)
Hudson Mohawke
© 2020 Warp Records.
Written by: Birchard

04B. **Partly Equal** (2:23)
NOAM DEE
© 2020 Les Mills Music Licensing Ltd.
Written by: Fairley

05A. **STARS** (3:29)
Montell2099
© 2019 Sable Valley Records.
Written by: Pinny

05B. **Partly Equal** (2:22)
NOAM DEE
© 2020 Les Mills Music Licensing Ltd.
Written by: Fairley

06. **CORE CHALLENGE**
Use Strength Track 07 music



L-R: Bas Hollander, Vili Fifita

We hope you love EMOM's because that's the flavour of this round of ATHLETIC and man they taste goooooood! 3 EMOM's with creative twist's to keep everyone pushing hard and enjoying a different mental stimulus with counting and creative structure to keep the body guessing. To add even more fun the team have whipped up some half Tabata's as a point of difference and added challenge! Enjoy fam!

Erin and the LES MILLS GRIT crew

CLASS SET-UP

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

CREDITS

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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: STRENGTH 35 – WARM-UP
- TRACK 2: STRENGTH 35 – CONTRAST TRAINING
- BONUS ATHLETIC BLOCK**
- TRACK 3a: DROP SET EMOM**
- TRACK 3b: Tabata**
- TRACK 4a: VOLUME TRAINING EMOM**
- TRACK 4b: Tabata**
- TRACK 5a: LADDER EMOM**
- TRACK 5b:Tabata**
- TRACK 6: STRENGTH 35 – CORE CHALLENGE



03A. DROP SET EMOM

TRACK SET-UP: 3-minute EMOM, every minute on the minute, complete one set of 5/10/15 reps 3 different moves.

Exercise	
0:00	Set up and demonstrate EMOM moves 5: Descending Pushup x1 Frog Jump On/Off Bench x1 10: Power Lunges On Bench 15: Bench Jacks * Finish before bell extra recovery time
0:30	MINUTE 1 5: Descending Pushup x1 Frog Jump On/Off Bench x1 10: Power Lunges On Bench 15: Bench Jacks
1:19	10-SECOND RECOVERY, Set up Minute 2 15: Bench Jacks 10: Power Lunges On Bench 5: Descending Pushup x1 Frog Jump On/Off Bench x1
1:29	MINUTE 2 15: Bench Jacks 10: Power Lunges On Bench 5: Descending Pushup x1 Frog Jump On/Off Bench x1
2:20	10-SECOND RECOVERY, Set up Minute 3, Repeat Minute 1
2:29	MINUTE 3 5: Descending Pushup x1 Frog Jump On/Off Bench x1 10: Power Lunges On Bench 15: Bench Jacks
3:29	Recovery



03A. READY STEADY GO 3:30mins

COACHING TIP

Demonstrate all the moves in the intro and clearly explain it's one full round of 5/10/15 then recovery – keep checking on members doing Power Lunges properly, we don't want them to sacrifice technique for speed.

CONNECTION

Avoid over coaching and saying too much in these sets. Keep it simple and focus on counting reps, this will ensure members are 100% clear on how the reps work in this track.

DRIVE

A nice contrast in feel and intensity flipping from hard to easy throughout the minute then flipping again hard to easy. This is going to kick up the heart rate and take the muscles to fast fatigue, like Bas say's, enjoy the competition element of trying to finish the reps before the countdowns. Absolutely shift the energy in the Tabata sets from 90% to full 100%.

HIIT SCIENCE

Performing Lunges with the front foot on the bench allows us to achieve full range without as much tension in the rear leg. This is often a good opportunity to achieve and train optimal Lunge depth.

TECHNIQUE

DESCENDING PUSHUP / FROG JUMP ON/ OFF BENCH

- **Hands slightly wider than shoulders**
- Feet on bench
- **Chest to elbow height in Pushup**
- Jump feet in line with hips, jump feet back to bench
- **Abs braced, back long and straight**
- **Hips square to ground**

↓ OPTION: FEET ON FLOOR OR HANDS ON BENCH

POWER LUNGES ON BENCH

- Start with one foot on bench one on floor
- **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: BACKWARDS STEPPING LUNGE

BENCH JACKS

- Start ontop of bench in Bear Position
- **Hands in line with shoulders, knees line with hips**
- **Core braced**
- **Back flat**
- **Butt down**
- Jack feet on/off bench

Layer 2: Keep knees as close to the bench possible, keeping tension in the core and working the upper body harder



03B. TABATA

TRACK SET-UP: The Tabata is 4 rounds, 20 seconds on, 10 seconds Off, maximum effort in every set.

Exercise	
3:29	Set up and demonstrate Tabata move, Burpee with Jump on Bench and Sumo Plyo Bench Jump
3:54	Burpee with Jump on Bench and Sumo Plyo Bench Jump
4:15	<i>Recover</i>
4:25	Burpee with Jump on Bench and Sumo Plyo Bench Jump
4:45	<i>Recover</i>
4:55	Burpee with Jump on Bench and Sumo Plyo Bench Jump
5:15	<i>Recover</i>
5:25	Burpee with Jump on Bench and Sumo Plyo Bench Jump
5:45	<i>Recovery</i>



03B. PARTLY EQUAL 2:22mins

DRIVE

The Tabatas after this set are all about maximum effort, bringing the most effort and energy to every 20-second set to sit in the high failure zones leading to fast fitness results.

HIIT SCIENCE

2:1 work to rest ratios are perfect for HIIT training. Tabata sets usually work on a 20-second on – 10-second off time frame. Each break only provides a partial recovery – which means the blocks build in intensity.

TECHNIQUE

BURPEE WITH JUMP ON BENCH

- Start at the end of the bench
- Squat, jump feet back to Plank, hands on bench, jump back to Squat, Plyo Sumo Jump on/off bench
- **Feet outside hip-width**
- **Use the Squat to transition**
- **Chest up**
- **Abs braced as feet jump back and in**
- **Hands under shoulders on bench**
- **Back long, strong and straight**

↓ OPTION: FLOOR

Layer 2: Explode out of the Squat onto the bench to active athletic leg power

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: FLOOR

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



04A. VOLUME TRAINING EMOM

TRACK SET-UP: 3-minute EMOM, Every minute on the minute, Moderte Barbell and two weight plates of equal weights required. Pre-fatigue with the bar, Cardio with the plates and overload back on the bar.

Exercise	
0:00	Set up and demonstrate EMOM moves, Barbell Row x1 High Pull x1 Clean & Press x1 = 1 rep *Count your reps until the 50-second bell
0:28	MINUTE 1: BARBELL REPS Barbell Row x1 High Pull x1 Clean & Press x1 = 1 rep
1:20	10-SECOND RECOVERY, Set up minute 2 x2 Weight Plates , same moves aiming for + 3 reps
1:30	MINUTE 2 Double Plate Row x1 High Pull x1 Clean & Press x1 = 1 rep *Aiming for minute minute 1 + 3 reps
2:19	10-SECOND RECOVERY, REPEAT MINUTE 1 *aiming for same reps as minute 1
2:28	MINUTE 3: BARBELL REPS Barbell Row x1 High Pull x1 Clean & Press x1 = 1 rep
3:30	Recovery *Counting reps example MINUTE 1 WITH BAR = 10 reps MINUTE 2 WITH PLATES = Aim for 13 reps MINUTE 3 BACK TO BAR = Aim for 10 reps



04A. VITALIZE 3:30mins

COACHING TIP

‘Say and Do’ the reps and moves for the first 2 – 3 rounds so the team know how to count this EMOM properly.

CONNECTION

The first EMOM was a great way to educate regarding heart rate. This EMOM offers another cool training perspective and that’s Volume training. Pre-load with the bar, Cardio with the plates, then overload and hypertrophy for the final minute is the perfect feel of muscle burn and accelerated heart rate.

DRIVE

The final minute of the EMOM leading into the fast twitch cardio movement patterns of Tabata is next NEXT level. The upperbody has just had a blow out with the weights so focus of lower body intensity in the Tabatas to maintain high effort from participants.

HIIT SCIENCE

High pulls are a great opportunity to focus on hip drive. Learning to use the big muscles when fatigued (in this case the glutes) is a great way to train at high intensities for longer periods of time.

TECHNIQUE

BARBELL ROW

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

Layer 2: Engage the back muscle to pull the bar hard and fire up the posterior chain

HIGH PULL

- **Pull bar (plates) up to lower chest, elbows wide**
- **Keep bar (plates) close to the body**
- **Extend through hips**

Layer 2: Keep bar close to body for movement efficiency

CLEAN & PRESS

- **Lead with elbows**
- **Clean bar (plates) to collarbones**
- **Brace abs to press bar overhead**
- **Elbows slightly forward of face in press**
- **Catch at collarbone then return to thighs**
- **Soft knees**
- **Keep bar (plates) close to body**

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



04B. TABATA

TRACK SET-UP: The Tabata is 4 rounds, 20 seconds on, 10 seconds off, maximum effort in every set.

<i>Exercise</i>	
3:30	Set up and demonstrate Tabata move, Speed Ladder & Plate
3:55	Speed Ladder & Plate
4:15	<i>Recover</i>
4:26	Lateral Leap over Bench x1 High Knee Sprint OTS x4 (L&R)
4:45	<i>Recover</i>
4:56	Speed Ladder on Bench with Plate
5:16	<i>Recover</i>
5:26	Lateral Leap over Bench x1 High Knee Sprint OTS x4 (L&R)
5:46	<i>Recovery</i>



04B. PARTLY EQUAL 2:23mins

DRIVE

The Tabatas after this set are all about maximum effort, bringing the most effort and energy to every 20-second set to sit in the high failure zones leading to fast fitness results.

HIIT SCIENCE

Staying light and up on the balls of the feet helps us develop speed and agility. Grounding the heels slows us down and makes it difficult to change direction.

TECHNIQUE

SPEED LADDER & PLATE

- Begin standing on bench, plate overhead
- **Elbows forward of face**
- **Chest up**
- **Core braced**
- Run feet on/on/off/off bench keeping plate overhead
- **Soft knees**
- **Light on the balls of the feet**
- Hinge slightly from hips

↓ OPTION: OFF BENCH

Layer 2: Brace your core really hard to transfer the load and power to the legs

LATERAL LEAP OVER BENCH / HIGH KNEE SPRINT OTS

- Start side onto bench one foot at a time leap over bench
- **Chest up**
- **Core braced**
- **Land soft**
- **After one leap complete x4 High Knee Sprints**
- **Light on the balls of the feet**

↓ OPTION: BEHIND BENCH

Layer 2: Engage the calves, hamstrings and outside glutes to produce more power jumping over the bench



05A. LADDER EMOM

TRACK SET-UP: 3-minute EMOM, Every minute on the minute, minute 1 & 2 climb up the ladder, minute 3 climb down the ladder.

Exercise	
0:00	Set up and demonstrate EMOM moves Tricep Pushup x1 Donkey Kick x1 Forward Bench Jump 180 Turn x1 Add reps 2/2/2 then 3/3/3 *Climb the ladder until the 50-second bell
0:30	MINUTE 1: LADDER UP Tricep Pushup x1 Donkey Kick x1 Forward Bench Jump 180 Turn x1 Add reps 2/2/2 then 3/3/3 *Climb the ladder until the 50-second bell
1:19	10-SECOND RECOVERY, Set up Minute 2 MINUTE 2: LADDER UP Tricep Pushup x1 Donkey Kick x1 Forward Bench Jump 180 Turn x1 Add reps 2/2/2 then 3/3/3 *Aiming for same reps as ladder one
1:29	MINUTE 2 Tricep Pushup x1 Donkey Kick x1 Forward Bench Jump 180 Turn x1 Add reps 2/2/2 then 3/3/3 *Aiming for same reps as ladder one
2:20	10-SECOND RECOVERY, Set up Minute 3, Ladder Down starting from the number reached on ladder 1 working down to 1
2:30	MINUTE 3 Ladder Down
3:28	Recovery *Counting reps example MINUTE 1 Ladder Up = 5 MINUTE 2 Ladder Up = Aim for 5 MINUTE 3 Ladder Down = Starting on 5 reps each aiming for 1



05A. STARS 3:29mins

COACHING TIP

Like Bas does, ensure all weights are away from either end of the bench.

CONNECTION

This is the final EMOM! Time to dig deep, inspire the team by showing them what athleticism looks like, giving 100% physically to these final minute challenges and blowing out on that last Tabata set.

DRIVE

Fatigue is high, encourage the class to push as hard as they can and don't hold back setting a high standard in the first minute for the final EMOM. Then in the Tabata – mind off, body on, and go to that place of struggle to earn the rewards, encourage the class to hang in for as long as they can.

HIIT SCIENCE

Rapidly switching muscle targets is a great way to keep intensity high. These combinations will allow participants to maintain their top end training zone for the full block.

TECHNIQUE

TRICEP PUSHUP

- Start at back of bench
- **Hands under shoulders**
- **Back long, strong and straight**
- **Elbows in by ribs**
- **Chest to elbow height**

↓ OPTION: PUSHUP ON KNEES

Layer 2: Press palms of hands hard into the floor do drive out of the Pushup

DONKEY KICK

- **Hands under shoulders on bench**
- **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 your knees in and out like a cannon to maintain high intensity for the core and upper body

FORWARD BENCH JUMP 180 TURN

- After x1 Tricep Pushup x1 Donkey Kick complete Bench Jump 180 Turn
- Two feet take off, hit the bench and two feet land
- Jumping from the back to the front of the bench
- **Soft knee landing**
- **Chest up**
- **Core braced to jump and 180 turn**
- **Feet wide and knees out to turn**

↓ OPTION: JUMP BESIDE BENCH

Layer 2: Extend the hips to generate force and extra power to hit the bench harder and faster



05B. TABATA

TRACK SET-UP: The Tabata is 4 rounds, 20 seconds on, 10 seconds Off, maximum effort in every set.

Exercise	
3:28	Set up and demonstrate Tabata move, Burpee with Jump on Bench and Sumo Plyo Bench Jump
3:53	Burpee with Jump on Bench and Sumo Plyo Bench Jump
4:14	<i>Recover</i>
4:24	Burpee with Jump on Bench and Sumo Plyo Bench Jump
4:44	<i>Recover</i>
4:54	Burpee with Jump on Bench and Sumo Plyo Bench Jump
5:14	<i>Recover</i>
5:24	Burpee with Jump on Bench and Sumo Plyo Bench Jump
5:44	<i>Recovery</i>



05B. PARTLY EQUAL 2:22mins

DRIVE

The Tabatas after this set are all about maximum effort, bringing the most effort and energy to every 20-second set to sit in the high failure zones leading to fast fitness results.

HIIT SCIENCE

The key to landing safely in a Wide Squat is driving the knees out. This ensures we keep the knees in line with the feet to avoid rotation and losing energy during propulsion.

TECHNIQUE

BURPEE WITH JUMP ON BENCH

- Start at the end of the bench
- Squat, jump feet back to Plank hands on bench, jump back to Squat, Plyo Sumo Jump on/off bench
- **Feet outside hip-width**
- **Use the Squat to transition**
- **Chest up**
- **Abs braced as feet jump back and in**
- **Hands under shoulders on bench**
- **Back long, strong and straight**

↓ OPTION:FLOOR

Layer 2: Explode out of the Squat onto the bench to active athletic leg power

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:FLOOR

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

