

# LES MILLS GRIT 36

## GRIT STRENGTH

### MUSIC AND CREDITS

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02. GIANT SETS

03. TRI-SETS

04. SUPERSETS

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## GRIT CARDIO

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05. TABATA

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# LES MILLS GRIT 36

## GRIT ATHLETIC

### MUSIC AND CREDITS

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#### 05A. 1 MINUTE CHALLENGE

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# GRIT STRENGTH MUSIC

01.

**The Glory** (3:07)

Kanye West

Courtesy of the Universal Music Group.  
Written by: Smith, Pappalardi, Ventura, West, Nyro, Weinstein, Landsberg
02.

**Double Dutch** (2:24)

Keys N Krates

© 2020 Young Art Records.  
Written by: Tune, Francois, Dawson
- BOOGIE** (2:26)

Ingenuitee

© 2021 Les Mills Music Licensing Ltd.  
Written by: C. Simpson, Hemnahi, Boring, Champion, Manwarringring, D. Simpson, Vann, Wood
- Buckwild (The FifthGuys & Coffeeshop Remix)** (2:29)

Fabian Mazur

© 2020 Elysian Records.  
Written by: Mazur
03.

**Murda** (1:55)

Snavs & Fabian Mazur

© 2016 Good Enuff Under Exclusive License to Mad Decent.  
Written by: Holdø, Mazur
- Distil With Me** (1:55)

NOAM DEE

© 2021 Les Mills Music Licensing Ltd.  
Written by: Fairley
- Murda** (2:00)

Snavs & Fabian Mazur

© 2016 Good Enuff Under Exclusive License to Mad Decent.  
Written by: Holdø, Mazur

04.

**8TANE** (1:25)

St. Urbain

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Written by: Yeh
- Stephanie** (1:26)

CryJaxx & Drama B

© 2020 Tribal Trap.  
Written by: Malja, Frroku, Johnson
- 8TANE** (1:29)

St. Urbain

© 2021 Les Mills Music Licensing Ltd.  
Written by: Yeh
05.

**Hands Togther** (4:49)

NOAM DEE

© 2021 Les Mills Music Licensing Ltd.  
Written by: Fairley
06.

**I’m In The Zone** (2:12)

DJ Standout, Evan Ford & Matthew Marin

© 2019 Chronic Trax..  
Written by: Ford, DJ Standout, Marin



L-R: John Mainu'u, Erin Maw, Des Helu

The team have done it again! Another round of fresh challenges, innovative moves and creative themes to create new stimulus in the body and make this one of the most effective HIIT workouts.

LES MILLS GRIT Strength 36 is all about athletic performance, using the barbell to add resistance and take our training up another level. With a fun concept like 'the countdown' you're physically and mentally engaged. As the resistance and numbers decrease in the workout it provides the perfect opportunity to keep dialing up the effort and tapping into peak performance levels.

Enjoy 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 light weights.

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 Team** – Erin Maw and Les Mills Jnr

**Chief Creative Officer** – Dr. Jackie Mills

**Technical Consultants** – Bryce Hastings and Rob Lee

**Program Coach** – Erin Maw

**Production Coordinator** – Hannah Lofroth

## PRESENTERS

**John Mainu'u** (New Zealand) is a LES MILLS GRIT, LES MILLS SPRINT and RUNNER'S HIGH Trainer and Instructor. He lives in Lower Hutt City.

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

**Des Helu** (New Zealand) is a LES MILLS GRIT Coach/Presenter and a LES MILLS BARRE, BODYPUMP, BORN TO MOVE, LES MILLS TONE, LES MILLS THE TRIP and SH'BAM Instructor. He is based in Auckland.

### RELEASE FEEDBACK

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# 01. WARM-UP

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

| Exercise |                                 |
|----------|---------------------------------|
| 0:09     | Squat to Lunge & Rotation R leg |
| 0:31     | Squat to Lunge & Rotation L Leg |
| 0:53     | Inch Worm & Pushup              |
| 1:26     | Squat Jump                      |
| 1:45     | Pick up bar                     |
| 1:47     | Barbell Row x1 High Pull        |
| 2:04     | Barbell Squats with Heel Raise  |
| 2:36     | Squat Jump                      |
| 3:04     | Recovery                        |



# 01. THE GLORY 3:07mins

## COACHING TIP

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

## CONNECTION

Such a tune! Let those vibes sing! Also, break down the first move (Squat to Lunge & Rotation) well. Members success in track 3 will come quicker if the co-ordination is achieved earlier in the class.

## DRIVE

First half of the Warm-up is about prepping and priming, towards the end of the Warm-up we want to encourage intensity to get the heart rate into the yellow zones ready for the first track.

## TECHNIQUE

### SQUAT TO LUNGE & ROTATION COMBO

- **Feet just outside hip-width**
- **Anchor left foot** moving right leg from Squat to Lunge then switch, **right foot anchored** and left leg moves
- **In Squat, knees out**
- **Butt to 90 degrees**
- **Chest up**
- **Abs braced**
- **Long step back in Lunge**
- Back knee towards floor
- **Twist from centre of the chest for Lunge rotation**
- Front thigh parallel to floor
- **Front knee out to track inline with foot**

### INCH WORM & PUSHUP

- **Feet start just outside hips**
- Use Squat to come to floor
- **Knees out**
- **Chest up**
- Walking hands out into Plank, hands inline with shoulders
- **Pushup, chest inline with elbows**
- **Strong core brace**
- **Back long and straight**
- Hips down walking hands back to feet
- Returning to Squat before standing

↓ OPTION: PUSHUP, KNEES OR TOES

### 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

### 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**
- Drive hips up and forward

### BARBELL SQUAT WITH HEEL RAISE

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



# 02. GIANT SETS

**TRACK SET-UP:** x3 2 minute rounds, 4 moves, 30 seconds each back to back.

| Exercise                          |                                                                                  |
|-----------------------------------|----------------------------------------------------------------------------------|
| 0:00                              | Set up and demonstrate moves, <b>Barbell Squat Press</b>                         |
| <b>SET 1:</b>                     |                                                                                  |
| 0:24                              | <b>Barbell Squat Press</b>                                                       |
| 0:56                              | <b>Row</b> x1 <b>High Pull</b> x1                                                |
| 1:24                              | <b>Barbell Backwards Stepping Lunge</b>                                          |
| 1:55                              | <b>Barbell Clean &amp; Press to Front Squat</b>                                  |
| 2:23                              | <i>Recover</i>                                                                   |
| <b>SET 2:</b> <i>REPEAT SET 1</i> |                                                                                  |
| 2:49                              | <b>Barbell Squat Press</b>                                                       |
| 3:21                              | <b>Row</b> x1 <b>High Pull</b> x1                                                |
| 3:49                              | <b>Barbell Backwards Stepping Lunge</b> (Loaded)                                 |
| 4:19                              | <b>Barbell Clean &amp; Press to Front Squat</b>                                  |
| 4:49                              | <i>Recover</i>                                                                   |
| <b>SET 3:</b> <i>REPEAT SET 1</i> |                                                                                  |
| 5:14                              | <b>Barbell Squat Press</b> (Advanced Option: Add <b>Mid – Wide Stance Jump</b> ) |
| 5:44                              | <b>Row</b> x1 <b>High Pull</b> x1                                                |
| 6:14                              | <b>Barbell Backwards Stepping Lunge</b> (Loaded)                                 |
| 6:42                              | <b>Barbell Clean &amp; Press to Front Squat</b>                                  |
| 7:12                              | <i>Recovery</i>                                                                  |



## 02. DOUBLE DUTCH / BOOGIE / BUCKWILD (THE FIFTHGUYS & COFFEESHOP REMIX) 7:19mins

### COACHING TIP

30 seconds per set gives plenty of time to break down layer 1 well and pre-cue the next move coming so that we can keep our members moving seamlessly between sets.

### CONNECTION

2 minute blocks are a great duration of time to get out and quality floor coach in sets 2 and 3. Always check and correct technique before intensity.

### DRIVE

The last 2 minutes is pure heat under the bar. Little explosive add in's create an opportunity to lift intensity and level up again early in the workout and set the standard and heart rate high for the remainder of the class.

### HIIT SCIENCE

Each of these exercises combines the upper and lower body. Recruiting all the big muscles early on for a 2 minute duration is a great way to drive the heart rate and get in the HIIT zone for the rest of the class.

### TECHNIQUE

#### 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**

Advanced Option: **JUMP**

- Feet Jump from mid to wide stance then back to mid stance
- **Strong core brace** in Jump

↓ OPTION: PLATE PUSH PRESS

*Layer 2: Squeeze the glutes hard to generate vertical power out of the Squat*

#### ROW

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

*Layer 2: Rip the bar up the body for more intensity*

#### HIGH PULL

- **Pull bar up to lower chest, elbows wide**
- **Keep bar close to the body**
- Drive the hips up and forward

*Layer 2: Drive fast from the hip extension to generate more force in the pull*

#### BARBELL BACKWARDS STEPPING LUNGE

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

*Layer 2: Trying to be as low as you can to keep the legs loaded and driving fast fatigue*

#### BARBELL CLEAN & PRESS TO FRONT SQUAT

- 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**
- **Sitting back into Squat, butt to 90 degrees**
- **Knees out**
- **Bar close to body**

↓ OPTION: Keep the pause and reset before the Squat

*Layer 2: Engaging a strong core to move with confidence, control and efficiency*



# 03. TRI-SETS

**TRACK SET-UP:** 3 Rounds, 3 moves, 30 seconds each back to back.

| Exercise                   |                                                                                           |
|----------------------------|-------------------------------------------------------------------------------------------|
| 0:00                       | Set up and demonstrate moves, <b>Offset Plate Squat to Lunge Combo</b> – Plate in R hand  |
| <b>SET 1:</b>              |                                                                                           |
| 0:24                       | <b>Offset Plate Squat to Lunge Combo</b> L leg forward – Plate to shoulder                |
| 0:55                       | <b>Pendulum Squat</b>                                                                     |
| 1:25                       | <b>Offset Plate Squat to Lunge Combo</b> R leg forward – Plate to shoulder                |
| 1:53                       | <i>Recover</i>                                                                            |
| <b>SET 2:</b> REPEAT SET 1 |                                                                                           |
| 2:20                       | <b>Offset Plate Squat to Lunge Combo</b> L leg forward – (Option to <b>Snatch Plate</b> ) |
| 2:50                       | <b>Pendulum Squat</b>                                                                     |
| 3:19                       | <b>Offset Plate Squat to Lunge Combo</b> R leg forward – Plate to shoulder                |
| 3:48                       | <i>Recover</i>                                                                            |
| <b>SET 3:</b> REPEAT SET 1 |                                                                                           |
| 4:14                       | <b>Offset Plate Squat to Lunge Combo</b> L leg forward – (Option to <b>Snatch Plate</b> ) |
| 4:43                       | <b>Pendulum Squat</b>                                                                     |
| 5:14                       | <b>Offset Plate Squat to Lunge Combo</b> R leg forward – Plate to shoulder                |
| 5:42                       | <i>Recovery</i>                                                                           |



# 03. MURDA / DISTIL WITH ME / MURDA 5:50mins

## COACHING TIP

Even though this move was broken down in the Warm-up set up, explain hand/leg direction really well in the set up. A good cue is “*same arm as leg moves*”.

## CONNECTION

New move – Offset Plate Snatch is new to strength and the Pendulum Squat has only been seen once before. It may take members a few classes before they nail these moves – with positive encouragement and lot’s of benefits behind the moves they will be more inclined to keep trying and pushing harder in this set.

## DRIVE

Regression from bar to plate means intensity goes from primarily strength to speed. Lighter resistance means members can move faster and increase their rep count, great for cardio fitness and whole body condition.

## HIIT SCIENCE

The reason we alternate between narrow and wide in the pendulum swing is to reduce momentum. With big arcing movements like this - it is important to keep load in the muscles and out of the joints. Coaching control and range helps achieve this.

## TECHNIQUE

### OFFSET PLATE SQUAT TO LUNGE COMBO

- Same lower body Lunge & Squat Combo as Warm-up with plate and jump added
- **Feet just outside hip-width**
- First 30 seconds, anchor left foot moving right leg plate in right hand
- **Sit hips down and back to 90 degrees**
- Same arm as leg move
- In Plate Clean, knuckles forward, elbow high then pinky forward
- **Keep plate close to the body**
- **Long Lunge**
- **Elbow in when plate sits at collarbone**
- Hips stay square
- **Knees soft to jump**
- **Core on**

Add: **SNATCH - KEEPING ELBOW SLIGHTLY FORWARD OF FACE**

- **Chest up**

↓ OPTION: KEEP THE PLATE CLEAN AND STEPPING NOT JUMPING BETWEEN SQUAT AND LUNGE

*Layer 2: Generate force from the bottom up, squeezing glutes, engaging core then activating the upper body for full body power*

### PENDULUM SQUAT

- Feet wide with one plate in each hand outside thigh
- Plates swing in an 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**
- **Core on**
- **Elbows forward of face in upswing**
- **Plates stop by thighs in the Squat**

↓ OPTION: SINGLE PLATE, WIDE SQUAT ONLY

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



# 04. SUPERSETS

**TRACK SET-UP:** 3 rounds, 2 moves back to back, 30 seconds each.

| Exercise      |                                                               |
|---------------|---------------------------------------------------------------|
| 0:00          | Set up and demonstrate first move, <b>Squat Burpee Pushup</b> |
| <b>SET 1:</b> |                                                               |
| 0:24          | <b>Squat Burpee Pushup</b>                                    |
| 0:56          | <b>Power Lunge</b>                                            |
| 1:23          | <i>Recover</i>                                                |
| <b>SET 2:</b> |                                                               |
| 1:49          | REPEAT SET 1                                                  |
| 2:50          | <i>Recover</i>                                                |
| <b>SET 3:</b> |                                                               |
| 3:14          | REPEAT SET 1                                                  |
| 4:13          | <i>Recovery</i>                                               |



# 04. 8TANE / STEPHANIE / 8TANE 4:20mins

## COACHING TIP

Keep this set up simple – the pervious track has just been packed with new moves, declutter this intro and keep it to the point, fatigue is high and focus is short.

## CONNECTION

Who doesn’t love Burpees!? Now is a great time to give members the benefits behind a) Supersets and b) Burpees. Knowing how good Burpees are to include in training will keep people pushing harder for longer.

## DRIVE

That 3rd set is a great opportunity to bring out the big motivational lines, as mentioned above, fatigue is super high by this point of the class so let’s start saying some great cues that are going to keep people pushing their maximum effort.

## HIIT SCIENCE

Many exercise providers coach Burpees with the chest touching the floor on each rep. Investigations from the Les Mills Lab demonstrate that these Burpees increase joint load with no added effect on intensity. This is why we coach chest to elbow height.

## TECHNIQUE

### SQUAT BURPEE PUSHUP

- 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**
- **Pushup, chest to elbow height**
- **Soft knee landing**

↓ OPTION: NO JUMP

*Layer 2: Snap the knees in and out to maintain speed, intensity and high heart rate*

### 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: Driving out of the front heel to create the ‘recoil’ effect that will give us more speed and power output in our Lunge*



# 05. TABATA

**TRACK SET-UP:** 9 Rounds, 20 on 10 off – Rotating, 1 set with Bar/Plate/Bodyweight.

| Exercise |                                                               |
|----------|---------------------------------------------------------------|
| 0:00     | Set up and demonstrate moves, <b>Barbell Clean Squat Jump</b> |
| 0:25     | <b>Barbell Clean Squat Jump</b>                               |
| 0:45     | <i>Recover set up move 2, <b>Plate Jack Press</b></i>         |
| 0:54     | <b>Plate Jack Press</b>                                       |
| 1:14     | <i>Recover set up move 3, <b>Squat Jump</b></i>               |
| 1:23     | <b>Squat Jump</b>                                             |
| 1:46     | <i>Recover</i>                                                |
| 1:55     | <b>Barbell Clean Squat Jump</b>                               |
| 2:15     | <i>Recover</i>                                                |
| 2:24     | <b>Plate Jack Press</b>                                       |
| 2:44     | <i>Recover</i>                                                |
| 2:53     | <b>Squat Jump</b>                                             |
| 3:16     | <i>Recover and repeat</i>                                     |
| 3:25     | <b>Barbell Clean Squat Jump</b>                               |
| 3:45     | <i>Recover</i>                                                |
| 3:54     | <b>Plate Jack Press</b>                                       |
| 4:15     | <i>Recover</i>                                                |
| 4:23     | <b>Squat Jump</b>                                             |
| 4:42     | <i>Recovery</i>                                               |



# 05. HANDS TOGETHER 4:49mins

## COACHING TIP

In the intro, explain the regression from bar to plate to body weight so member's can mentally prepare and know what to expect.

## CONNECTION

The last big banger! All the energy that you can bring to this last set through coaching and physically role modelling the moves at a high standard – bring it! Member's will need your energy and motivation, especially in those final 3 sets!

## DRIVE

It could have been a 1 minute challenge but let's be honest – this is GRIT... the best and truest way to train HIIT is to throw in a massive Tabata right at the end to maintain high heart rate. No holding back, you and the team are going for the win and that means committing to every rep in every set.

## HIIT SCIENCE

Tabata sets allow us to accumulate fatigue levels with each set. Intensity testing shows a gradual increase of heart rate with each block. By the end of the track most participants have pushed into their anaerobic threshold which is a great way to finish the workout.

## TECHNIQUE

### BARBELL CLEAN SQUAT JUMP

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

↓ OPTION: USE A PLATE

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

### PLATE JACK PRESS

- Feet under hips
- **Plate at collarbone**
- Jack feet out and in
- **Knees soft on landing**
- Heels down
- **Abs braced**
- Plate slightly forward of head

↓ OPTION: NO PLATE

*Layer 2: Using the core like the steering wheel of a car, bracing harder to control quick movements from the upper and lower 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

*Layer 2: Minimal time on the ground to keep the heart rate high*



# 06. CORE CHALLENGE

TRACK SET-UP: 4 Moves, 10 reps each, 2 minutes, AMRAP.

| Exercise |                                                                                                                                                                                                                      |
|----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|          | Set up and demonstrate moves quickly, <b>Alternating Single Leg V Tap</b> x10 R+L, <b>C-Crunch with or without Plate</b> x10, <b>Pike Pulses with or without Plate</b> x10 (with or without plate). Aim for 2 rounds |
| 0:00     | Quick set up and begin AMRAP – with or without plate<br><b>Alternating Single Leg V Tap</b> x10 R+L<br><b>C-Crunch</b> x10<br><b>Pike Pulses</b> x10                                                                 |
| 2:08     | Recovery                                                                                                                                                                                                             |



## 06. I'M IN THE ZONE 2:12mins

### COACHING TIP

Super quick set up and get into the workout to give as much time to the core as possible.

### CONNECTION

It always pays to explain the benefits of training core – the more people understand how crucial a strong core is in this workout the more likely they are to stay and try their best.

### TECHNIQUE

#### **ALTERNATING SINGLE LEG V TAP**

- Lying on back, arms out to side in a 't' position
- Opposite arm reaches up and across as opposite leg lifts towards hand
- **Lower back toward floor**
- **Rotating from the centre of the chest**

↓ OPTION: BEND KNEES AND TAP FOOT

#### **C-CRUNCH WITH/WITHOUT PLATE**

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

↓ OPTION: NO PLATE

#### **PIKE PULSES WITH/WITHOUT PLATE**

- Lying on back plate inline with shoulders directed at ceiling
- Legs extended vertical feet inline with hips
- Pulse Crunches taking plate towards feet
- Shoulders off
- **Crunching ribs towards hips**
- **Chin tucked**

↓ OPTION: NO PLATE, KNEES AT 90 DEGREES



# GRIT CARDIO MUSIC

01. **Hands in the Air** (3:02)  
Dance System & Hudson Mohawke  
© 2020 System Records Ltd.  
Written by: Connolly, Birchard

02. **Do It Like That** (2:26)  
Swimnaked  
© 2021 Les Mills Music Licensing Ltd.  
Written by: Price

**Let You Go** (2:26)  
DAN DRAPER  
© 2021 Les Mills Music Licensing Ltd.  
Written by: Beasley

**Midnight Fight** (2:29)  
DAN DRAPER  
© 2021 Les Mills Music Licensing Ltd.  
Written by: Beasley

03. **Smoke Dance Three** (1:55)  
DJ Shub  
© 2020 Shub Music.  
Written by: General

**Voodoo (Tribal Mix)** (1:56)  
Alex Guesta  
© 2016 Alessio Lazzaroni.  
Written by: Lazzaroni

**Smoke Dance Three** (2:00)  
DJ Shub  
© 2020 Shub Music.  
Written by: General

04. **I Want It** (1:27)  
Yellow Claw & Wiwek  
© 2020 Barong Family.  
Written by: Nielsen, Christensen, Espersen, Taihuttu, Rondhuis, Korsby, Mahabali

**Upon Prey** (1:24)  
NOAM DEE  
© 2021 Les Mills Music Licensing Ltd.  
Written by: Fairley

**I Want It** (1:31)  
Yellow Claw & Wiwek  
© 2020 Barong Family.  
Written by: Nielsen, Christensen, Espersen, Taihuttu, Rondhuis, Korsby, Mahabali

05. **HOTPOT** (4:51)  
Wiwek  
© 2020 Barong Family.  
Written by: Boer, Wiwek

06. **Desire** (1:33)  
Rubayne & JDOVE  
© 2019 SM 002549 Releases.  
Written by: Triplett, Bruil



L-R: Natasha Vincent, Ben Main, Kayla Atkins-Gordine

The team have done it again. Another round of fresh challenges, innovative moves and creative themes to create new stimulus in the body and make this one of the most effective HIIT workouts. LES MILLS GRIT Cardio 36 is all about athletic performance and using bodyweight. With a fun concept like ‘the countdown’ your physically and mentally engaged. With sets getting shorter across the 30 minutes this gives us an opportunity to keep dialing up the effort and tapping into peak performance levels.

Enjoy 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.

# CREDITS

**Creative Team** – Erin Maw and Les Mills Jnr

**Chief Creative Officer** – Dr. Jackie Mills

**Technical Consultants** – Bryce Hastings and Rob Lee

**Production Coordinator** – Hannah Lofroth

# PRESENTER

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**Kayla Atkins-Gordine** (New Zealand) is a LES MILLS GRIT and BODYPUMP Presenter and Instructor and a BODYBALANCE/BODYFLOW and LES MILLS SPRINT Instructor. She is a Personal Trainer and singer and lives in Auckland.

**RELEASE FEEDBACK**

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# 01. WARM-UP

| Exercise |                                                                       |
|----------|-----------------------------------------------------------------------|
| 0:05     | Run OTS/Butt Kicks, High Knee Run OTS                                 |
| 0:34     | Speed Ladder x3 Sprint F&B x1                                         |
| 1:03     | Squat Burpee                                                          |
| 1:7      | Pushup                                                                |
| 1:31     | Mountain Climber                                                      |
| 1:46     | Speed Ladder x3 Sprint F&B add Touch Down x1                          |
| 2:15     | Bear Crawl F&B x4                                                     |
| 2:30     | Bear Crawl F (x4) x1 Squat Jump x1 Bear Crawl B (x4) x1 Squat Jump x1 |
| 2:59     | Recovery                                                              |



# 01. HANDS IN THE AIR 3:02mins

## COACHING TIP

Explain class structure at the start “Hey! This is the countdown, were taking these sets from 4, 3, 2 down to 1.” That way the class can mentally prepare for the workout ahead!

## CONNECTION

The Warm-up is always a great time to check in with everyone, get them hyped for the workout and make some early connections with lots of smiles and eye contact.

## DRIVE

First half of the Warm-up is about prepping and priming, towards the end of the Warm-up we want to encourage intensity to get the heart rate into the yellow zones ready for the first track.

## TECHNIQUE

### RUN OTS/BUTT KICKS

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

### HIGH KNEE RUN OTS

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

### 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

### SPRINT FORWARD & BACK

- 4 Sprints forward and back with Touch Down
- Alternate which hand and foot reaches towards the floor
- **Light on balls of feet**
- **Chest up**
- **Core on**

### SQUAT BURPEE

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

Add **A JUMP**

- **Soft knee landing**

↓ OPTION: NO JUMP

### 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

### BEAR CRAWL

- On hands and feet
- **Set up knees inline with hips hands inline with shoulders**
- Opposite hand and foot walk forward and back
- **Core on**
- **Butt down**
- **Hips square**
- Knees stay close to the ground

### 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. GIANT SETS

**TRACK SET-UP:** 3x 2 minute rounds, 4 moves, 30 seconds each back to back.

| Exercise                   |                                                        |
|----------------------------|--------------------------------------------------------|
| 0:00                       | Set up and demonstrate moves, <b>Cross Over Sprint</b> |
| <b>SET 1:</b>              |                                                        |
| 0:24                       | <b>Cross Over Sprint</b>                               |
| 0:54                       | <b>Power Lunge</b>                                     |
| 1:26                       | <b>Lateral Skaters</b>                                 |
| 1:56                       | <b>Mountain Climber</b>                                |
| 2:24                       | <i>Recover</i>                                         |
| <b>SET 2:</b> REPEAT SET 1 |                                                        |
| 2:49                       | <b>Cross Over Sprint</b>                               |
| 3:20                       | <b>90 Degree Power Lunge</b> R leg forward             |
| 3:50                       | <b>Lateral Skaters</b>                                 |
| 4:20                       | <b>Lateral Mountain Climber</b>                        |
| 4:51                       | <i>Recover</i>                                         |
| <b>SET 3:</b> REPEAT SET 1 |                                                        |
| 5:13                       | <b>Cross Over Sprint</b>                               |
| 5:46                       | <b>90 Degree Power Lunge</b> L leg forward             |
| 6:15                       | <b>Lateral Skaters</b>                                 |
| 6:45                       | <b>Lateral Mountain Climber</b>                        |
| 7:14                       | <i>Recovery</i>                                        |



# 02. DO IT LIKE THAT / LET YOU GO / MIDNIGHT FIGHT 7:21mins

## COACHING TIP

30 seconds per set gives plenty of time to break down layer 1 well and pre-cue the next move coming so that we can keep our members moving seamless. Make sure you clearly demonstrate, say and do the two new moves in this block '90 Degree Lunge' and 'Lateral Mountain Climber'.

## CONNECTION

2 minute blocks are a great duration of time to get out and quality floor coach in sets 2 and 3. Always check and correct technique before intensity is applied.

## DRIVE

The last 2 minutes is pure heat, everyone knows the moves, muscle memory is there so now it's time to accelerate and shift the energy up another notch.

## HIIT SCIENCE

Hitting the red zone in the first working track is key to achieving results in a HIIT workout. This means pushing the heart rate above 85% max. It's this zone that delivers the changes in body composition and fitness that are specific to HIIT training.

## TECHNIQUE

### CROSS OVER SPRINT

- 3 steps traveling L&R
- Outside foot always crosses over in front
- The foot that crosses over is the same leg with knee drive
- **Hips square to front**
- **Land softly with knees bent**
- **Knee out on landing**
- Push off outside foot to change direction
- **Chest Up**
- **Core on**

*Layer 2: Staying light on the balls of the feet to transfer body weight quickly enables us to spark up the fast twitch fibres at rapid pace*

### POWER LUNGE

- 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**

### Add: 90 DEGREE TURN

- Begin RIGHT leg in front, Jump up, turn on 90 degree angel land with LEFT leg in front
- Leading leg switches in the air
- **Strong core brace** to turn the whole body
- Big arm swing

### ↓ OPTION: BACKWARDS STEPPING LUNGE

### 90 DEGREE: STAY FACING FOWARD

*Layer 2: Driving out of the lunge and aiming for as much air time as possible to work the body harder and crank up the heart rate*

### 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

*Layer 2: Driving out of the heel and engaging the glutes to produce more speed and efficiency in the movement*

### MOUNTAIN CLIMBER

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

### Add: LATERAL MOUNTAIN CLIMBER

- Start in Plank, **feet wide outside hips**
- Pushing straight leg corner to corner rather than straight down the middle

*Layer 2: Pulling the knees in hard and fast to generate greater reactive core power*



# 03. TRI-SETS

**TRACK SET-UP:** 3 Rounds, 3 moves, 30 seconds each back to back.

| Exercise      |                                                                                   |
|---------------|-----------------------------------------------------------------------------------|
| 0:00          | Set up and demonstrate moves, <b>Sprinter Lunge</b> R leg                         |
| <b>SET 1:</b> |                                                                                   |
| 0:23          | <b>Sprinter Lunge</b> R leg                                                       |
| 0:55          | <b>Plank Jack Shoulder Tap</b>                                                    |
| 1:24          | <b>Sprinter Lunge</b> L leg                                                       |
| 1:53          | Recover and demonstrate moves, <b>Lateral High Knees</b> x4 L&R                   |
| 2:19          | <b>Lateral High Knees</b> L&R                                                     |
| 2:50          | <b>Plank Jack Shoulder Tap</b> (Advance Option Halfway Through: Add <b>Jump</b> ) |
| 3:21          | <b>Lateral High Knees</b> L&R                                                     |
| 3:49          | <i>Recover</i>                                                                    |
| <hr/>         |                                                                                   |
| <b>SET 2:</b> |                                                                                   |
| 4:13          | REPEAT SET 1                                                                      |
| 5:43          | <i>Recovery</i>                                                                   |



# 03. SMOKE DANCE THREE / VODOO (TRIBAL MIX) / SMOKE DANCE THREE 5:51mins

## COACHING TIP

Sprinter Lunge! Another new move! Let’s break it down well and set it up clearly so our members move with efficiency.

## CONNECTING

This track is so hype and fun, the combo of Sprinter Lunges and Plank Jacks will take the body to fast fatigue. Because there’s some new moves getting thrown in this round, be super encouraging for the first few classes – if people know they are doing a good job then they will feel really successful and come back for more!

## DRIVE

The last round is pure fire and with an advanced Plank Jack Shoulder Tap! This set takes no prisoners. At this point of the class, we are after max training zones, high fatigue, high heart rate.

## HIIT SCIENCE

Plank Jack Shoulder Taps stimulate a reactive core training response. This is when our core musculature respond quickly to a sudden change in balance. This is how athletes use their core at speed and when changing direction.

## TECHNIQUE

### SPRINTER LUNGE

- Big step back
- **Bend knees front thigh parallel to floor**
- Hop front foot backwards underneath hips and the same time back knee pulls forward and pops up inline with the hip
- **Soft knee landing in the Lunge**
- **Chest lifted**
- **Abs braced**

*Layer 2: Quick transfer of energy from the balls of the feet into the hips and core to get that explosive power off the ground*

### PLANK JACK SHOULDER TAP

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

Add Shoulder Tap

- Tap shoulder with opposite hand
- Return hand to floor
- Alternate hands
- **Hips square**

Advanced Option: **ADD JUMP**

- One point of stability, 1 hand on the ground the other hand tapping shoulder while both feet leave the floor
- 3 point leave and land on the ground at the same time
- **Super strong core brace**
- Body weight forward

↓ OPTION: ALTERNATING FOOT TAP

NO SHOULDER TAP OR JUMP

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

### LATERAL HIGH KNEES

- **Hips square**
- Chest up
- **Core On**
- Light on balls of feet
- **Knees Soft**

*Layer 2: Engage the Glutes to activate more leg power and speed*



# 04. SUPERSETS

**TRACK SET-UP:** 3 rounds, 2 moves back to back 30 seconds each move.

| <i>Exercise</i> |                                                                      |
|-----------------|----------------------------------------------------------------------|
| 0:00            | Set up and demonstrate first move, <b>Lateral Vertical Jump</b>      |
| 0:24            | <b>Lateral Vertical Jump</b>                                         |
| 0:56            | <b>Drop Pushup &amp; Frog Jump</b>                                   |
| 1:25            | Recover set up SET 2                                                 |
| <b>SET 2:</b>   |                                                                      |
| 1:48            | <b>Lateral Vertical Jump</b> in a Triangle                           |
| 2:21            | <b>Drop Pushup &amp; Frog Jump</b>                                   |
| 2:49            | Recover set up SET 3                                                 |
| <b>SET 3:</b>   |                                                                      |
| 3:14            | <b>Lateral Vertical Jump</b> in a Triangle. Add <b>Tuck Jump</b>     |
| 3:46            | <b>Drop Pushup &amp; Frog Jump</b> (Advanced Option: <b>Bronco</b> ) |
| 4:16            | <i>Recovery</i>                                                      |



## 04. I WANT IT / UPON PREY / I WANT IT 4:22mins

### COACHING TIP

Keep this set up simple – the previous track has just been packed with new moves, declutter this intro and keep it to the point, fatigue is high and focus is short.

### CONNECTION

This track is progressive, allow members to maintain the level they feel comfortable with. Especially with the Pushups, if members are struggling with form and speed – encourage an option so they can get the most out of this set.

### DRIVE

How cool is this track! Erin's personal favourite this round, the explosive 3-D Triangle Tuck is in a world of it's own, not only does it feel fresh, explosive multi-directional training stimulates the mind and the muscle!

### HIIT SCIENCE

Alternating between movements with varying muscle demands allows us to keep the heart rate high during extended blocks. In this track we alternate between our lower body propulsion muscles and our upper body and core.

### TECHNIQUE

#### LATERAL VERTICAL JUMP

- **Begin with feet under hips**
- One Jump traveling horizontal, one Jump vertical L&R
- **Hips square**
- **Chest up**
- **Soft knee landing**

Add: TRI JUMP

- Pivoting to the outside in lateral vertical pattern
- Moving clockwise and anti clock wise
- **Knees soft**

*Layer 2: Catch and control – when you contract your core your movements have better quality*

#### TUCK JUMP

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

↓ OPTION: STAY WITH LATERAL VERTICAL JUMP

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

#### DROP PUSHUP & FROG JUMP

- Begin in Bear position
- **Knees inline 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
- Following with Frog Jump, feet shoot backwards to plank then back to Bear
- **Back long and straight**
- **Abs braced** to jump and walk back
- **Drop chest to elbow height in Pushup**

Advanced Option: **BRONCO**

- Kicking legs up to 45 degree angle
- **Shoulders inline directly above hands**
- **Core on**

↓ 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*



# 05. TABATA

**TRACK SET-UP:** 9 Rounds, 20 on 10 off, 3 different moves 3 times each.

| Exercise      |                                                           |
|---------------|-----------------------------------------------------------|
| 0:00          | Set up and demonstrate moves, <b>Air Tap</b>              |
| <b>SET 1:</b> |                                                           |
| 0:24          | <b>Air Tap</b>                                            |
| 0:45          | Recover and set up move 2, <b>Donkey Kick</b>             |
| 0:53          | <b>Donkey Kick</b>                                        |
| 1:13          | Recover and set up move 3, <b>Sprint</b> x6 <b>Run</b> x6 |
| 1:22          | <b>Sprint</b> x6 <b>Run</b> x6                            |
| 1:44          | Recover                                                   |
| 1:54          | <b>Air Tap</b>                                            |
| 2:14          | Recover                                                   |
| 2:22          | <b>Donkey Kick</b>                                        |
| 2:45          | Recover                                                   |
| 2:53          | <b>Sprint</b> x6 <b>Run</b> x6                            |
| 3:14          | Recover                                                   |
| 3:23          | <b>Air Tap</b>                                            |
| 3:44          | Recover                                                   |
| 3:52          | <b>Donkey Kick</b>                                        |
| 4:14          | Recover                                                   |
| 4:24          | <b>Sprint</b> x6 <b>Run</b> x6                            |
| 4:44          | Recovery                                                  |



# 05. HOTPOT 4:51mins

## COACHING TIP

Again, keep this set up simple – fatigue is high and focus is short.

## CONNECTION

The last big banger! All the energy that you can bring to this last set through coaching and physically role modelling the moves at a high standard – bring it! Member’s will need your energy and motivation, especially in those final 3 sets!

## DRIVE

It could have been a 1 minute challenge but let’s be honest – this is GRIT... the best and truest way to train HIIT is to throw in a massive Tabata right at the end to maintain high heart rate. No holding back, you and the team are going for the win, that means committing to every rep in every set. That 3rd set is a great opportunity to bring out the big motivational lines, keep people pushing their maximum effort.

## HIIT SCIENCE

Tabata sets allow us to accumulate fatigue levels with each set. Intensity testing shows a gradual increase of heart rate with each block. By the end of the track most participants have pushed into their anaerobic threshold which is a great way to finish the workout.

## TECHNIQUE

### AIR TAP

- **Feet outside hips, knees out**
- Bend knees reaching alternating hands towards the floor then jump
- Arms overhead in jump heels tap together
- **Abs braced**
- **Soft knee landing**
- **Chest up**

↓ OPTION: SQUAT HEEL RISE

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

### 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*

### SPRINT & RUN

- **Chest up**
- **Abs braced**
- Knees up to waist height in Sprint Sets
- **Light on the balls of the feet**

*Layer 2: Turning on the hip flexors and glutes to engage the lower body more and recruit more power*



# 06. CORE CHALLENGE

**TRACK SET-UP:** Core Pyramid 10, 20, 30, 20, 10.

| Exercise |                                                                                                                                                                                                                                                               |
|----------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 0:00     | Set up and demonstrate moves quickly, <b>C-Crunch</b> x10, <b>Cross Crawl</b> x20, <b>Cross Climber</b> x30. Climbing up to 30 then back to 10 reps in 1:15.                                                                                                  |
| 0:15     | Begin Pyramid<br>10x <b>C-Crunch</b><br>20x <b>Cross Crawl</b> (1 for 1)<br>30x <b>Cross Climber</b> (1 for 1)<br>20x <b>Cross Crawl</b> (1 for 1)<br>10x <b>C-Crunch</b><br>If completed before music fade option a) Hover Hold, option b) Favourite stretch |
| 1:30     | Recovery                                                                                                                                                                                                                                                      |



## 06. DESIRE 1:33mins

### COACHING TIP

Super quick set up and get into the workout to give as much time to the core as possible. Explain the pyramid counts right at the start for anyone fast 10 – 20 – 30 – 20 – 10 and if anyone finishes early, Hover Hold or Stretch.

### CONNECTION

It always pays to explain the benefits of training core – the more people understand how crucial a strong core is In this workout the more likely they are to stay and try their best.

### TECHNIQUE

#### C-CRUNCH

- Lying on back, finger tips at temple, knees inline with hips
- **Crunch ribs to hips – arms reach to feet**
- **Slight chin tuck**
- **Arms and legs extended out lower back presses towards the floor**

↓ OPTION: TAP FEET DOWN

#### CROSS CRAWL

- Lying on back
- Fingertips to temple
- Lifting up and across
- **Opposite shoulder to thigh**
- **Rotating through the centre of the chest**

↓ OPTION: TAP FEET DOWN

#### CROSS CLIMBER

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

↓ OPTION: KNEELING CLIMBER



# GRIT ATHLETIC MUSIC

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

**02.**     **Baby Baby** (4:21)  
Shrubz  
© 2021 Les Mills Music Licensing Ltd.  
Written by: Wolf, Justman, Silva, Pinheiro

**03A.**     **Aide** (4:16)  
Bang La Decks  
© 2015 Down2Earth Records.  
Written by: Lupa, Economou

**03B.**     **8TANE** (1:26)  
St. Urbain  
© 2021 Les Mills Music Licensing Ltd.  
Written by: Yeh

**04A.**     **Drop It** (4:16)  
Tujamo & Lukas Vane  
© 2019 SpinninRecords.com.  
Written by: Moerenhout, Vervloet

**04B.**     **Roll Deep** (4:25)  
NOAM DEE  
© 2021 Les Mills Music Licensing Ltd.  
Written by: Fairley

**05A**     **8TANE** (1:26)  
St. Urbain  
© 2021 Les Mills Music Licensing Ltd.  
Written by: Yeh

**05B.**     **TABATA**  
Use Cardio Track 05 music

**06.**     **CORE CHALLENGE**  
Use Cardio Track 06 music



L-R: Erin Maw, Ben Main

Let’s talk Re-Code! We know with doing the same movement patterns repetitively the body can adapt and the results can slow down, but not if you RE-CODE!

THE BONUS ATHLETIC BLOCK this round focuses on new movement patterns and combinations to create fresh stimulus and faster results, blending mental and physical challenges to shift our zone top HIIT levels even higher. Have fun with all the crazy fresh, fun, edgy moves and challenges guys! What about that L-Tuck hey!

Erin and the LES MILLS GRIT crew

### CLASS SET-UP

Bench with 2 risers on each end and no plates. Be mindful of space setup in the last TABATA as you extend the bench.

## CREDITS

**Creative Team** – Erin Maw and Les Mills Jnr

**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, LES MILLS GRIT and LES MILLS TONE Trainer/Presenter, a LES MILLS CORE Instructor/Presenter, and a BODYPUMP Instructor. She is a Marketing Co-ordinator 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 all three programs. He is based in Auckland.

### RELEASE FEEDBACK

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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 36 – WARM-UP*
- BONUS ATHLETIC BLOCK**
- TRACK 2: TABATA 1**
- TRACK 3a: TABATA 2**
- TRACK 3b: 1 MINUTE CHALLENGE**
- TRACK 4a: TABATA 4**
- TRACK 4b: TABATA 5**
- TRACK 5a: 1 MINUTE CHALLENGE**
- TRACK 5b: CARDIO 36 – TABATA*
- TRACK 6: CARDIO 36 – CORE CHALLENGE*



# 02. TABATA 1

**TRACK SET-UP:** 8 Rounds, 20 on, 10 off alternating between two moves.

| Exercise |                                                                                                                            |
|----------|----------------------------------------------------------------------------------------------------------------------------|
| 0:00     | Set up and demonstrate move, <b>90 Degree Power Lunge</b> x1, <b>90 Degree Squat Jump</b> x1, <b>Lateral Bench Jump</b> x1 |
| 0:20     | <b>90 Degree Power Lunge</b> x1, <b>90 Degree Squat Jump</b> x1, <b>Lateral Bench Jump</b> x1                              |
| 0:39     | Recover and set up move 2, <b>Lateral Quick Step Over Bench</b> L&R                                                        |
| 0:50     | <b>Lateral Quick Step Over Bench</b> L&R                                                                                   |
| 1:10     | Recover                                                                                                                    |
| 1:19     | <b>90 Degree Power Lunge</b> x1, <b>90 Degree Squat Jump</b> x1, <b>Lateral Bench Jump</b> x1                              |
| 1:40     | Recover                                                                                                                    |
| 1:49     | <b>Lateral Quick Step Over Bench</b> L&R Add: <b>Block Stance</b>                                                          |
| 2:11     | Recover                                                                                                                    |
| 2:19     | <b>90 Degree Power Lunge</b> x1, <b>90 Degree Squat Jump</b> x1, <b>Lateral Bench Jump</b> x1                              |
| 2:39     | Recover                                                                                                                    |
| 2:48     | <b>Lateral Quick Step Over Bench</b> L&R with <b>Block Stance</b>                                                          |
| 3:10     | Recover                                                                                                                    |
| 3:19     | <b>90 Degree Power Lunge</b> x1, <b>90 Degree Squat Jump</b> x1, <b>Lateral Bench Jump</b> x1                              |
| 3:40     | Recover                                                                                                                    |
| 3:49     | <b>Lateral Quick Step Over Bench</b> L&R with <b>Block Stance</b>                                                          |
| 4:10     | Recovery                                                                                                                   |



## 02. BABY BABY 4:21mins

### COACHING TIP

Always demonstrate the changes in the recoveries . Most of these tracks are progressive, allow members to choose how they want to take these new combos.

### CONNECTION

Set 1, Flawless technique, Set 2, Intensity Set 3, Seamless, Set 4, Peak Performance. This is how Ben and Erin structured the sets so the highest level of success was achieved for everyone.

### DRIVE

These sets are still Tabata intervals so it's important whilst breaking down the new moves, maintaining a high level of intensity to keep the heart rate high.

### HIIT SCIENCE

Working with a bench encourages greater Squat and Lunge depth. This allows us to get more out of our lower body muscles.

### TECHNIQUE

#### **90 DEGREE POWER LUNGE / SQUAT JUMP / LATERAL BENCH JUMP**

- Inside foot on bench, 90° degree Lunge Jump to face bench, 90° degree Jump back the same way into Squat, Lateral Squat Jump over bench to repeat sequence on other leg
- **Knees out in Lunge and Squat**
- **Chest up**
- **Core on**
- **Land soft in Jumps**
- **Front thigh parallel in Lunge**
- **Hips and knees to 90 degrees**

*Layer 2: Engage the core to help generate force coming out of the Squat and Lunge*

#### **LATERAL QUICK STEP OVER BENCH**

- 4 Lateral Quick Steps across and over the bench L&R
- Light on the balls of the feet
- **Hips square**
- **Chest up**
- **Knees soft**
- **Core on**

Add: **BLOCK STANCE**

- Inside leg goes straight back keeping hips square
- **Chest up on reach down**

*Layer 2: Using the core to move explosively sideways – Minimal time on the bench for maximal speed*



# 03A. TABATA 2

**TRACK SET-UP:** 8 Rounds, 20 on 10 off, alternating between two moves.

| Exercise |                                                          |
|----------|----------------------------------------------------------|
| 0:00     | Set up and demonstrate move, <b>Kick Over</b>            |
| 0:19     | <b>Kick Over</b>                                         |
| 0:40     | Recover and set up move 2, <b>90 Degree Box Jump</b> L&R |
| 0:49     | <b>90 Degree Box Jump</b> L&R                            |
| 1:10     | Recover                                                  |
| 1:18     | <b>Donkey Kick Over</b>                                  |
| 1:39     | Recover                                                  |
| 1:48     | <b>90 Degree Box Jump</b> L&R                            |
| 2:09     | Recover                                                  |
| 2:18     | <b>Donkey Kick Over</b>                                  |
| 2:40     | Recover                                                  |
| 2:49     | <b>360 Degree Box Jump</b> L&R                           |
| 3:09     | Recover                                                  |
| 3:18     | <b>Donkey Kick Over</b>                                  |
| 3:40     | Recover                                                  |
| 3:48     | <b>360 Degree Box Jump</b> L&R                           |
| 4:10     | Recovery                                                 |



# 03A. AIDE 4:16mins

## COACHING TIP

Don't forget to get the option of no bench or even lowering a riser early for member's who are not comfortable jumping the 90 degree, if they need to start lower and build confidence then allow them that option.

## CONNECTION

The progression to Donkey Kick Over requires a lot of core strength and power to hit the full Plank, this would be a great element to focus on with members when floor coaching.

## DRIVE

Lower body switching to upper body in alternating sets is a great way to keep the intensity and energy high, while one area of the body recovers the opposing part can push really hard – great way to get maximum intensity for all 8 rounds.

## HIIT SCIENCE

Success in these moves comes down to core activation. This is how we transfer power between the lower and upper body and jump the whole body around to change direction.

## TECHNIQUE

### KICK OVER

- Hands at top of bench, set up in Bear position to one side
- In Bear, knees inline with hips hands inline with shoulders
- Two feet take off and land
- **Hips square**
- **Core on**

### Add: DONKEY KICK OVER

- Hands at top of bench, set up in Plank position
- As you jump over the bench pull the knees towards the chest and shoot back out into Plank on the other side of bench
- **Back long and straight**

*Layer 2: Use your core like a loaded spring to feel your strong reactive core*

### 90 DEGREE BOX JUMP

- Begin facing front straddling bench
- Two feet take off Jump up and around 90 degrees landing two feet on bench
- Two feet take off Jump up and around 90 degrees landing two feet on the floor
- Repeat to the other side
- Hips back in jump
- **Knees out**
- **Land soft**
- **Chest up**
- Swing arms up
- **Core on**

### Add: 360 DEGREE BOX JUMP (aka) AROUND THE WORLD

- 360 clockwise jump, 360 anticlockwise jump

*Layer 2: Use the ¼ squat to get momentum and height to hit explosive jumps*



# 03B. 1 MINUTE CHALLENGE

**TRACK SET-UP:** 1 minute challenge, 30 seconds on the right, 30 seconds on the left.

| <i>Exercise</i> |                                                        |
|-----------------|--------------------------------------------------------|
| 0:00            | Set up and demonstrate the <b>L-Tuck</b> on the R side |
| 0:18            | <b>L-Tuck</b> on the R side                            |
| 0:50            | <b>L-Tuck</b> on the L side                            |
| 1:20            | <i>Recovery</i>                                        |



## 03B. 8TANE 1:26mins

### COACHING TIP

L-Tuck! What a move! WHAT a move!  
Demonstrate it once, then twice and then a third time.

### CONNECTION

This move feels so cool and athletic to perform, being rather technical, allow members to explore and coordinate this move. The Lunge and Tuck add intensity without us needing to drill it too hard for the first part of the challenge, focus on good technique first.

### DRIVE

The last 10 seconds on each side is a great time to start dialling up urgency in the step around the bench and intensity in the Tuck.

### HIIT SCIENCE

Tucking the knees into the chest lifts intensity. The key is to ensure an even 2 foot take off and landing to avoid uneven impact forces and minimize joint stress.

### TECHNIQUE

#### L-TUCK

- Stepping around the bench making the letter 'L' leading into a Tuck
- Begin at the end of your bench side on in Lunge position (Block Stance)
- Leg furthest away from bench is the front leg in Lunge
- Two steps around bench and forward making the letter L
- **Knees soft**
- **Chest up**
- In Tuck Jump, **two feet take off and land**
- **Landing soft**
- Staying light on the feet quick reverse run back to starting 'block' position

*Layer 2: Driving out of the Lunge to initiate quick force into the jump will generate greater power output*



# 04A. TABATA 3

**TRACK SET-UP:** 8 Rounds, 20 on 10 off alternating between two moves.

| Exercise |                                                                                                                  |
|----------|------------------------------------------------------------------------------------------------------------------|
| 0:00     | Set up and demonstrate move, <b>Frog Jack</b> x1, <b>Plank Jack</b> x1                                           |
| 0:19     | <b>Frog Jack</b> x1, <b>Plank Jack</b> x1                                                                        |
| 0:39     | Recover and set up move 2, <b>Burpee Bench Shuffle</b>                                                           |
| 0:50     | <b>Burpee Bench Shuffle</b>                                                                                      |
| 1:10     | Recover                                                                                                          |
| 1:18     | <b>Frog Jack</b> x1, <b>Plank Jack</b> x1. Add: <b>Alternating Arm Reach</b>                                     |
| 1:40     | Recover                                                                                                          |
| 1:48     | <b>Burpee Bench Shuffle</b>                                                                                      |
| 2:09     | Recover                                                                                                          |
| 2:18     | <b>Frog Jack</b> x1, <b>Plank Jack</b> x1. Add: <b>Alternating Arm Reach</b> (Advanced Option: <b>Kick Out</b> ) |
| 2:40     | Recover                                                                                                          |
| 2:49     | <b>Burpee Tuck Bench Shuffle</b>                                                                                 |
| 3:10     | Recover                                                                                                          |
| 3:19     | <b>Frog Jack</b> x1, <b>Plank Jack</b> x1. Add: <b>Alternating Arm Reach</b> (Advanced Option: <b>Kick Out</b> ) |
| 3:40     | Recover                                                                                                          |
| 3:48     | <b>Burpee Tuck Bench Shuffle</b>                                                                                 |
| 4:08     | Recovery                                                                                                         |



# 04A. DROP IT 4:16mins

## COACHING TIP

Advanced options are not compulsory for you to teach to your members. If you think the Frog Jack and Single Arm Plank Jack will challenge intensity enough, then hold back on introducing the Kick Out for a few more classes.

## CONNECTION

The music is hype and the Shuffle around the bench is fresh and dynamic, this track has a lot of energy – try match your tone with the vibes of this track, it will make for great contrast in coaching from the 1 minute challenge and the last Tabata to follow.

## DRIVE

Again, Tuck Jumps and (should you wish to go there) Kick Outs make these sets edgy and explosive, trying to maintain high levels of output doing these movements is going to be super challenging. Now is a great time to dial up the motivation.

## HIIT SCIENCE

Varying movement patterns along with adding in direction change keeps our neural system firing on all cylinders. This can help distract our perception away from the intensity.

## TECHNIQUE

### FROG JACK PLANK JACK

- Begin side on, hands on bench in Frog position
- **Knees inline with hips hands inline with shoulders**
- **Hips square**
- **Back straight**
- Jack knees out/in... Wide/narrow for one rep
- From narrow Frog Jump feet back and long into wide Plank Jack
- **Core on**

Add: **ARM REACH**

- As feet jack in Plank alternating arm reaches forward

Advanced: **KICK OUT**

- One point of stability
- Lifting one arm and both feet in the air
- **Strong core back**
- **Back flat**
- **Hips square**

*Layer 2: Super strong core brace to maintain control and core power during this move*

### BURPEE BENCH SHUFFLE

- One Burpee on the end of bench followed by a 360° shuffle around bench (Clockwise and anticlockwise)
- Squat, hands on bench jump feet back to Plank, jump back to Squat, jump up
- **Feet outside hip-width**
- **Butt down and back just above knee line**
- **Use the Squat to transition**
- **Chest up**
- **Abs braced as feet jump back**
- **Hands under shoulders**
- **Back long, strong and straight**
- **Soft knee landing**
- In Shuffle stay low
- Knees out
- **Light on the feet**

Add: **Tuck**

- **Land soft**

*Layer 2: Drive the knees forward hard and fast to generate momentum leading into the Tuck*



# 04B. TABATA 4

**TRACK SET-UP:** 8 Rounds, 20 on 10 off alternating between two moves.

| Exercise    |                                                                   |
|-------------|-------------------------------------------------------------------|
| 0:00        | Set up and demonstrate move, <b>Spring Loaded Lateral Bound</b>   |
| 0:30        | <b>Spring Loaded Lateral Bound</b>                                |
| 0:49        | Recover and set up move 2, <b>Kick Over</b> x3, <b>Sprint</b> F&B |
| 0:58        | <b>Kick Over</b> x3, <b>Sprint</b> F&B                            |
| 1:20        | <i>Recover</i>                                                    |
| 1:30        | <b>Spring Loaded Lateral Bound</b>                                |
| 1:49        | <i>Recover</i>                                                    |
| 1:58        | <b>Kick Over</b> x3, <b>Sprint</b> F&B                            |
| 2:20        | <i>Recover</i>                                                    |
| 2:29        | <b>Spring Loaded Lateral Bound</b>                                |
| <b>2:48</b> | <i>Recover</i>                                                    |
| 2:57        | <b>Kick Over</b> x3, <b>Sprint</b> F&B                            |
| 3:19        | <i>Recover</i>                                                    |
| 3:29        | <b>Spring Loaded Lateral Bound</b>                                |
| 3:49        | <i>Recover</i>                                                    |
| 3:57        | <b>Kick Over</b> x3, <b>Sprint</b> F&B                            |
| 4:18        | <i>Recovery</i>                                                   |



# 04B. ROLL DEEP 4:25mins

## COACHING TIP

There's an extra 10 seconds in this track intro to pull apart the risers from the bench - make sure the risers are at the front.

## CONNECTION

Peak performance means working to your personal best effort – everyone in the class is at different fitness levels, a good coach recognises this and is able to adjust their coaching to cater to everyone, know who needs that extra push and know who needs encouragement and notice who just needs some praise. Our sole focus at the point of the class is to ensure all fitness levels are working to their best effort.

## DRIVE

The best and truest way to train HIIT is to throw in a massive final Tabata right at the end to maintain high heart rate. No holding back, you and the team are going for the win, that means committing to every rep in every set pushing maximum effort.

## HIIT SCIENCE

Tabata sets allow us to accumulate fatigue levels with each set. Intensity testing shows a gradual increase of heart rate with each block. By the end of the track most participants have pushed into their anaerobic threshold which is a great way to finish the workout.

## TECHNIQUE

### SPRING LOADED LATERAL BOUND

- Jumping forward over bench and risers hitting a 180° turn and forward bounding back to top
- **Two feet take off and land**
- Double bounce before jumping over the bench
- Loaded double jump, bend knees, staying on balls of feet and driving downward force
- Slight knee tuck to jump over bench
- **Bent knee landings**
- **Core on**
- **Chest up**

*Layer 2: Recoil and load in the bubble bounce to keep forward force in production and intensity high*

### KICK OVER & SPRINT

- Hands on bench complete x3 Kick Overs, Sprint forward and back
- **Core on hips square in Kick Overs**
- **Knees soft and chest up in Sprint**
- **Staying light on balls of feet**

*Layer 2: Fire up the glutes to hit that fast reactive power leading into the sprint this will activate more lower body power*



# 05A. 1 MINUTE CHALLENGE

**TRACK SET-UP:** 1 minute challenge, 30 seconds on the right, 30 seconds on the left.

| <i>Exercise</i> |                                                        |
|-----------------|--------------------------------------------------------|
| 0:00            | Set up and demonstrate the <b>L-Tuck</b> on the R side |
| 0:18            | <b>L-Tuck</b> on the R side                            |
| 0:50            | <b>L-Tuck</b> on the L side                            |
| 1:20            | <i>Recovery</i>                                        |



# 05A. 8TANE 1:26mins

## COACHING TIP

Keep the track intro short, quick and full of energy. The class know this move so it's about allowing as much mental prep time as possible to have a strong mindset coming into this final challenge.

## CONNECTION

We know this move now it's time to apply the science. We train to get fit on/off the field, we mix up the stimulus to get faster results, we recode to ensure growth. Benefits will always keep people pushing harder for longer.

## DRIVE

As soon as the countdown hits it's go time! We broke it down earlier so that we can dominate it now, every rep, all the way to the final countdown.

## HIIT SCIENCE

Tucking the knees into the chest lifts intensity. The key is to ensure an even 2 foot take off and landing to avoid uneven impact forces and minimize joint stress. This is particularly important at the back end of the workout when fatigue levels are high.

## TECHNIQUE

### L-TUCK

- Stepping around the bench making the letter 'L' leading into a Tuck
- Begin at the end of your bench side on in Lunge position (Block Stance)
- Leg furthest away from bench is the front leg in Lunge
- Two steps around bench and forward making the letter L
- **Knees soft**
- **Chest up**
- **In Tuck Jump two feet take off and land**
- **Landing soft**
- **Staying light on the feet quick reverse run back to starting 'block' position**

*Layer 2: Driving out of the lunge to initiate quick force into the jump will generate greater power output*



# 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 honouring 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 United.

# 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, colour 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.

