

LES MILLS GRIT 37

GRIT STRENGTH

MUSIC AND CREDITS

01. WARM-UP

02. BARBELL COMPLEX

03. PLATE COMPLEX

04. BODYWEIGHT COMPLEX

05. BARBELL COMPLEX

06. PLATE COMPLEX

07. BODYWEIGHT COMPLEX

08. CORE CHALLENGE

GRIT CARDIO

MUSIC AND CREDITS

01. WARM-UP

02. AB & BLEND 1

03. AB & BLEND 2

04. AB & BLEND 3

05. CORE CHALLENGE

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LES MILLS GRIT 37

GRIT ATHLETIC

MUSIC AND CREDITS

03. BLOCK 1

04. BLOCK 2

DECLARATION OF INTENT

RELEASE FOCUS

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RELEASE FOCUS GLUTE ACTIVATION

LET'S TALK GLUTES... Imagine coming to a workout and hearing a concept that pulls you deeper into the workout, until you leave feeling more knowledgeable than when you first arrived.

We talk a lot about the glutes, but do we really know how to activate them?
They are responsible for driving power, stability, control and hip extension.

A well-functioning glute max is a key contributor to the prevention of injury. Lower back and pelvic pain is very common during training, so it's important that when people move they are engaging the glute muscles.

FUNCTION

On a day-to-day basis, we use the glute max in movements that can be split into two directions:

VERTICAL AND HORIZONTAL

Common vertical activities include things like climbing, lifting or digging.

Common horizontal activities are when we are moving across the ground including **walking, running, pushing something forwards or throwing.**

We know that many of our participants don't activate their glutes properly, so getting them to experience this for themselves is the easiest way for them to feel where the glutes are and how to activate them. This can come from you coaching the base of the Squat: "Feel the glute squeeze drive you up."

Once they know how to activate their glutes, you can deepen their knowledge with cues around functionality and athleticism.

Functional aspect: "The glutes drive the mechanics of the hip extension – this strengthens functional movements like getting up from a chair or picking something up from the ground."

Performance 'Athlete': "Snap the hips to extend – we're driving from a low to high position and it's the glutes which are dominating that horizontal drive to increase our athletic performance."

Let's put those GLUTES to work!



GRIT STRENGTH MUSIC

01.

Holy Matrimony (2:13)

Jim Junk

© Courtesy of the Universal Music Group.
Written by: Nasir
02.

Colder Still (4:04)

NOAM DEE

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

Zone (4:06)

INF

© Courtesy of Les Mills Music Licensing Ltd.
Written by: Tyson
04.

Justafeelin (4:06)

TWOGOOD

© 2020 twogood.
Written by: Rhodes, Mitchell, Brodrick
05.

Hypnotik (Original Mix) (4:06)

Keys N Krates

© 2014 Dim Mak Inc.
Written by: Dawson, Francois, Tune
06.

AQUA COLA (4:06)

Wiwek

© 2021 Barong Family.
Written by: Mahabali
07.

To Kill A Cyclops (4:05)

NOAM DEE

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Written by: Fairley
08.

To The Top (2:03)

INF

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Written by: Tyson



L–R: Ben Main, Ash Kay, John Nicodemus

After 36 releases, this round was extra special with it being the first time filming a Masterclass in ‘The home of GRIT’. This unique and innovative workout shows why LES MILLS GRIT is the best HIIT on the planet.

LES MILLS GRIT Strength 37 has a theme of complex combinations thread through, bringing variety with the barbell, weight plates and body weight. Each set is designed to keep elevating the heart rate and get participants living in the red zone to get fast fitness results! Our team loved the contrast between each set and how simple the structure was; this meant every set and rep could be hit with maximum effort. Enjoy!

Erin and the LES MILLS GRIT crew

CLASS SET-UP

Moderate to heavy barbell and two free weight plates of the same size. Anyone new to GRIT should use 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 Director – Les Mills Jnr.
- Lead Creative – Erin Maw
- Creative Consultant – Ben Main
- Chief Creative Officer – Dr. Jackie Mills
- Technical Consultants – Bryce Hastings and Rob Lee
- Program Coach – Ben Main
- Production Coordinator – Ariel Lu

PRESENTERS

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 a Creative Consultant at Les Mills International and he lives in Auckland.

Ash Kay (New Zealand) is a LES MILLS GRIT, LES MILLS CORE™, BODYPUMP and a BODYBALANCE™/BODYFLOW® Instructor. She lives in Timaru.

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

RELEASE FEEDBACK

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



01. WARM-UP

EQUIPMENT: Moderate to heavy barbell and 2 free weight plates of the same size

<i>Exercise</i>	
0:05	Thoracic Rotation L&R
0:15	Air Squat
0:34	Dynamic Lunge L&R
0:53	Barbell Row with High Pull
1:12	Barbell Squat, Heel Lift
1:31	Squat Jump x2, Burpee x1
2:13	<i>Recovery</i>



01. HOLY MATRIMONY 2:13mins

COACHING TIP

This Warm-up is short! Let's get the team moving well and then talk about the muscles that we are going to be using during the workout.

CONNECTION

This is a tune that rocks from the very start. This round's theme is all about glute activation. The Warm-up is a great opportunity to set the scene and get everyone thinking about where the glutes are and how to activate them.

DRIVE

Once everyone has the movement patterns locked down, start to bring a little more intensity in the last 60 seconds. We need to push the heart rate up ready for the first big set of work.

TECHNIQUE

THORACIC ROTATION

- **Feet wide**
- Stay grounded
- Rotate to loosen the upper body

AIR SQUAT

- **Feet just outside hip-width**
- **Hips back and down**
- **Knees out over toes**
- **Hips and knees to 90 degrees**
- **Chest up, abs braced**

DYNAMIC LUNGE

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

BARBELL ROW WITH HIGH PULL

- **Tip forward from hips**
- **Bar to knee height**
- **Pull bar to belly**
- **Abs braced**
- **Chest lifted**
- Lift heels, squeeze glutes

BARBELL SQUAT WITH HEEL LIFT

- **Feet just outside hip-width**
- **Hips back and down**
- **Knees out over toes**
- **Hips and knees to 90 degrees**
- **Chest up, abs braced**
- Lift the heels off the floor

2 SQUAT JUMPS, 1 BURPEE

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

↓OPTION: NO JUMP



02. BARBELL COMPLEX

TRACK SET-UP: 2x 1-minute blocks of 3 moves, 20 seconds each, then blend together as a barbell complex set

Exercise	
0:00	Set up and demonstrate first move: Deadlift x1, High Pull x1
SET 1:	
0:20	Deadlift, High Pull
0:40	Clean & Press
0:59	Front Squat
1:19	<i>Recovery</i>
SET 2:	
1:35	REPEAT SET 1
2:33	Recover and demonstrate full combo, Deadlift x1, High Pull x1, Clean & Press into Front Squat
2:50	Deadlift x1, High Pull x1, Clean & Press into Front Squat
3:19	<i>Recovery</i>
3:39	Deadlift x1, High Pull x1, Clean & Press into Front Squat
3:58	<i>Recovery</i>



02. COLDER STILL 4:04mins

COACHING TIP

Demonstrate the full combo – Deadlift and High Pull, Clean & Press, Front Squat – in the intro so that participants can see where we are heading. Be sure to have clean and clear target zones. Make sure everyone can see where the bar is coming from and where it's traveling to. Loads of time to break down each movement.

CONNECTION

Set 2 is our time to get out on the floor with the participants. We want to bring in some creative coaching around glute activation. The Squat is the perfect time to do this. Focus on driving out of the bottom of the Squat.

DRIVE

The combinations bring us into another level of training. This is the first complex track and we only get two opportunities on the bar during the workout. Let's push the energy output to set the ultimate standard for the rest of the workout.

HIIT SCIENCE

Complex training is the perfect way to drive up the heart rate with resistance. Each movement targets the big anti-gravity muscles which require a lot of fuel. Rotating between them allows the intensity to stay high for the entire block.

TECHNIQUE

DEADLIFT, HIGH PULL

- Hinge forward at the hips
- **Bar to the top of the knees**
- **Abs braced, chest lifted in the Deadlift**
- Squeeze the glutes
- **Pull the bar up and under the chest**
- **Keep the bar close to body**

Layer 2: Drive hips forward and up to power the High Pull

CLEAN & PRESS

- Lead with elbows
- **Feet just outside hip-width**
- **Pull bar to lower chest**
- **Keep the bar close to body**
- **Drop elbows under bar to catch, bar at collarbones**
- **Hips back and down**

↓ **OPTION: USE A PLATE**

Layer 2: Squeeze the glutes at the peak of the Press for strong stability and control under the bar

FRONT SQUAT

- *Bar sits on the collarbones and in the heel of the hand*
- *Feet just outside hip-width*
- *Hips and knees to 90 degrees*
- *Knees press out over toes*
- *Chest up*
- *Abs braced*

↓ **OPTION: USE A PLATE**

Layer 2: Heels down, squeeze glutes from the base of the Squat



03. PLATE COMPLEX

TRACK SET-UP: 2x 1-minute blocks of 3 moves, 20 seconds each, then we blend together as a Plate Complex set

Exercise	
0:00	Set up and demonstrate first move: Jump Lunge with Plate at collarbones L&R
SET 1:	
0:18	Jump Lunge with Plate at collarbones L&R
0:40	Squat Jump with Plate Low
0:59	Plate Snatch
1:20	Recovery
SET 2:	
1:32	REPEAT SET 1
2:34	Recover and demonstrate full combo: Jump Lunge L&R x1, Squat Jump x1, Plate Snatch x1
2:47	Jump Lunge L&R x1, Squat Jump x1, Plate Snatch x1
3:20	Recovery
3:39	Jump Lunge L&R x1, Squat Jump x1, Plate Snatch x1
4:01	Recovery



03. ZONE 4:06mins

COACHING TIP

Demonstrate the full combo – Jump Lunge, Squat Jump, Plate Snatch – so there’s clear continuity for each track. As we get deeper into the sets have a quick scan of everyone’s form in the Plate Snatch. We might need to correct some people as fatigue hits hard.

CONNECTION

Clearly coach the combination for the first half of Set 3, then get out on the floor with the team and start to drive them into that HIIT zone.

DRIVE

Either physically go there yourself or bring loads of energy when you’re out on the floor. Let’s do everything we can to get someone into a training zone they never thought they could get to.

HIIT SCIENCE

After the previous set we move from resistance with the barbell to explosive movements with the plate to drive up the heart rate. The focus is on speed of movement to drive intensity and activate our type 2 muscle fibers.

TECHNIQUE

LUNGE

- **Plate to collarbones**
- **Long Lunge**
- Jump up and switch legs
- **Soft knee landing**
- **Both knees bend to 90/90**

↓ OPTION: BACKWARD-STEPPING LUNGE

Layer 2: Drive through the front foot to produce more glute power

SQUAT JUMP, LOW PLATE

- Plate hangs low
- **Feet outside hip-width**
- Jump up and land into a Squat
- **Knees out over toes, chest up**
- **Land softly**

↓ OPTION: NO JUMP

Layer 2: Get low in the Squat and imagine ripping the plate out of the floor in the Jump

PLATE SNATCH

- Begin with feet under hips, plates hang down
- **Jump forward into Low Squat, knees to 90 degrees out over toes**
- At the same time with straight arms, snatch the arms forward of face
- **Plate in line with forehead**
- Brace abs, chest up
- Jump both feet back at the same time to start position

↓ OPTION: A LIGHTER PLATE

Layer 2: Speed under the plate – drop quickly and catch fast



04. BODYWEIGHT COMPLEX

TRACK SET-UP: 2x 1-minute blocks of 3 moves, 20 seconds each, then we blend together as a Body Weight Complex

Exercise	
0:00	Set up and demonstrate first move: Burpee Jump
SET 1:	
0:18	Burpee Jump
0:40	Pushup
0:59	180° Squat Jump
1:18	<i>Recovery</i>
SET 2:	
1:34	REPEAT SET 1
2:34	Recover and demonstrate full combo: Burpee Pushup x1, 180° Jump x1 (repeat, facing back)
2:49	Burpee Pushup x1, 180° Jump x1
3:18	<i>Recovery</i>
3:39	Burpee Pushup x1, 180° Jump x1
3:59	<i>Recovery</i>



04. JUSTAFEELIN 4:06mins

COACHING TIP

Demonstrate the full combo – Burpee Pushup, 180° Jump. As the team has come off two powerful equipment-based sets, coaching to setting a strong Pushup position is key. Options and powerful cues around bracing the core and squeezing the glutes will help with this.

CONNECTION

To benefit everyone on the floor, find some impactful coaching concepts to help everyone get the results they came for. Spending quality time one-on-one with someone can set off a ripple effect around others. Glute activation transfers over from the last two tracks. How it's said and delivered is where we can keep the participants linking back into that theme.

DRIVE

No equipment; it's all body weight, and fatigue is hitting hard. The last sets are always the hardest. What are you going to say to your team to drag them into another level?

HIIT SCIENCE

After the pre-fatigue from the first two tracks, now it's down to body weight and explosive speed. Remember, the idea of each HIIT block is to hit a maximum training zone to unleash the biochemical changes that are exclusive to HIIT training. Using these types of movements under fatigue is the perfect way to generate and take the intensity into the red zone.

TECHNIQUE

BURPEE JUMP

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

↓ OPTION: NO JUMP

Layer 2: Drive out of the base of the Squat

PUSHUP

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

↓ OPTION: DROP TO THE KNEES

Layer 2: Drive the hands into the floor at the base of the Pushup

180° SQUAT JUMP

- Squat Jump up
- Turn 180 degrees
- **Both feet take off and land**
- **Knees soft**
- **Brace abs to turn the hips and shoulders together**

Layer 2: Swing the arms with power to generate a natural and powerful Triple Extension



05. BARBELL COMPLEX

TRACK SET-UP: 2x 1-minute blocks of 3 moves, 20 seconds each, then we blend together as a Barbell Complex set

Exercise	
0:00	Set up and demonstrate first move, Barbell Narrow Row
SET 1:	
0:20	Barbell Narrow Row
0:39	Clean to Front Squat
1:00	Backward-Stepping Lunge, barbell to collarbones
1:18	<i>Recovery</i>
SET 2:	
1:34	REPEAT SET 1
2:35	Recover and demonstrate full combo: Narrow Row x1, Clean to Front Squat x1, Backward-Stepping Lunge L&R x1
2:48	Narrow Row x1, Clean to Front Squat x1, Backward-Stepping Lunge L&R x1
3:19	<i>Recovery</i>
3:39	Narrow Row x1, Clean to Front Squat x1, Backward-Stepping Lunge L&R x1
4:01	<i>Recovery</i>



05. HYPNOTIK (ORIGINAL MIX) 4:06mins

COACHING TIP

Demonstrate the full combo – Narrow Row, Front Squat, Backward-Stepping Lunge. Last round on the bar. Let’s bring a massive focus early on around technique. Working with the bar in this track has a similar movement pattern which crosses over into the next. Set the team up to move well with the bar in this track and then transfer that same control into the next when we use the plate.

CONNECTION

This is big compound training. Let’s get the team firing with some really powerful coaching concepts. Think about where the glutes are most activated in the Squats and Lunges.

DRIVE

The combination sets are perfect for bringing that high-energy motivation. This is the last time on the bar so let’s get everyone driving into the HIIT zone and finishing both combination sets with as much energy as possible.

HIIT SCIENCE

Recent research has focused on the ability to increase vertical drive by driving out from the bottom of Squats and Lunges. This is also where we see the greatest input from the glutes. Focusing on this part of the move will help maintain movement efficiency when fatigued.

TECHNIQUE

NARROW ROW

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

Layer 2: Drive the heels down to lock the lower body – then squeeze the shoulder blades together to drive the bar up

CLEAN TO FRONT SQUAT

- **Clean barbell to collarbones**
- **Bar close to body**
- **Lead with elbows**
- **Feet outside hip-width**
- **Hips back and down**
- **Hips and knees to 90 degrees**
- **Knees out over toes, chest up**
- **Abs braced**

Layer 2: Drive the hips forward and up. At the same time drive the elbows forward to come out of the Squat

BACKWARD-STEPPING LUNGE WITH BARBELL ON COLLARBONES

- **Bar on the collarbones, sitting in the middle part of the hand with a closed grip**
- **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, core engaged**

Layer 2: Try to be as low as you can to keep the legs loaded and drive past fatigue



06. PLATE COMPLEX

TRACK SET-UP: 2x 1-minute blocks of 3 moves, 20 seconds each, then we blend together as a Double Plate Complex set

Exercise	
0:00	Set up and demonstrate first move: Squat Jump x2 with Plates
SET 1:	
0:20	Squat Jump
0:39	Reverse Fly
1:01	Scissor Lunge with Plate Press
1:19	<i>Recovery</i>
SET 2:	
1:33	REPEAT SET 1
2:35	Recover and demonstrate full combo: Squat Jump x1, Reverse Fly x1, Scissor Lunge with Double Plate Press L&R x1
2:49	Squat Jump x1, Reverse Fly x1, Scissor Lunge with Double Plate Press L&R x1
3:19	<i>Recovery</i>
3:41	Squat Jump x1, Reverse Fly x1, Scissor Lunge with Double Plate Press L&R x1
3:59	<i>Recovery</i>



06. AQUA COLA 4:06mins

COACHING TIP

Demonstrate the full combo – Squat Jump, Reverse Fly, Scissor Lunge with Double Plate Press. Coaching plate position here is key, especially in the Reverse Fly. Setting strong technique and postural position around the hip hinge is a must when coaching the Reverse Fly.

CONNECTION

We've got a Squat, Hinge and Lunge pattern, which we've just done in the last track. Relaying that same information and powerful Layer 2 coaching into this track is beneficial for participants. This will help deepen their understanding of what they are actually doing.

HIIT SCIENCE

The scapula retractors are an important muscle group when it comes to shoulder stability. Taking the opportunity to re-engage these muscles in the Reverse Flys can help spark your participants into action and provide a better foundation for lifting.

TECHNIQUE

SQUAT JUMP

- 2 plates, one in each hand
- **Feet outside hip-width, knees out over toes**
- Bend knees then jump
- Arms hang by the side of the body
- **Abs braced**
- **Soft knee landing**
- **Chest up**

↓ OPTION: SQUAT AND HEEL RAISE

REVERSE FLY

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

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

SCISSOR LUNGE WITH DOUBLE PLATE PRESS

- 2 plates at shoulder height
- **Split the feet, big step back and press the plates up in the Lunge**
- Big step back
- **Bend both knees to 90 degrees**
- Jump feet together, catch and reset plates, then switch legs
- **Soft knee landing in the Lunge**
- **Chest lifted, abs braced when pressing the plate**
- **Plate just forward of the body**



07. BODYWEIGHT COMPLEX

TRACK SET-UP: 2x 1-minute blocks of 3 moves, 20 seconds each, then we blend together as a Body Weight Complex

Exercise	
0:00	Set up and demonstrate first move: Power Burpee
SET 1:	
0:21	Power Burpee
0:40	Pushup
1:01	Loaded Lateral Squat Jump
1:18	<i>Recovery</i>
SET 2:	
1:34	REPEAT SET 1
2:35	Recover and demonstrate full combo: Pushup x1, Power Burpee x1, Loaded Lateral Squat Jump x1
2:50	Pushup x1, Power Burpee x1, Loaded Lateral Squat Jump x1
3:18	<i>Recovery</i>
3:39	Pushup x1, Power Burpee x1, Loaded Lateral Squat Jump x1
3:58	<i>Recovery</i>



07. TO KILL A CYCLOPS 4:05mins

COACHING TIP

Demonstrate the full combo – Pushup, Power Burpee, Loaded Lateral Squat Jump. Coach the 1-second pause in the Low Loaded Lateral Squat Jump once everyone is moving well. Landing into a strong athletic position gets the body ready to take off again from that Loaded Squat position.

CONNECTION

We are going there physically and we’re taking everyone with us. Massive motivational cues, role-model technique and big energy are what we need, especially in the last two rounds.

DRIVE

This is the last complex block and let’s be real the last sets are always the toughest and the reps we could easily pull back on. So, as coaches, we need to do everything we can to get our team to sprint across the line. What would you want to hear to take you to another level?

HIIT SCIENCE

The last track in a LES MILLS GRIT class has the ability to define the workout. Pushing into the red zone now with the accumulated fatigue of the previous tracks can generate the lactate response that sparks the changes HIIT is famous for. There’s rapid changes in VO2, body composition and muscle development.

TECHNIQUE

POWER BURPEES

- **Hands under shoulders**
- Jump the feet outside the line of the hands
- **Chest up, hips down**
- **Engage the core in the Plank**

Layer 2: Pop off the floor and then drive the hips into a Squat position fast

PUSHUP

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

↓ **OPTION: DROP TO THE KNEES**

Layer 2: Squeeze the glutes together to lock the lower and upper body. Drive the hands through the floor for maximum pushing power

LOADED LATERAL SQUAT JUMP

- **Both feet take off, both feet land**
- Catch and land
- Start low and drive to jump across
- One second pause at the base of the Squat, then take off again
- **With the feet outside hip-width**
- **Chest up, abs braced**

Layer 2: Catch and pause to create load. Then drive out of both legs, jumping as high as you can



08. CORE CHALLENGE

TRACK SET-UP: 2-minute Core Challenge to finish off the workout. 50, 20 Max out

<i>Exercise</i>	
0:00	Set up and demonstrate first move: Cross Crawl with Plate 50x: Cross Crawl with Plate 40x: Single-Leg Bridge Pulse L&R (20 reps each leg) MAX OUT: Cross Mountain Climber
2:00	<i>Recovery</i>



08. TO THE TOP 2:03mins

COACHING TIP

Quickly explain the 50, 20 Max out reps. And then get everyone to work with you from the very start.

CONNECTION

Let's hit the team with loads of benefits that relate to training and everyday functional movements. Keep everyone hooked in right until the end so they aren't missing out on any of the great core strength benefits.

TECHNIQUE

CROSS CRAWL

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

↓OPTION: TAP FEET DOWN

SINGLE-LEG GLUTE BRIDGE

- Lying on back
- Heel close to the butt
- **Lift the heels and squeeze the glutes**
- Pulse in the top half of the range
- Keep the torso in line with the thigh to keep the workout in the core

↓OPTION: BOTH FEET DOWN

MOUNTAIN 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 CARDIO MUSIC

01.

Waiting All Day To Get To You (2:55)
Netsky
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Written by: Daenen

02.

Now Nobody’s Safe (1:44)
NOAM DEE
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Written by: Fairley

Ride It (1:42)
Big Dope P
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Written by: Lemer, Wilson, Pianta

Now Nobody’s Safe (1:37)
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Ride It (1:48)
Big Dope P
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Written by: Lemer, Wilson, Pianta

03.

Shake (1:54)
Jonathan Reedman
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Written by: Helliker-Hales

Hooked (1:50)
Notion
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Written by: Penny

Shake (1:48)
Jonathan Reedman
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Written by: Helliker-Hales

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Written by: Penny

04.

Look At Me Go (2:04)
Netsky feat. Darren Styles
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Written by: Daenen, Mew

Offender (2:01)
Dimension
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Written by: Etheridge, Ritson, Gandy

Look At Me Go (1:58)
Netsky feat. Darren Styles
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Written by: Daenen, Mew

Offender (2:08)
Dimension
© 2021 Dimension.
Written by: Etheridge, Ritson, Gandy

05.

Aero Club (2:35)
Jonathan Reedman
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Written by: Helliker-Hales



L-R: Bex Rivera, Erin Maw

After 36 releases, this round was extra special with it being the first time filming a Masterclass in ‘The home of GRIT’. This unique and innovative workout again shows why LES MILLS GRIT is the best HIIT on the planet.

LES MILLS GRIT Cardio 37 has a theme of combos thread through, bringing variety with the lower, upper and core combos, and of course throwing in a couple of new moves into the mix for added fun and challenge. Each set is designed to keep elevating the heart rate and get participants living in the red zone to get fast fitness results! Our team loved the contrast between each set and how simple the structure was; this meant every set and rep could be hit with maximum effort.

Enjoy!

Erin and the LES MILLS GRIT crew

CLASS SET-UP

Aim to be super inclusive and inviting. Welcome anyone new and explain the workout and the expectations. Always tell members at the start of the class that this workout is for them and they can dial up or down whatever they need to. A great mindset to get into the start of each workout is to remember to teach to the whole team so everyone can feel successful.

CREDITS

Creative Director – Les Mills Jnr.

Lead Creative – Erin Maw

Creative Consultant – Ben Main

Chief Creative Officer – Dr. Jackie Mills

Technical Consultants – Bryce Hastings and Rob Lee

Production Coordinator – Ariel Lu

PRESENTER

Erin Maw (New Zealand) is the Lead Creative for LES MILLS GRIT and a BODYCOMBAT™, BODYJAM™, LES MILLS GRIT, LES MILLS TONE™ and LES MILLS CORE Trainer/Presenter. She is a Marketing Coordinator at Les Mills International in Auckland and is also a Les Mills Ambassador for BODYCOMBAT, LES MILLS TONE and LES MILLS GRIT.

Bex Rivera (New Zealand) is a LES MILLS GRIT and LES MILLS SPRINT™ Instructor. She lives in Auckland.

RELEASE FEEDBACK

Tell us what you think of this release.
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01. WARM-UP

TRACK SET-UP: Set the standard on the workout and explain the combo layout so the class can mentally prepare for the workout ahead

<i>Exercise</i>	
0:05	Air Squat
0:27	Butt Kick
0:39	Speed Ladder
0:50	High Knee Run
1:01	Half Burpee
1:24	Pushup
1:47	Mountain Climber
2:09	Speed Ladder
2:21	High Knee Run
2:32	Squat Jump
2:54	<i>Recovery</i>



01. WAITING ALL DAY TO GET TO YOU 2:55mins

COACHING TIP

High energy and positive vibes to get everyone in the right mindset and ready to own their workout.

TECHNIQUE

AIR SQUAT

- Feet just outside hip-width
- Hips back and down
- Knees out over toes
- Knees and hips to 90 degrees
- Chest up
- Abs braced

RUN OTS WITH BUTT KICK

- 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

BURPEE

- Squat, jump feet back to Plank position, 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

SQUAT JUMP

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

↓ OPTION: SQUAT AND HEEL RAISE



02. AB & BLEND 1

TRACK SET-UP: 2 sets, move A 25–seconds, move B 25–seconds. Then we blend A and B together and hit a 25–second combo

Exercise	
0:00	Set up and demonstrate move A: Lateral High Knee x5 L&R
SET 1:	
0:25	Lateral High Knee x5 L&R
0:50	Lateral Skater x1 L&R
1:14	Recover and demonstrate combo: Lateral High Knee R x5, Lateral Skater L&R x1 (repeat on L side)
1:20	BLEND: Lateral High Knee R x5, Lateral Skater L&R x1
1:43	Recover and set up SET 2; demonstrate Bolt Power Burpee
SET 2:	
2:05	Bolt Power Burpee
2:29	Air Tap
2:54	Recover and demonstrate combo: Bolt Power Burpee x1, Air Tap x1
3:01	BLEND: Bolt Power Burpee x1, Air Tap x1
3:26	Recover and repeat SETS 1 AND 2
3:45	REPEAT SETS 1 AND 2
6:45	<i>Recovery</i>



02. NOW NOBODY'S SAFE / RIDE IT 6:51mins

COACHING TIP

Demonstrate both moves in the intro so members can seamlessly flow from one move into the next confidently with maximum intensity.

CONNECTION

Round 2 is our time to get out with the participants. We want to bring in some creative coaching around glute activation in the High Knees, Skaters and Air Taps.

DRIVE

The combinations bring us into another level of training. This is the first combo track and we only get two opportunities to hit these combos well. Let's push the energy output to set the ultimate standard for the rest of the workout.

HIIT SCIENCE

The first working track in a HIIT workout is crucial when it comes to driving intensity. Hitting maximum training zones at the peaks of this track will make it easier to do so later in the workout.

TECHNIQUE

LATERAL HIGH KNEE

- High Knees moving laterally L&R x5 each side
- **Hips square to the front**
- **Chest up**
- **Abs braced**
- **Light on the balls of the feet**

Layer 2: Drive out of the heel and engage the glutes to produce more speed and efficiency in the movement

LATERAL SKATER (L&R)

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

Layer 2: Drive out of the heel and engage the glutes to produce more speed and efficiency in the movement

BOLT POWER BURPEE

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

↓ OPTION: WALK FEET TO SQUAT

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

AIR TAP

- **Feet outside hip-width, knees out over toes**
- Bend knees, reaching alternating hands towards the floor, then jump
- Arms over head in the Jump, heels tap together
- **Abs braced**
- **Soft knee landing**
- **Chest up**

↓ OPTION: SWITCH CLIMBER

Layer 2: Quick rotations through the hips to maintain quick movements and intensity



03. AB & BLEND 2

TRACK SET-UP: 2 sets, move A 25–seconds, move B 25–seconds. Then we blend A and B together and hit a 35–second combo

Exercise	
0:00	Set up and demonstrate move A: Kick Sit or Switch Climber L&R
SET 1:	
0:24	Kick Sit L&R
0:50	Bear Crawl F&B x4
1:14	Recover and demonstrate combo: Kick Sit L&R x1, Bear Crawl F&B x4
1:21	BLEND: Kick Sit L&R x1, Bear Crawl F&B x4 (35 seconds)
1:53	Recover and set up SET 2: Power Lunge L&R
SET 2:	
2:14	Power Lunge L&R
2:41	Squat Tuck
3:04	Recover and demonstrate combo: Power Lunge L&R x1, Squat Tuck x1
3:11	BLEND: Power Lunge L&R x1, Squat Tuck x1
3:44	Recover and Repeat SETS 1 AND 2
4:03	REPEAT SETS 1 AND 2
7:23	<i>Recovery</i>



03. SHAKE / HOOKED 7:30mins

COACHING TIP

Always offer and demonstrate the Switch Climber as an alternative to the Kick Sit.

CONNECTING

There's incredible contrast between the upper body cardio and lower body power sets – both challenging sets requiring high motivation when blended together. The feeling of learning a new skill with the Kick Sit versus the full-body blowout in the Power Lunges provides moments to explore some great education and benefits in these sets.

DRIVE

In the Lunge/Tuck Jump combo, either physically go there yourself or bring loads of energy when you're out on the floor. Let's do everything we can to get someone into a training zone they never thought they could get to.

HIIT SCIENCE

Intensity testing in LES MILLS GRIT reveals the power of Tuck Jumps. This exercise is one of the most effective when it comes to driving up the heart rate. The combination of the explosive jumps along with the core activation pushes us into the red zone almost by default.

TECHNIQUE

KICK SIT

- **Begin in Bear Crawl position, hands in line with shoulders, knees in line with hips**
- Rotate to the side, kicking bottom leg through straight and lifting the opposite arm off the floor – swing the straight leg back into Bear Crawl position and rotate to the other side
- **Chest up, core on**
- **Back knee faces ceiling**
- **Press palm of grounded hand hard into the floor**
- **Butt hovers off the floor**

↓OPTION: SWITCH CLIMBER

Layer 2: Quick rotations through the hips to maintain quick movements and intensity

SWITCH CLIMBER

- Offer as an alternative to the Kick Sit if technique and speed are compromised
- Begin in Plank position
- **Back long and straight**
- **Hands in line with shoulders**
- **Hip square to the floor**
- **Core on**
- Jumping one foot up beside the hand, jumping to switch other leg
- **Hips down**

Layer 2: Squeeze glutes hard to maintain movement efficiency and high energy output

BEAR CRAWL

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

Layer 2: Imagine you are under a rope – maintain a low level to load through the core, quads and upper body effectively

POWER LUNGE

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

↓OPTION: BACKWARD-STEPPING LUNGE

Layer 2: Drive out of the Lunge and aim for as much air time as possible to work the body harder and crank up the heart rate

TUCK JUMP

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

↓OPTION: SQUAT JUMP

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



04. AB & BLEND 3

TRACK SET-UP: 2 sets, move A – 25 seconds, move B – 25 seconds. Then we blend A and B together and hit a 45-second combo

Exercise	
0:00	Set up and demonstrate move A: Pushup Plank Jack
SET 1:	
0:24	Pushup Plank Jack
0:50	Donkey Kick
1:14	Recover and demonstrate combo: Pushup x1, Plank Jack x1, Donkey Kick x1
1:20	BLEND: Pushup x1, Plank Jack x1, Donkey Kick x1
2:04	Recover and set up SET 2, Squat Jump
SET 2:	
2:25	Squat Jump
2:49	Pendulum Mountain Climber
3:15	Recover and demonstrate combo: Pendulum R Squat Jump x1, Pendulum L Squat Jump x1
3:22	BLEND: Pendulum R Squat Jump x1, Pendulum L Squat Jump x1
4:05	Recover and REPEAT SETS 1 AND 2 Note: when we repeat we add Kick Out
4:24	REPEAT SETS 1 AND 2
8:05	<i>Recovery</i>



04. LOOK AT ME GO / OFFENDER 8:11mins

COACHING TIP

Demonstrate the Pendulum Mountain Climbers first in the recovery so you have the attention of the whole class.

CONNECTION

To benefit everyone on the floor, find some impactful coaching concepts to help everyone get the results they came for. Spending quality time one-on-one with someone can set off a ripple effect around others. Glute activation transfers over from the last two tracks. How it's said and delivered is where we can keep the participants linking back into that theme.

DRIVE

It's all body weight, and fatigue is hitting hard. The last sets are always the hardest. What are you going to say to your team to drag them into another level?

HIIT SCIENCE

Driving the hands into the floor is a great way to stabilize the upper body when doing Pushups, Donkey Kicks and Mountain Climbers. These cues re-engage the rotator cuff and scapula stabilizers which protect the shoulders.

TECHNIQUE

PUSHUP

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

↓ OPTION: DROP TO KNEES

Layer 2: Drive out of the bottom of the Pushup for more upper body power

PLANK JACK (ADVANCED: KICK OUT)

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

↑ **ADVANCED OPTION: KICK OUT**

- **Jump feet back out off the floor, land both feet on floor**
- **Strong core brace**
- **Knees soft to land**

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

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

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**

ADD: PENDULUM SWING

- Hands stay grounded, body swings from corner to corner
- **Hips stay square to the front**
- **Butt down**
- **Core on**
- **Anchor hands to the floor**

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

SQUAT JUMP

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

↓ **OPTION: SQUAT AND HEEL RAISE**



05. CORE CHALLENGE

TRACK SET-UP: 2 moves x10 reps each, L&R x2, BLEND together then Core Challenge to finish

Exercise	
0:00	Set up and demonstrate moves A and B: Single-Leg V-Tap R&L x10 each side (2 rounds), Single-Leg V-Tap R&L x10 each side (2 rounds) Flutter Kick Once the whole class is doing Flutter Kicks, roll over to Hover Hold Hover Hold
2:34	Recovery



05. AERO CLUB 2:35mins

COACHING TIP

Quickly explain the set-up and how to count reps, then get everyone moving and feeling those last reps.

CONNECTION

Let's hit the team with loads of benefits that relate to training and everyday functional movements. Keep everyone hooked in until the very end so they're not missing out on any of the great core strength benefits.

TECHNIQUE

SINGLE-LEG V-TAP

- Lying on back
- Bottom leg bent, other leg straight
- Lifting up and across with opposite hand – reach towards foot
- **Rotating through the center of the chest**
- **Lower back towards the floor**

↓ OPTION: BENT KNEE ON MOVING LEG

FLUTTER KICK

- Lying on back
- **Fingertips to temples**
- Legs straight and scissor kick – alternating L&R
- Lifting up and across
- **Opposite hand reaches up towards opposite foot**
- **Rotating through the center of the chest**

↓ OPTION: CROSS CRAWL

HOVER HOLD

- **Elbows under shoulders**
- Fists together
- **Back long and straight**
- **Abs braced**
- **Hips square to floor**

↓ OPTION: KNEELING



GRIT ATHLETIC MUSIC

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

02. **BODY WEIGHT COMPLEX**
Use Strength Track 04 music

03. **Zone** (2:01)
INF
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Written by: Tyson

Dig (1:55)
LaToria
© Courtesy of Les Mills Music Licensing Ltd.
Written by: LaToria

Zone (1:54)
INF
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Written by: Tyson

Dig (2:02)
LaToria
© Courtesy of Les Mills Music Licensing Ltd.
Written by: LaToria

04. **Ritual (Tribal Radio Stream)** (2:01)
Alex Guesta
© 2020 Under Town Records.
Written by: Lazzaroni

Funk & Roll (Radio Stream) (1:54)
Alex Guesta
© 2020 Under Town Records.
Written by: Lazzaroni

Make It Drop (1:55)
Nice Enough
© Courtesy of Les Mills Music Licensing Ltd.
Written by: Blackwood

Ritual (Tribal Radio Stream) (1:55)
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Alex Guesta
© 2020 Under Town Records.
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Make It Drop (2:02)
Nice Enough
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Written by: Blackwood

05. **CORE CHALLENGE**
Use Strength Track 08 music



Bas Hollander

After 36 releases, this round was extra special with it being the first time filming a Masterclass in ‘The home of GRIT’. This unique and innovative workout again shows why LES MILLS GRIT is the best HIIT on the planet.

The Bonus Athletic Block was structured around a theme of ‘load – reload – explode’ with heaps of innovative and creative moves to get the body firing in a different way – hitting new stimulus and getting a fantastic HIIT response. The Bonus Athletic Block is combined with GRIT Strength this round.

Enjoy!

Erin and the LES MILLS GRIT crew

CLASS SET-UP

Moderate to heavy barbell and one free weight plate.

CREDITS

- Creative Director** – Les Mills Jnr.
- Lead Creative** – Erin Maw
- Creative Consultant** – Ben Main
- Chief Creative Officer** – Dr. Jackie Mills
- Technical Consultants** – Bryce Hastings and Rob Lee
- Program Coach** – Erin Maw
- Production Coordinator** – Ariel Lu

PRESENTER

Bas Hollander (The Netherlands) is a LES MILLS GRIT, LES MILLS SPRINT, LES MILLS TONE, LES MILLS THE TRIP™ Trainer/Presenter/Ambassador and a BORN TO MOVE™ Trainer/Presenter. He is also Les Mills International’s Education Director, based in Auckland.

RELEASE FEEDBACK

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



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

TRACK 01: STRENGTH 37; WARM-UP

TRACK 02: STRENGTH 37; TRACK 04 – BODY WEIGHT COMPLEX

TRACK 03: BLOCK 1

TRACK 04: BLOCK 2

TRACK 05: STRENGTH 37; TRACK 08 – CORE CHALLENGE



03. BLOCK 1

TRACK SET-UP: 2 moves, 30 seconds each back-to-back to pre-load, recover for 5, then hit an explosive variation of the loaded move for 30 seconds. 4 sets in total

Exercise	
0:00	Set up and demonstrate first move: Offset Barbell Squat R leg
SET 1:	
0:24	Offset Barbell Squat R leg
0:56	Offset Squat Jump R leg
1:26	Recover and demonstrate L-Step – R leg
1:33	L-Step on RIGHT leg (add Tuck halfway through)
2:00	Recover and set up SET 2
SET 2:	
2:19	Offset Barbell Squat L leg
2:51	Offset Squat Jump L leg
3:19	Recover and demonstrate L-Step – L leg
3:25	L-Step on L leg (add Tuck halfway through)
3:55	Recover and REPEAT SETS 1 AND 2
4:14	REPEAT SETS 1 AND 2
7:45	Recovery



03. ZONE / DIG 7:52mins

COACHING TIP

That's right, we have an Offset Squat this round... we're shaking things up a little. Be really clear on how to get into the Offset position and which leg is the loaded leg and which one is the driver. That's going to help set up the L-Step when we come to it. We may need to spend a bit more time in the Offset blocks to make sure everyone has the correct feet position.

CONNECTION

These moves feel so good and challenging! Working the range on the barbell and the range in the Squat Jump will force everyone to feel the glutes working from the very start and feel the difference of the Offset Squat – where one leg is loaded more.

DRIVE

There are so many benefits to Offset training. For the last two rounds, this is where we can drive and educate our team. Load, reload, explode is TOUGH! So let's physically role-model clean technique and tap into our athletic language to hype, motivate and take everyone to the next level.

HIIT SCIENCE

Jump training is a great way to drive up the heart rate. To gain height, we need a huge level of recruitment from our propulsion muscles. This rapid rate of force production can drive our training intensity through the ceiling.

TECHNIQUE

OFFSET BARBELL SQUAT R LEG, FEET WIDE

- Set up
- **Small step back**
- **The toes of the back foot are in line with the heel of the front foot**
- **Feet outside hip-width**
- **Back heel is off the floor**
- **Hips sit back and down to 90 degrees**
- **Hips square to front**
- **Chest up, core braced**
- **Front knee out over toes**
- Front leg is the loading leg

Layer 2: Drive out of the base of the Squat to enhance glute activation. This is the powerhouse of the posterior chain, driving performance

OFFSET SQUAT JUMP R LEG

- Same feet position as the Offset Squat
- **Small step back**
- **The toes of the back foot are in line with the heel of the front foot**
- **Feet outside hip-width**
- **Back heel is off the floor**
- **Bend the knees to absorb the landing**
- **Front knee out over toes**

Layer 2: Squeeze the glutes again at the top of the Squat. This drives the triple extension phase of the Jump. The gluteus maximus is driving the vertical power

L-STEP ON R LEG

- Set up side-on with the loaded leg forward
- Drive off the back leg and rotate 90 degrees
- Square up and jump up (add Tuck halfway through)
- **Both feet take off, both feet land**
- **Bend the knees to absorb the landing**

Layer 2: Drive with the back leg to activate the glute medius for lateral power



04. BLOCK 2

TRACK SET-UP: 2 moves, 30 seconds each back-to-back to pre-load, recover for 5, then hit an explosive variation of the loaded move for 30 seconds. 6 sets in total

Exercise	
0:00	Set up and demonstrate first move: Barbell Deadlift x1, Lateral Squat R x1 (repeat on L side)
SET 1:	
0:25	Barbell Deadlift x1, Lateral Squat R x1, Barbell Deadlift x1, Lateral Squat L x1
0:56	Lateral Shuffle with Plate Tap L&R
1:24	Recover and set up Lateral Squat Jump L&R
1:30	Lateral Squat Jump
2:00	Recover and set up SET 2: Plate Arc L&R and Squat
SET 2:	
2:19	Plate Arc L&R and Squat
2:50	Cross Mountain Climber
3:20	Recover and demonstrate Lateral Offset Skater with Plate L&R
3:27	Lateral Offset Skater with Plate L&R
3:55	Recover and set up SET 3: Barbell Drop Squat Clean & Press
SET 3:	
4:14	Barbell Drop Squat Clean & Press
4:45	180° Pivot Squats and Plate Press
5:14	Recover and demonstrate 180° Squat Jump
5:21	180° Squat Jump
5:50	Recover and REPEAT SETS 1, 2 AND 3
6:09	REPEAT SETS 1, 2 AND 3
11:35	Recovery



04. RITUAL (TRIBAL RADIO STREAM) / FUNK & ROLL (RADIO STREAM) / MAKE IT DROP 11:41mins

COACHING TIP

We've got loads of new moves. Take some time to set up the movements, patterns and body position. This is key in order to get everyone to feel the workout. Once the team is moving well, then we can hit them with our cool athletic language.

CONNECTION

This workout is straight fire! Energy, muscular burn, heart rate and intensity. Describe the different feelings the team should be feeling in the Load sections compared to Explode. If you have to get out on the floor to fix someone's technique to feel these things, DO IT.. And then follow it up with some epic benefits.

DRIVE

GRIT is such a team environment, and motivation and inspiration are drawn from other people around you. We want to be taking our team to another level. Find one, two or even a small group of team members to coach and show them how excited you are to be with them in that moment. Then, at the front, physically go there yourself! Another level.

HIIT SCIENCE

Keeping the bar close to the body in a Clean not only improves movement efficiency but it also teaches us to focus on vertical drive and therefore, athletic development.

TECHNIQUE

BARBELL DEADLIFT X1, LATERAL SQUAT R X1 (REPEAT ON L SIDE)

- Start in a Deadlift, bar at top of the knees
- Clean the bar while one leg steps out into a Squat
- **Catch the bar on the collarbones at the base of the Squat**
- **Bar close to body**
- **Knees out over toes**
- **Chest up, core braced**
- **90 degree knee bend in the Squat**

↓ OPTION: SINGLE PLATE

Layer 2: Power the glutes out of the Deadlift to drive hip extension – this is the key to better athleticism in horizontal movements

LATERAL SHUFFLE WITH PLATE TAP L&R

- Get into a Squat and shuffle side to side
- Tap the inside of the plate on the barbell with the inside arm
- **Knees out over toes**
- **Chest up, core engaged**
- Light on the balls of the feet

Layer 2: Try to drop into the Plate Tap and drive out fast to shuffle back

LATERAL SQUAT JUMP

- Jump from one plate to the other
- **Both feet take off, both feet land**
- **Squat to land**
- **Knees out over toes**
- **Chest up, core braced**

Layer 2: Use the arms to generate momentum in the Jump – then try to jump outside of the plates

PLATE ARC L&R, SQUAT

- Squats with the plate moving in an arch motion side to side, stopping outside thigh
- **Chest up, feet wide**
- Sit into the Squat
- **Abs braced**
- Arms straight
- **Plate arcs in front of the forehead**
- **Plate stops at hip height**
- **Rotate from the center of the chest, hips square to front**

Layer 2: Engage the glutes at the base of the Squat to drive up – this is where we get the most glute activation for vertical power

CROSS MOUNTAIN CLIMBER

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

Layer 2: Drive the hands into the floor to activate more upper body control. From here we can drive more power through the core



04. RITUAL (TRIBAL RADIO STREAM) / FUNK & ROLL (RADIO STREAM) / MAKE IT DROP 11:41mins

TECHNIQUE

LATERAL OFFSET SKATER WITH PLATE L&R

- Starting in an Athletic Split Stance where the outside foot is slightly forward than the inside
- **Feet slightly outside hip-width**
- **Plate to chest, elbows wide**
- Drive the outside foot to leap across
- Land into the same Athletic Split Stance (the feet don't cross over)
- **Knees soft**
- **Hips square to front**
- **Brace core to control the movement**

Layer 2: Get low and use the glutes to drive sideways with power

BARBELL DROP SQUAT WITH CLEAN AND PRESS

- Feet under hips
- **Clean barbell to collarbones while dropping into Squat**
- **Bar close to body**
- **Lead with elbows**
- **Feet outside hip-width**
- **Hips back and down**
- **Hips and knees to 90 degrees**
- **Knees out over toes, chest up**
- **Abs braced**
- Jump feet under the hips, return bar to thighs

↓OPTION: USE PLATE

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

180° PIVOT SQUAT AND PLATE PRESS

- Start in a low hanging Plate Squat
- Drive out of the Squat, rotate 90 degrees, bring the feet under the hips, curl the plate to the collarbones at the same time (option to press above the head)
- Rotate 90 degrees into a low hanging Drop Squat to the other side
- **Feet wide in the Squat**
- **Chest up, core braced**
- **Plate Press slightly forward of the body at the top**

Layer 2: Ignite the glutes and imagine pulling the plate out of the floor; lock into the core to control



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 practice 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, ie 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
- Practice saying your script while you practice physically
- Be clear, precise and highly motivational
- Move around the room and use great role-models in class for demonstrations so you can coach others

GRIT COACH INFO

WRITE IT UP

Remember, you can write the exercises up on the walls/mirrors so participants can see them.

This is at the discretion of your club (so definitely check on their policy before you go writing on any walls or mirrors) but when it works for your club and time-slot, you can display the workout on a flip chart, on the mirror (make sure you use non-permanent ink!) or even on the floor in chalk! You don’t need to write up every single track.

We suggest:

- Detail the moves for more complex tracks
- For more straight-forward tracks such as short Challenges – simply write the name of the track,
 - eg 2-Minute Challenge: Beep Test
- This doesn’t apply to the Warm-up or Core track

This will benefit both you AND your participants. It will help you out because we all know it can be tough to remember lots of different exercises across lots of different releases. It will help your participants because it will act as a reminder for exercises that are being repeated, and help them to understand the structure of the class – empowering them in their workout. And that’s good news for everybody!



WE ARE ONE GLOBAL FAMILY

We are one global family of leaders, passionately devoted to creating a fitter planet.

We fearlessly inspire others to discover their true potential by falling in love with exercise.

Exercise is our global movement.

Our movement shakes the world. We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement.

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

While 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, 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.

