

LES MILLS GRIT 38

GRIT STRENGTH

MUSIC AND CREDITS

01. WARM-UP

02. LADDER UP

03. TRI-SETS BLOCK 1

04. TRI-SETS BLOCK 2

05. TRI-SETS BLOCK 3

06. LADDER DOWN

07. CORE CHALLENGE

GRIT CARDIO

MUSIC AND CREDITS

01. WARM-UP

02. LADDER UP

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04. TRI-SETS BLOCK 2

05. TRI-SETS BLOCK 3

06. LADDER DOWN

07. CORE CHALLENGE

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

LES MILLS GRIT 38

GRIT ATHLETIC

MUSIC AND CREDITS

04. BLOCK 1

05. BLOCK 2

DECLARATION OF INTENT

RELEASE FOCUS

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RELEASE FOCUS LUNGES

Last round our theme was Glute Activation. We mentioned vertical drive in moves like Lunges and Squats and about horizontal drive in Thrusters and Bridges – all driven by a powerful glute contraction.

Now we're honing in on this topic and the focus is **LUNGES**.

Last round we discussed that the glute max fired maximally in the base of the move when producing vertical drive, and decreased output as we returned to the top. Whereas, for moves like Bridges and Thrusters that contribute to horizontal drive, we get most activation at the top of the movement when the hips were extended.

Let's talk Lunge length.

It's important that we coach a **"long step back"** every time we set up a Lunge. This allows us to keep the weight evenly distributed and helps avoid too much compression in the front knee... "I know team it's one of the basics we learn when we start but there's nothing like a little refresher".

Coaching **"hips square"** is important too. Alignment is the gateway to power and we all need as much power as possible to train at our best. We lose power when unaligned and put our bodies into a poor position.

Tell me about... muscle activation in the front and back leg.

Wherever you are right now... stand up and get into a Lunge position. We know from last round the **glute fires in the front leg at the bottom of the Lunge**, which helps produce vertical drive. Can you feel the front leg fire?

But... what about the back leg?

Well, lucky you asked... Recent muscle activation studies performed by Dr. Jinger Gottschall show that the **glute max fires strongly in the back leg too**.

This is while the back leg is in **hip extension** and it is thought that the glute contraction mimics the type of activation we see during **horizontal drive** in athletic movements.

Just like running. Feel the glute firing again?

And when performing a Lunge all of our leg muscles work harder in a **dynamic Lunge** when compared to a static Lunge.

Now if we put a free weight in the mix and hold it on the same side of the back leg, we increase the activation of gluteus medius in the front leg. This is huge for building stability and control.

So what does this mean for you as an instructor? To get the most out of the Lunge, we want to be coaching a long step back with hips square every rep so keep coming back to it with your participants. Bring focus to the back leg as well as the front leg in terms of glute activation.

And speak to the benefits of adding a weight plate in the offset position.



RELEASE FOCUS LUNGES

Here are some examples to get you started:

- Take a long step back to keep the load even between the front and back leg
- Feel that strong glute contraction in the back leg – we are training our glutes to fire the way we need them when running and walking
- Simultaneously strengthening for vertical drive in the front leg and horizontal power in the back leg
- Dynamic Lunges are one of the fastest ways to shape and tone our glutes
- Holding a free weight in one hand fires our glute med – this is great for stability during any weight-bearing activity.

Now let's go and light this release up!



GRIT STRENGTH MUSIC

01. **Laugh Now Cry Later** (3:02)
Drake feat. Lil Durk
Courtesy of the Universal Music Group.
Written by: Martinez, Banks, Chahayed, Graham, La Tour

02. **Off That** (2:26)
JAY-Z feat. Drake
Courtesy of the Universal Music Group.
Written by: Carter, Graham, Mosley, Harmon

03. **It's Going Down Tonight** (1:35)
Manwell x Club Danger
© 2020 Resin8 Music.
Written by: Reyes, Friesen, Mount

Can't Stop (2:05)
Alban Chela
© 2018 Magic Records.
Written by: Cela

Monsta (2:46)
EZ
Courtesy of Les Mills Music Licensing Ltd.
Written by: Egzod

04. **Monsta** (1:37)
EZ
Courtesy of Les Mills Music Licensing Ltd.
Written by: Egzod

It's Going Down Tonight (2:03)
Manwell x Club Danger
© 2020 Resin8 Music.
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05. **Can't Stop** (1:37)
Alban Chela
© 2018 Magic Records.
Written by: Cela

Monsta (2:03)
EZ
Courtesy of Les Mills Music Licensing Ltd.
Written by: Egzod

It's Going Down Tonight (2:47)
Manwell x Club Danger
© 2020 Resin8 Music.
Written by: Reyes, Friesen, Mount

06. **Time To Collect** (2:25)
NOAM DEE & Jim Junk
Courtesy of Les Mills Music Licensing Ltd.
Written by: Fairley, Nasir

07. **Trust** (1:56)
Jim Junk, INF & LaToria
Courtesy of Les Mills Music Licensing Ltd.
Written by: Nasir, Tyson, LaToria

Outro **Meet Me Outside** (1:00)
Mick Martinez
Courtesy of Les Mills Music Licensing Ltd.
Written by: Beasley



L–R: Erin Maw, Des Helu, Pei Aui

LES MILLS GRIT Strength 38 is 30 minutes jam-packed with goodies! It opens strongly with an epic Warm-up and ladder challenge, and leads into short, sharp bursts of intensity with rotating Tri-Sets. We then wrap it up with a ladder challenge which will guarantee participants to sweat and be challenged! What more could you want?

The focus for LES MILLS GRIT 38 was to highlight and explore athletic conditioning, so listen out for some great cues and education moments that you can bring into your workouts.

Have fun!

Erin and the LES MILLS GRIT team

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 to the class and explain the workout and 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

Pei Aui (New Zealand) is a LES MILLS GRIT and LES MILLS CORE™ Instructor. She lives in Wellington.

Des Helu (New Zealand) is a LES MILLS GRIT, LES MILLS BARRE™, BODYPUMP™ and BORN TO MOVE™ Presenter/Instructor and a LES MILLS CEREMONY™ and LES MILLS CONQUER™ Instructor. He is based in Auckland.

Erin Maw (New Zealand) is the Lead Creative for LES MILLS GRIT and a Trainer/Presenter for BODYCOMBAT™, BODYJAM™, LES MILLS GRIT, LES MILLS TONE™ and LES MILLS CORE. 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.

RELEASE FEEDBACK

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



01. WARM-UP

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

<i>Exercise</i>	
0:05	Backward-Stepping Lunge with Plate Rotation L&R
0:26	Air Squat with Plate
0:34	Squat with Plate Press
0:47	Squat Heel Raise with Plate Press
1:00	Inchworm with Pushup
1:30	Barbell Row with High Pull
1:57	Barbell Squat
2:10	Barbell Squat with Heel Raise
2:32	Barbell Push Press
2:41	Barbell Squat Press
3:00	<i>Recovery</i>



01. LAUGH NOW, CRY LATER 3:02mins

COACHING TIP

Before the class starts, demonstrate the moves that require two plates of equal weight so participants can choose the weight appropriate for their level rather than having to swap weights mid-class.

CONNECTION

Time to get the class into a good head space and ready to own their workout. Break down and explain all the moves in the Warm-up well so participants feel success from the beginning.

DRIVE

The 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 zone ready for the next track.

TECHNIQUE

BACKWARD-STEPPING LUNGE WITH PLATE ROTATION

- Feet under hips
- Plate at chest, elbows wide
- Long step back
- Back knee towards floor
- Twist from center of the chest
- Front thigh parallel to floor
- Front knee out to track foot
- Chest lifted

SQUAT WITH PLATE PRESS

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

↑ OPTION: ADD HEEL RAISE

INCHWORM WITH PUSHUP

- Feet anchored to floor, shoulder-width apart
- Squat, bring hands to floor and walk out into a long Plank
- **In Pushup, chest to elbow height**
- **Back long and straight**
- **Abs braced**
- **Hips square**
- After 1x Pushup, brace abs, walking hands back to feet, squat and stand

↓ OPTION: PUSHUP ON KNEES

BARBELL ROW

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

HIGH PULL

- Pull bar up to lower chest
- Keep bar close to the body
- Drive from the hips

BARBELL SQUAT

- Bar onto meaty part of upper back
- Feet just outside hip-width
- Hips back and down
- Knees out over toes
- Butt to 90 degrees
- Chest lifted
- Abs braced
- Elbows under bar

↑ OPTION: ADD HEEL RAISE

Layer 2: Squeeze glutes coming out of Squat and lift heels off floor

BARBELL PUSH PRESS

- Push bar from collarbones to over head
- Keep bar slightly forward of shoulders
- Drive from the legs
- Brace abs
- Lift chest

↓ OPTION: PLATE PUSH PRESS

↑ OPTION: ADD SQUAT

Layer 2: Hips back and down, butt to 90 degrees



02. LADDER UP

TRACK SET-UP: 2-minute ladder climb, 3 moves, 1 rep each, then add reps
TRACK FOCUS: Climb the ladder as high as possible for 2 minutes

Exercise	
0:00	Set up and demonstrate moves: Deadlift with High Pull x1, Clean & Press x1 and Burpee x1
BEGIN LADDER UP	
0:19	Deadlift with High Pull x1, Clean & Press x1 and Burpee x1 – keep climbing for 2 minutes
2:20	Recovery <i>NOTE: Remember the number finished for the ladder down at the end of the workout.</i>



02. OFF THAT 2:26mins

COACHING TIP

Short introduction time to keep the heart rate up after the Warm-up. Focus on short and simple move demonstrations like Des does in the Masterclass.

CONNECTION

2-minute blocks provide a great opportunity to get out on the floor and provide quality floor-coaching. Spend the first minute at the front explaining Technique, then hit the floor to build that one-on-one connection early on with the participants in your class.

DRIVE

The drive is in the challenge to climb the ladder as high as possible and set a really high standard for the rest of the workout. Intensity cues focusing on speed will not only help members move with speed to climb the ladder, but will also take their heart rate straight into the red zone.

HIIT SCIENCE

This combination of movements means we rotate between a pull exercise, a vertical drive exercise and a compound total-body move. Rotating through moves this way allows us to achieve and maintain high intensity as we mix up the muscle recruitment.

TECHNIQUE

DEADLIFT

- **Hands just outside hip-width**
- **Tip forward from hips**
- **Bar to knees**
- **Chest lifted**
- **Abs braced**

HIGH PULL

- **Pull bar up to lower chest**
- **Keep bar close to the body**
- **Drive from the hips**

Layer 2: Fast out of the Deadlift to generate more force and speed under the bar

CLEAN & PRESS

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

Layer 2: Use the quarter Squat from the Clean as momentum to drive the bar over head with more power

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 lifted**
 - **Abs braced as feet jump back**
 - **Hands under shoulders**
 - **Back long, strong and straight**
 - **Add a Jump**
 - **Soft knee landing**
- ↓ **OPTION: NO JUMP**

Layer 2: Snap the knees in and out to get off the floor quickly and increase speed and intensity



03. TRI-SETS BLOCK 1

TRACK SET-UP: Rotating Tri-Sets – 10-, 15- and 20-second Tri-Sets
TRACK FOCUS: Short interval bursts back-to-back aiming for max intensity

Exercise	
0:00	Set up and demonstrate first moves: Squat Jump, Pushup and Power Lunge
SET 1:	10-second Tri-Sets
0:18	Squat Jump
0:40	Pushup
0:59	Power Lunge
1:20	<i>Recovery</i>
1:03	REPEAT SET 1
SET 2:	15-second Tri-Sets
1:34	Recover and demonstrate first move of SET 2: Plate Squat Press
1:53	Plate Squat Press
2:10	Single-Arm Plate Snatch
2:25	Backward-Stepping Lunge with Double Plate Press
2:38	<i>Recovery</i>
2:54	REPEAT SET 2
SET 3:	20-second Tri-Sets
3:39	Recover and demonstrate first move of SET 3: Barbell Push Press
3:58	Barbell Push Press
4:21	Narrow Row
4:39	Barbell Clean with Backward-Stepping Lunge
4:49	<i>Recovery</i>
5:19	REPEAT SET 3
6:19	<i>Recovery</i>



03. IT'S GOING DOWN / CAN'T STOP / MONSTA 6:26mins

COACHING TIP

These are some of the shortest working sets we have done in a GRIT workout so far. Use quick coaching cues, especially in the 10-second blocks, and be quick with pre-cueing the next move.

CONNECTION

Try not to talk too much and allow members to understand the concept of short, sharp sets and rotations. Try to stay up the front for as much of Block 1 as possible; you are a visual aid to avoid confusion and maximize flow between sets.

DRIVE

Keep building on the energy set from Track 2. All the movements in this release are simple yet intense and have been seen in previous GRIT workouts. This enables members to hit the first sets as hard as they would the final working sets.

HIIT SCIENCE

Les Mills research demonstrates that dynamic Lunges dramatically increase muscle recruitment when compared with static. This is a great tool to drive up the heart rate and push into the HIIT zone.

TECHNIQUE

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 lifted**

↓ OPTION: SQUAT HEEL RAISE

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

PUSHUP

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

↓ OPTION: ON KNEES

Layer 2: Drive out of the bottom of the Pushup. Challenging more power will have you exerting your muscles to their maximum potential in a short amount of time

POWER LUNGE

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

↓ OPTION: BACKWARD-STEPPING LUNGE

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

PLATE SQUAT PRESS

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

↓ OPTION: PLATE STAYS AT COLLARBONES

Layer 2: Engage your core more to stabilize the body and remain steady throughout the movement

SINGLE-ARM PLATE SNATCH

- Feet start under hips, one plate in each hand
- Jump forward into Squat and at the same time, one arm swings away from body in upwards motion, **stopping just above forehead height**
- **Butt back and down, knees out in Squat**
- **Arms straight in Snatch**
- **Little fingers forward**
- **Brace abs**
- **Chest lifted**

↓ OPTION: DOUBLE ARM PLATE SNATCH (LOSE ONE PLATE)

↑ OPTION: JUMP BACK INSTEAD OF STEPPING BACK

Layer 2: Try to be explosive under the plate to generate more full-body power



03. IT'S GOING DOWN / CAN'T STOP / MONSTA 6:26mins

TECHNIQUE

BACKWARD-STEPPING LUNGE WITH DOUBLE PLATE PRESS

- Two plates either side at shoulder height
- **Step back into a long Lunge**
- **Bend back knee towards floor**
- Press above head
- **Elbows slight forward of face**
- **Front knee out**
- **Both knees at 90 degrees**
- **Chest lifted**
- **Abs braced**
- Step feet back together and bring plates back to shoulders at same time

↓ OPTION: BACKWARD-STEPPING LUNGE WITHOUT PLATE PRESS

Layer 2: Tap into your core to generate fluid motion and maintain a quick rhythm moving with intensity

BARBELL PUSH PRESS

- **Push bar from collarbones to over head**
- **Keep bar slightly forward of shoulders**
- **Drive from the legs**
- **Brace abs**
- **Lift chest**

↓ OPTION: PLATE PUSH PRESS

↑ OPTION: ADD SQUAT

- **Hips back and down**
- **Butt to 90 degrees**

Layer 2: Focus on Squat range – the deeper the Squat, the greater the glute engagement

NARROW ROW

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

Layer 2: Push and pull the bar to get in more reps and more muscle recruitment

BARBELL CLEAN TO BACKWARD-STEPPING LUNGE

- **Lead with elbows**
- **Feet hip-width apart**
- **Pull bar to lower chest**
- **Keep the bar close to body**
- **Drop elbows under bar to catch**
- **Bar at collarbones**
- **Long step back**
- **Back knee towards floor**
- **Front thigh parallel to floor**
- **Front knee out to track foot**
- **Chest lifted**

↓ OPTION: USE PLATE

Layer 2: Focus on the hip drive to get quicker under the bar



04. TRI-SETS BLOCK 2

TRACK SET-UP: Rotating Tri-Sets – 10-, 15- and 20-second Tri-Sets. SET 3 now becomes SET 1
TRACK FOCUS: Short interval bursts back-to-back aiming for max intensity

Exercise	
0:00	Set up and demonstrate first move: Barbell Squat Press
SET 1:	10-second Tri-Sets
0:24	Barbell Squat Press
0:35	Narrow Row
0:46	Barbell Clean with Backward-Stepping Lunge
0:54	<i>Recovery</i>
1:03	REPEAT SET 1
SET 2:	15-second Tri-Sets
1:34	Recover and demonstrate first move of SET 2: Squat Jump
1:53	Squat Jump
2:10	Palm Release Pushup
2:25	Power Lunge
2:38	<i>Recovery</i>
2:54	REPEAT SET 2
SET 3:	20-second Tri-Sets
3:39	Recover and demonstrate first move of SET 3: Plate Squat Press
3:58	Plate Squat Press
4:21	Single-Arm Plate Snatch
4:39	Scissor Lunge with Double Plate Press
4:49	<i>Recovery</i>
5:19	REPEAT SET 3
6:19	<i>Recovery</i>



04. MONSTA / IT'S GOING DOWN / CAN'T STOP 6:26mins

COACHING TIP

Visually demonstrate using hand gestures to show the bottom set rotating to the top. This is a cool way to paint a picture of the rotating Triset format. Also give quick demonstrations on the Push Press from Track 3 advancing to a Squat Press.

CONNECTION

How does more intensity feel in the body? What muscles are working harder and how does intensity affect the breathing and the internal dialogue? Explain how the body responds to more intensity is a great connection, linking mind to muscles and creating more body awareness.

DRIVE

The moves are repeated, some with modified intensity, but your members should know what to expect and have had a chance to try everything. So now it's go time, aiming to attack every set and every rep as hard as possible.

HIIT SCIENCE

Same exercises (with progressions), different interval lengths. The key is to push your participants to the max in every block – ie creating urgency in the shorter blocks and 'hanging in there' in the long blocks. We know this type of interval variety helps to maximize the HIIT effect.

TECHNIQUE

BARBELL SQUAT PRESS

- Push bar from collarbones to over head
- Keep bar slightly forward of shoulders
- Drive from the legs
- Brace abs
- Lift chest

↓ OPTION: PLATE PUSH PRESS

↑ OPTION: ADD SQUAT

- Hips back and down
- Butt to 90 degrees

Layer 2: Focus on Squat range – the deeper the Squat, the greater the glute engagement

NARROW ROW

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

Layer 2: Push and pull the bar to get in more reps and more muscle recruitment

BARBELL CLEAN WITH BACKWARD-STEPPING LUNGE

- Lead with elbows
- Feet hip-width apart
- Pull bar to lower chest
- Keep the bar close the body
- Drop elbows under bar to catch
- Bar at collarbones
- Long step back
- Back knee towards floor
- Front thigh parallel to floor
- Front knee out to track foot
- Chest lifted

↓ OPTION: USE PLATE

Layer 2: Focus on the hip drive to get quicker under the bar

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 lifted

↓ OPTION: SQUAT HEEL RAISE

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

PALM RELEASE PUSHUP

- Hands outside shoulder-width
- Back long and straight
- Abs braced
- Drop chest to elbow height
- In the top range of Pushup, release palm of hand keeping fingers on floor

↓ OPTION: ON KNEES

Layer 2: Drive out of the bottom of the Pushup. Challenging more power will have you exerting your muscles to their maximum potential in a short amount of time



04. MONSTA / IT'S GOING DOWN / CAN'T STOP 6:26mins

TECHNIQUE

POWER LUNGE

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

↓ OPTION: BACKWARD-STEPPING LUNGE

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

PLATE SQUAT PRESS

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

↓ OPTION: PLATES STAY AT COLLARBONES

Layer 2: Engage your core more to stabilize the body and remain steady throughout the movement

SINGLE-ARM PLATE SNATCH

- Feet start under hips, one plate in each hand
- Jump forward into Squat and at the same time, one arm swings away from body in upwards motion, **stopping just above forehead height**
- **Butt back and down, knees out in Squat**
- **Arms straight in Snatch**
- **Little fingers forward**
- **Brace abs**
- **Chest lifted**

↓ OPTION: DOUBLE-ARM PLATE SNATCH
(LOSE ONE PLATE)

↑ OPTION: JUMP BACK INSTEAD OF STEPPING BACK

Layer 2: Try to be explosive under the plate to generate more full-body power

SCISSOR LUNGE WITH DOUBLE PLATE PRESS

- Two plates either side at shoulder height
- **Jump back into a long Lunge**
- **Bend back knee towards floor**
- Press above head
- **Elbows slight forward of face**
- **Front knee out**
- **Both knees at 90 degrees**
- **Chest lifted**
- **Abs braced**
- Jump feet back together and bring plates back to shoulders at same time

↓ OPTIONS: BACKWARD-STEPPING LUNGE
WITH OR WITHOUT PLATE PRESS

Layer 2: Tap into your core to generate fluid motion and maintain a quick rhythm moving with intensity



05. TRI-SETS BLOCK 3

TRACK SET-UP: Rotating Tri-Sets – 10-, 15- and 20-second Tri-Sets. SET 3 now becomes SET 1
TRACK FOCUS: Short interval bursts back-to-back aiming for max intensity

Exercise	
0:00	Set up and demonstrate first move: Plate Squat Press
SET 1:	10-second Tri-Sets
0:25	Plate Squat Press
0:35	Single-Arm Plate Snatch
0:45	Scissor Lunge with Double Plate Press
0:54	<i>Recovery</i>
1:03	REPEAT SET 1
SET 2:	15-second Tri-Sets
1:35	Recover and demonstrate first move of SET 2: Squat Press
1:54	Barbell Squat Press
2:11	Narrow Row
2:24	Barbell Clean with Backward-Stepping Lunge
2:39	<i>Recovery</i>
2:53	REPEAT SET 2
SET 3:	20-second Tri-Sets
3:38	Recover and demonstrate first move of SET 3: Squat Jump
4:00	Squat Jump
4:21	Plyo Pushup
4:42	Power Lunge
4:59	<i>Recovery</i>
5:18	REPEAT SET 3
6:19	<i>Recovery</i>



05. CAN'T STOP / MONSTA / IT'S GOING DOWN 6:27mins

COACHING TIP

Always offer regression options for the Pushups. Plyo Pushups are advanced and a great goal to work towards.

CONNECTION

Now is the time to get out on the floor and keep members hyped for the workout and encouraging your participants to keep giving their best efforts.

DRIVE

Throwing in lots of benefits to Tri-Sets and athletic conditioning will keep your members pushing hard for the results they came for.

HIIT SCIENCE

Plyometric exercises require us to accelerate the speed of the movement to drive the body off the floor. This requires an increase of the rate of force development within the working muscles. This extra intensity and effort is a great way to tap into our fast-twitch muscle fibers.

TECHNIQUE

PLATE SQUAT PRESS

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

↓ OPTION: PLATES STAY AT COLLARBONES

Layer 2: Engage your core more to stabilize the body and remain steady throughout the movement

SINGLE-ARM PLATE SNATCH

- Feet start under hips, one plate in each hand
- Jump forward into Squat and at the same time, one arm swings away from body in upwards motion, **stopping just above forehead height**
- **Butt back and down, knees out in Squat**
- **Arms straight in Snatch**
- **Little fingers forward**
- **Brace abs**
- **Chest lifted**

↓ OPTION: DOUBLE-ARM PLATE SNATCH (LOSE ONE PLATE)

↑ OPTION: JUMP BACK INSTEAD OF STEPPING BACK

Layer 2: Try to be explosive under the plate to generate more full-body power

SCISSOR LUNGE WITH DOUBLE PLATE PRESS

- Two plates either side at shoulder height
- **Jump back into a long Lunge**
- **Bend back knee towards floor**
- Press above head
- **Elbows slight forward of face**
- **Front knee out**
- **Both knees at 90 degrees**
- **Chest lifted**
- **Abs braced**
- Jump feet back together and bring plates back to shoulders at same time

↓ OPTIONS: BACKWARD-STEPPING LUNGE WITH OR WITHOUT PLATE PRESS

Layer 2: Tap into your core to generate fluid motion and maintain a quick rhythm moving with intensity

BARBELL SQUAT PRESS

- **Push bar from collarbones to over head**
- **Keep bar slightly forward of shoulders**
- **Drive from the legs**
- **Brace abs**
- **Lift chest**

↓ OPTION: PLATE PUSH PRESS

↑ OPTION: ADD SQUAT

- **Hips back and down**
- **Butt to 90 degrees**

Layer 2: Focus on Squat range – the deeper the Squat, the greater the glute engagement

NARROW ROW

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

Layer 2: Push and pull the bar to get in more reps and more muscle recruitment



05. CAN'T STOP / MONSTA / IT'S GOING DOWN 6:27mins

TECHNIQUE

BARBELL CLEAN WITH BACKWARD-STEPPING LUNGE

- **Lead with elbows**
- **Feet hip-width apart**
- **Pull bar to lower chest**
- **Keep the bar close to body**
- **Drop elbows under bar to catch**
- **Bar at collarbones**
- **Long step back**
- **Back knee towards floor**
- **Front thigh parallel to floor**
- **Front knee out to track foot**
- **Chest lifted**

↓ OPTION: USE PLATE

Layer 2: Focus on the hip drive to get quicker under the bar

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 lifted**

↓ OPTION: SQUAT HEEL RAISE

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

PLYO PUSHUP

- **Hands outside shoulder-width**
- **Back long and straight**
- **Abs braced**
- **Drop chest to elbow height**
- In the top range of Pushup, drive hands off the floor
- **Absorb landing with soft elbows**

↓ OPTION: ON KNEES

Layer 2: Drive out of the bottom of the Pushup. Challenging more power will have you exerting your muscles to their maximum potential in a short amount of time



06. LADDER DOWN

TRACK SET-UP: 2-minute descending ladder, starting at the number reached in Track 2

TRACK FOCUS: Aiming to hit 1, 1, 1 before the 2-minute timer is up

<i>Exercise</i>	
0:00	Set up and refresh ladder moves: Deadlift High Pull, Clean & Press, Burpee
BEGIN LADDER DOWN	
0:20	Starting on the number finished on in Track 2 – if members cannot remember, set a target of five or six. Extra recovery if 1, 1, 1 is reached before the final countdown
2:18	<i>Recovery</i>



06. TIME TO COLLECT 2:25mins

COACHING TIP

Everyone will be fatigued and their attention span will be short. So keep the goal simple try and get to 1, 1, 1. All coaching and focus in this track should be directed to this outcome.

CONNECTION

Everyone will be hurting; everyone will be pushing and feeling every rep. As a coach and role model, you want to be out on the floor encouraging your team but you also want to lead from the front and show them that you are all in this workout together.

HIIT SCIENCE

HIIT training is all about creating metabolic chaos within your muscles. These stresses create a rapid adaptation that generate the changes HIIT is famous for – increased fitness, strength and body composition changes. Pushing the intensity at this stage of the class, when fatigued, will ensure these adaptations occur.

TECHNIQUE

DEADLIFT

- **Hands just outside hip-width**
- **Tip forward from hips**
- **Bar to knees**
- **Chest lifted**
- **Abs braced**

HIGH PULL

- **Pull bar up to lower chest**
- **Keep bar close to the body**
- **Drive through the hips**

Layer 2: Fast out of the Deadlift to generate more force and speed under the bar

CLEAN & PRESS

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

Layer 2: Use the quarter Squat from the Clean as momentum to drive the bar over head with more power

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 lifted**
- **Abs braced as feet jump back**
- **Hands under shoulders**
- **Back long, strong and straight**
- **Add a jump**
- **Soft knee landing**

↓ OPTION: NO JUMP

Layer 2: Snap the knees in and out to get off the floor quickly and increase speed and intensity



07. CORE CHALLENGE

TRACK SET-UP: Final core Tri-Set, 1, 2, 1 – 30 seconds each

<i>Exercise</i>	
0:00	Set up and demonstrate first move: C-Crunch with Plate
0:19	C-Crunch with Plate
0:50	Kneeling Plate Arc
1:20	C-Crunch with Plate
1:49	<i>Recovery</i>



07. TRUST 1:56mins

COACHING TIP

The Kneeling Plate Arc is a highlight new move for this release, so explain the Technique well.

CONNECTION

This may be the final track but it is also a really important finisher for this workout. Keep members connected to the last several minutes of this workout by explaining the many benefits that having a strong core will bring to your HIIT game.

TECHNIQUE

C-CRUNCH WITH PLATE

- Lying on back, plate at forehead, knees in line 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

KNEELING PLATE ARC

- Kneeling on the floor
- Toes tucked under
- Knees outside hip-width
- **Chest lifted**
- Arms circle over head right and left holding plate
- **Plate stops just above thigh**
- **Hips square to the front**
- **Brace core to catch and lift plate from side to side**

↓ OPTION: LIGHT PLATE



GRIT CARDIO MUSIC

01.

Run It Up (2:59)

King Flexx

© 2019 Position Music.
Written by: Ofir, Harris
02.

It Takes Two (2:20)

Rob Base & DJ E-Z Rock

© 1988 RCA Records, a division of Sony Music Entertainment.
Written by: Ginyard
03.

Babarabatiri (Alex Guesta Tribal Mix) (1:34)

Alex Guesta

© 2016 Alessio Lazzaroni.
Written by: Daly
04.

Bum Bum (2:04)

SMACK

© 2021 SpinninRecords.com.
Written by: Unknown
04.

Pump The Race (Alex Guesta VIP Piano Edit) (2:48)

Alex Guesta

© 2021 Under Town Records.
Written by: Meier, Blank, D'Layna, Lazzaroni, Roberto, Gabriele, Christian
04.

Pump The Race (Alex Guesta VIP Piano Edit) (1:35)

Alex Guesta

© 2021 Under Town Records.
Written by: Meier, Blank, D'Layna, Lazzaroni, Roberto, Gabriele, Christian
04.

Babarabatiri (Alex Guesta Tribal Mix) (2:04)

Alex Guesta

© 2016 Alessio Lazzaroni.
Written by: Daly
04.

Bum Bum (2:46)

SMACK

© 2021 SpinninRecords.com.
Written by: Unknown

05.

Bum Bum (1:34)

SMACK

© 2021 SpinninRecords.com.
Written by: Unknown
05.

Pump The Race (Alex Guesta VIP Piano Edit) (2:07)

Alex Guesta

© 2021 Under Town Records.
Written by: Meier, Blank, D'Layna, Lazzaroni, Roberto, Gabriele, Christian
05.

Babarabatiri (Alex Guesta Tribal Mix) (2:44)

Alex Guesta

© 2016 Alessio Lazzaroni.
Written by: Daly
06.

Afreeka (2:26)

Desamor

Courtesy of Les Mills Music Licensing Ltd.
Written by: Matamoros, Guerra
07.

Butterflies (1:54)

Skrillex, Starrah & Four Tet

© 2021 OWSLA/Atlantic Records, Inc.
Written by: Hebden, Moore, Bourelly, Hazzard
07.

Meet Me Outside (1:00)

Mick Martinez

Courtesy of Les Mills Music Licensing Ltd.
Written by: Beasley
07.

Outro



L–R: Ben Main, Melissa Siegel

LES MILLS GRIT Cardio 38 is 30 minutes jam-packed with goodies! It opens strongly with an epic Warm-up and ladder challenge, leading into short, sharp bursts of intensity with rotating Tri-Sets, then finishing with a ladder challenge. This will guarantee participants to sweat and be challenged! What more could you want?

The focus for LES MILLS GRIT 38 this round was to highlight and explore athletic conditioning, so listen out for some great cues and education moments that you can bring into your workouts.

Have fun!

Erin and the LES MILLS GRIT crew

CLASS SET-UP

Aim to be super inclusive and inviting. Welcome anyone new to the class and explain the workout and 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

Program Coach – Ben Main

Production Coordinator – Ariel Lu

PRESENTER

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.

Melissa Siegel (New Zealand) is a LES MILLS GRIT and BODYPUMP Instructor. She lives in Wellington.

RELEASE FEEDBACK

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



01. WARM-UP

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

<i>Exercise</i>	
0:05	Air Squat
0:34	Lunge with Rotation
0:43	High Knee Run OTS
1:02	Burpee
1:12	Burpee with Jump
1:31	Pushup
1:41	Mountain Climber (option to add Pendulum NOT compulsory)
2:00	Lateral Shuffle L&R
2:19	High Knee Sprint OTS
2:38	Squat Jump
2:57	<i>Recovery</i>



01. RUN IT UP 2:59mins

COACHING TIP

This is the Warm-up of Warm-ups! Let's fire up the team, get them moving well and then tell them about the muscles that we will be using during the workout. Be sure to know when the changes take place so you can pre-cue the next moves with confidence.

CONNECTION

This is a tune that rocks! There's epic contrast so pick and choose the times to bring the energy alive.

DRIVE

The next track is huge! Push the team to drive the heart rate up towards the end of the Warm-up, especially in the High Knee Sprints, and build that energy through the Squat Jumps.

TECHNIQUE

AIR SQUAT

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

LUNGE WITH ROTATION

- Feet under the 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 over toes
- Hips square to front
- Chest lifted

HIGH KNEE RUN OTS

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

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 lifted
- 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

↑ OPTION: ADD PENDULUM

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

LATERAL SHUFFLE

- Shuffle side to side
- Feet wide
- Hips back and square to front
- Knees out and soft
- Reach towards the floor
- Chest lifted



01. RUN IT UP 2:59mins

TECHNIQUE

HIGH KNEE SPRINT OTS

- Try to pump the arms and legs faster
- **Chest lifted**
- **Abs braced**
- Knees up to waist height

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 lifted**



02. LADDER UP

TRACK SET-UP: 2-minute ladder climb. 3 moves, 1 rep each, then add reps

TRACK FOCUS: Climb the ladder as high as possible for 2 minutes

Exercise	
0:00	Set up and demonstrate moves: Air Tap x1, Skater L&R x1, Pushup Knee Tap x1
BEGIN LADDER UP	
0:18	Air Tap x1, Skater L&R x1, Pushup Knee Tap x1 – Keep climbing for 2 minutes
2:14	<i>Recovery – Remember the number finished on for the ladder down at the end of the workout.</i>



02. IT TAKES TWO 2:20mins

COACHING TIP

The intro is fast! Be sure to set up the moves clearly using numbers and reps so everyone knows what to do from the start. After the countdown, re-emphasize how to count the reps, explain what the goal of the track is, and get them to remember their number.

CONNECTION

Once all the set-up is done, get out on the floor and ask participants what number they are at and then try to get them to go to that next level! Set them a goal. After all, this is a ladder and the view from the top feels epic!

DRIVE

This track sets the standard for the rest of the class. The idea here is to get the heart rate up and it's our job to get the team into that training zone. What are we going to say and do to get everyone hyped up to nail the rest of the class?

HIIT SCIENCE

This combination of movements means we rotate between a vertical drive exercise, a frontal plane exercise and a compound core and upper body move. Rotating through moves this way allows us to achieve and maintain high intensity as we mix up the muscle recruitment.

TECHNIQUE

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 lifted**

Layer 2: Drive out of the bottom of the Squat by squeezing the glutes

SKATER

- Jump to left side, shifting body weight with Knee Lift
- Land on one leg
- **Knee of landing leg is turned out slightly**
- **Chest lifted**
- **Hips square to front**
- **Land softly with knee bent**
- **Push off outside foot to change direction**

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

PUSHUP KNEE TAP

- **Hands outside shoulder-width**
- **Back long and straight**
- **Abs braced**
- **Drop chest to elbow height**
- Opposite hand to knee
- **Hips and shoulders square to floor**

↓ OPTIONS: STAY WITH JUST PUSHUPS OR PUSHUPS ON KNEES

Layer 2: Drive out from the base of the Pushup by squeezing through the chest and the arms



03. TRI-SETS BLOCK 1

TRACK SET-UP: Rotating Tri-Sets – 10-, 15- and 20-second Tri-Sets

TRACK FOCUS: Short interval bursts back-to-back aiming for max intensity

Exercise	
0:00	Set up and demonstrate first move: Crossover Block Jump
SET 1:	10-second Tri-Sets
0:25	Crossover Block Jump L&R
0:45	Lateral Shuffle Tap Down L&R
0:45	Double Heisman L&R
0:54	Recovery
1:04	REPEAT SET 1
SET 2:	15-second Tri-Sets
1:34	Recover and demonstrate first move of SET 2: Plank Walk x1, Donkey Kick x1
1:54	Plank Walk x1, Donkey Kick x1
2:10	Power Burpee
2:25	Mountain Climber
2:38	Recovery
2:53	REPEAT SET 2
SET 3:	20-second Tri-Sets
3:38	Recover and demonstrate first move of SET 3: Squat Jump
3:59	Squat Jump
4:20	Power Lunge
4:40	Burpee
4:59	Recovery
5:19	REPEAT SET 3
6:19	Recovery



03. BABARABATIRI / BUM BUM / PUMP THE RACE 6:26mins

COACHING TIP

The first two sets of each round are really fast so make sure the cues are short and sharp. Leave enough space so that you can hear the bell as the next move comes in fast!

CONNECTING

Scan the room for what's happening. Is the team looking good? If not, correct Technique where needed so your participants are ready for the next two blocks.

DRIVE

Start to lift the energy after the first sets. We want the team to be on top of their game.

HIIT SCIENCE

The key to safe and effective HIIT training is keeping the load in the muscles and out of the joints (as much as possible). Cues like "knees soft on landing", "core braced", "chest lifted" are all designed to protect the joints while enabling maximum drive out of the muscles.

TECHNIQUE

CROSSOVER BLOCK JUMP

- Step across, land, Block Jump
- Inside leg steps out first (if moving left, it's the left leg stepping first)
- **Hips square to front**
- **Bend knees to land**

Layer 2: Stay low, then explode off the floor

LATERAL SHUFFLE TAP DOWN

- Shuffle side to side
- **Feet outside hip-width**
- **Hips back and square to front**
- **Knees out and soft**
- Reach towards the floor
- **Chest lifted**
- **Core braced**

↓ OPTION: NO TOUCH DOWN

Layer 2: Drive the outside foot into the floor to accelerate side to side

DOUBLE HEISMAN

- Lateral 3 steps moving left and right
- 2 runs and 1 drive up towards chest
- **Light on the balls of the feet**
- **Hips square to front**
- **Knees soft**

Layer 2: Imagine cutting your way through an agility square on the floor. Fast feet and then big leap across

PLANK WALK / DONKEY KICK

- Opposite arm and leg walk out
 - **Hips and shoulders stay square to front**
 - **Back long and straight**
 - **Abs braced**
 - **Hands stay on the floor**
 - Jump the knees under the chest
 - Shoot the legs back to Plank, **landing with a strong core brace**
- ↓ OPTION: FROG JUMP
- ↑ OPTION: PLANK SKIP / DONKEY KICK
- **Feet together and skip the feet across**
 - Walk the hands across

Layer 2: Brace even harder through the core and lats to strengthen the muscles we use for stabilization

POWER BURPEE

- Squat, jump feet back into Plank position
 - **Back long and straight in Plank**
 - **Drive feet forward and land in wide Squat**
 - **Chest lifted in Squat**
 - Heels down
 - **Abs braced as feet jump back**
- ↓ OPTION: WALK FEET OUT AND IN

Layer 2: Push hands down to activate the muscle fibers in the entire body



03. BABARABATIRI / BUM BUM / PUMP THE RACE 6:26mins

TECHNIQUE

MOUNTAIN CLIMBER

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

↑ OPTION: ADD PENDULUM

- Hands stay on the floor, body swings from corner to corner
- **Hips square to the floor**

Layer 2: Accelerate the knees towards the chest to work the entire body even more

SQUAT JUMP

- Start in a Squat with arms down
- Swing the arms up as you jump up
- **Feet outside hip-width, knees out**
- **Abs braced**
- **Chest lifted**
- **Soft knee landing**

↓ OPTION: NO JUMP

↑ OPTION: LATERAL SQUAT JUMP

- **Both feet take off, both feet land**

Layer 2: Accelerate out of the bottom of the Squat by squeezing the glutes

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: Squeeze through glutes in the Lunge. Front leg works vertical drive and the back leg works horizontal drive

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 lifted**
- **Abs braced as feet jump back**
- **Hands under shoulders**
- **Back long, strong and straight**
- **Soft knee landing**

↓ OPTION: WALK THE FEET OUT AND IN – NO JUMP

↑ OPTION: TUCK JUMP

- Drive knees towards chest

Layer 2: Drive out of the bottom of the Squat in the Burpee



04. TRI-SETS BLOCK 2

TRACK SET-UP: Rotating Tri-Sets – 10-, 15- and 20-second Tri-Sets. SET 3 now becomes SET 1

TRACK FOCUS: Short interval bursts back-to-back aiming for max intensity

Exercise	
0:00	Set up and demonstrate first move: Lateral Squat Jump
SET 1:	10-second Tri-Sets
0:24	Lateral Squat Jump
0:34	Power Lunge
0:44	Burpee Tuck
0:54	Recovery
1:04	REPEAT SET 1
SET 2:	15-second Tri-Sets
1:34	Recover and demonstrate first move of SET 2: Crossover Block Jump
1:55	Crossover Block Jump
2:10	Lateral Shuffle (no touch down)
2:24	Double Heisman
2:39	Recovery
2:54	REPEAT SET 2
SET 3:	20-second Tri-Sets
3:39	Recover and demonstrate first move of SET 3: Plank Skip / Donkey Kick
3:59	Plank Skip / Donkey Kick
4:20	Power Burpee
4:40	Pendulum
4:58	Recovery
5:18	REPEAT SET 3
6:17	Recovery



04. PUMP THE RACE / BABARABATIRI / BUM BUM 6:25mins

COACHING TIP

As you move into the different blocks, show a visual representation with your hands of how the blocks are rotating and which block is now at the top. Be clear that we are starting at 10 seconds again but with different moves.

CONNECTION

Just like the first block, the first two sets are very fast so make sure your intensity cues are really sharp. Have one focus and come back to it where needed. If you feel rushed, use the recovery time to make your focus stand out. The 20-second rounds are when you can really include your cool Coaching and Education.

DRIVE

This is a great round to get out on the floor and drive your team through this second block. Your presence on the floor will instantly fire up your participants! If you're going out there on the floor, go out with purpose!

HIIT SCIENCE

Same exercises (with progressions), different interval lengths. The key is to push your participants to the max in every block – ie creating urgency in the shorter blocks and 'hanging in there' in the long blocks. We know this type of interval variety helps to maximize the HIIT effect.

TECHNIQUE

LATERAL SQUAT JUMP

- Squat Jump side to side
- Start in a Squat with arms down
- Swing the arms up as you jump up
- **Feet outside hip-width, knees out**
- Both feet take off, both feet land
- **Abs braced**
- **Chest lifted**
- **Soft knee landing**

Layer 2: Accelerate out of the bottom of the Squat by squeezing the glutes

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**

Layer 2: Squeeze through both glutes in the Lunge. Front leg works vertical drive and the back leg works horizontal drive

BURPEE TUCK

- Squat, jump feet back to Plank, jump back to Squat and Tuck Jump
- Drive knees towards chest
- **Abs braced as feet jump back**
- **Hands under shoulders**
- **Back long, strong and straight**
- **Soft knee landing**

↓ OPTION: STAY WITH NORMAL BURPEE

Layer 2: Drive out of the bottom of the Squat in the Burpee

CROSSOVER BLOCK JUMP

- Step across, land, Block Jump
- Inside leg steps out first (if moving left, it's the left leg stepping first)
- **Hips square to front**
- **Bend knees to land**

Layer 2: Stay low and then explode off the floor

LATERAL SHUFFLE

- Leave out the touch down
- Shuffle side to side
- **Feet outside hip-width**
- **Hips back and square to front**
- **Knees out and soft**
- **Core braced**

Layer 2: Drive the outside foot into the floor to accelerate side to side

DOUBLE HEISMAN

- Lateral 3 steps moving left and right
- 2 runs and 1 drive up towards chest
- **Light on the balls of the feet**
- **Hips square to front**
- **Knees soft**

Layer 2: Imagine you're cutting your way through a square on the floor with fast feet and then a big leap across



04. PUMP THE RACE / BABARABATIRI / BUM BUM 6:25mins

TECHNIQUE

PLANK SKIP / DONKEY KICK

- Feet together and skip the feet across
- **Back long and straight**
- **Abs braced**
- Hands stay on the floor
- Walk the hands across

Layer 2: Brace even harder through the core and lats to strengthen the muscles we use for stabilization

POWER BURPEE

- Squat, jump feet back into Plank position
- **Back long and straight in Plank**
- **Drive feet forward and land in wide Squat**
- **Chest lifted in Squat**
- Heels down
- **Abs braced as feet jump back**

Layer 2: Push hands down to activate the muscle fibers in the entire body

PENDULUM

- Start in Plank position
- **Hands under the shoulders**
- **Back long and straight**
- **Abs braced**
- Hands stay on the floor, body swings from corner to corner
- **Hips stay square to the floor**
- **Butt down**

Layer 2: Accelerate the knees towards the chest to work the entire body even more



05. TRI-SETS BLOCK 3

TRACK SET-UP: Rotating Tri-Sets – 10-, 15- and 20-second Tri-Sets. SET 3 now becomes SET 1

TRACK FOCUS: Short interval bursts back-to-back aiming for max intensity

Exercise	
0:00	Set up and demonstrate first move: Plank Skip / Donkey Kick
SET 1:	10-second Tri-Sets
0:23	Plank Skip / Donkey Kick
0:35	Power Burpee
0:44	Pendulum
0:53	<i>Recovery</i>
1:04	REPEAT SET 1
SET 2:	15-second Tri-Sets
1:34	Recover and demonstrate first move of SET 2: Lateral Squat Jump
1:54	Lateral Squat Jump
2:10	Power Lunge
2:25	Burpee Tuck
2:39	<i>Recovery</i>
2:54	REPEAT SET 2
SET 3:	20-second Tri-Sets
3:40	Recover and demonstrate first move of SET 3: Crossover Block Jump
3:59	Crossover Block Jump
4:19	Lateral Shuffle (no touch down)
4:40	Double Heisman
4:59	<i>Recovery</i>
5:19	REPEAT SET 3
6:19	<i>Recovery</i>



05. BUM BUM / PUMP THE RACE / BABARABATIRI 6:25mins

COACHING TIP

Last round – it’s all on. Short, sharp, punchy language is key.

CONNECTION

Right now, participants will be struggling! If you see someone really feeling fatiguedt, let them know it’s OK to stop and reset, and then take them into another level of fitness by Coaching them one-on-one. Remember to give options and challenges to make everyone feel they are in the team!

DRIVE

Bring out your best motivational one-liners because this last block is going to be massive! The team will be feeling tired and it’s up to us to get them to bring their best to the workout. Focus on each set and then move onto the next. Let’s shut this MASSIVE Triset down!

HIIT SCIENCE

Explosive body-weight exercises require us to accelerate the speed of the movement to drive the body off the floor. This requires an increase of the rate of force development within the working muscles. This extra intensity and effort is a great way to tap into our fast-twitch muscle fibers.

TECHNIQUE

PLANK SKIP / DONKEY KICK

- Feet together and skip the feet across
- **Back long and straight**
- **Abs braced**
- Hands stay on the floor
- Walk the hands across

Layer 2: Brace even harder through the core and lats to strengthen the muscles we use for stabilization

POWER BURPEE

- Squat, jump feet back into Plank position
- **Back long and straight in Plank**
- **Drive feet forward and land in wide Squat**
- **Chest lifted in Squat**
- Heels down
- **Abs braced as feet jump back**

Layer 2: Push hands down to activate the muscle fibers in the entire body

PENDULUM

- Start in Plank position
- **Hands under the shoulders**
- **Back long and straight**
- **Abs braced**
- Hands stay on the floor, body swings from corner to corner
- **Hips stay square to the floor**
- **Butt down**

Layer 2: Accelerate the knees towards the chest to work the entire body even more

LATERAL SQUAT JUMP

- Squat Jump side to side
- Start in a Squat with arms down
- Swing the arms up as you jump up
- **Feet outside hip-width, knees out**
- Both feet take off, both feet land
- **Abs braced**
- **Chest lifted**
- **Soft knee landing**

Layer 2: Accelerate out of the bottom of the Squat by squeezing the glutes

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**

Layer 2: Squeeze through both glutes in the Lunge. Front leg works vertical drive and the back leg works horizontal drive

BURPEE TUCK

- Squat, jump feet back to Plank, jump back to Squat, and Tuck Jump
- Drive knees towards chest
- **Abs braced as feet jump back**
- **Hands under shoulders**
- **Back long, strong and straight**
- **Soft knee landing**

↓ OPTION: STAY WITH NORMAL BURPEE

Layer 2: Drive out of the bottom of the Squat in the Burpee



05. BUM BUM / PUMP THE RACE / BABARABATIRI 6:25mins

TECHNIQUE

CROSSOVER BLOCK JUMP

- Step across, land, Block Jump
- Inside leg steps out first (if moving left, it's the left leg stepping first)
- **Hips square to front**
- **Bend knees to land**

Layer 2: Stay low and then explode off the floor

LATERAL SHUFFLE

- Shuffle side to side
- **Feet outside hip-width**
- **Hips back and square to front**
- **Knees out and soft**
- **Core braced**

Layer 2: Drive the outside foot into the floor to accelerate side to side

DOUBLE HEISMAN

- Lateral 3 steps moving left and right
- 2 runs and 1 drive up towards chest
- **Light on the balls of the feet**
- **Hips square to front**
- **Knees soft**

Layer 2: Imagine you're cutting your way through a square on the floor. Fast feet and then a big leap across



06. LADDER DOWN

TRACK SET-UP: 2-minute descending ladder, starting at the number reached in Track 2

TRACK FOCUS: Aiming to hit 1, 1, 1 before the 2-minute timer is up

<i>Exercise</i>	
0:00	Set up and refresh ladder moves: Air Tap, Skater, Pushup Knee Tap
BEGIN LADDER DOWN	
0:19	Starting on the number finished on in Track 2 – if members cannot remember, set a target of five or six. Extra recovery if 1, 1, 1 is reached before the final countdown
2:20	<i>Recovery</i>



06. AFREEKA 2:26mins

COACHING TIP

This track is the ultimate finish to the class. The team is on the Ladder Down, starting from the number they got to at the beginning of the class in the Ladder Up and working their way down to zero! This is where we have to bring out our best vocally and physically. Don't take the foot off your gas!

CONNECTION

Keep the team accountable all the way to the end. This is the ultimate goal and the ultimate way to finish. If they complete 1-1-1 before the countdown then they get extra recovery. Who doesn't want extra recovery?!

DRIVE

You're the leader and you are taking everyone in your team straight down that ladder with you. Everyone will be fatigued so keep the motivation high; encourage your team to hang on and fight for every single rep!

HIIT SCIENCE

HIIT training is all about creating metabolic chaos within your muscles. These stresses create a rapid adaptation that generate the changes HIIT is famous for – increased fitness, strength and body composition changes. Pushing the intensity at this stage of the class, when fatigued, will ensure these adaptations occur.

TECHNIQUE

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 lifted**

Layer 2: Drive out of the bottom of the Squat by squeezing the glutes

SKATER

- Jump to left side, shifting body weight with Knee Lift
- Land on one leg
- **Knee of landing leg is turned out slightly**
- **Chest lifted**
- **Hips square to front**
- **Land softly with knee bent**
- **Push off outside foot to change direction**

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

PUSHUP KNEE TAP

- **Hands outside shoulder-width**
- **Back long and straight**
- **Abs braced**
- **Drop chest to elbow height**
- Opposite hand to knee
- **Hips and shoulders square to floor**

↓ OPTIONS: STAY WITH JUST PUSHUPS OR PUSHUPS ON KNEES

Layer 2: Drive out from the base of the Pushup by squeezing through the chest and the arms



07. CORE CHALLENGE

TRACK SET-UP: Final core Triset 1, 2, 1 – 30 seconds each.

<i>Exercise</i>	
0:00	Set up and demonstrate first move: Flutter Kick L&R
0:18	Flutter Kick L&R
0:48	Marching Plank
1:18	Flutter Kick L&R
1:47	<i>Recovery</i>



07. BUTTERFLIES 1:54mins

COACHING TIP

Everyone will be feeling fatigued after the Ladder Down. Ask participants to come down and join you on the floor so you can get straight into the Core Challenge. This is our final Triset 1-2-1 format.

CONNECTION

Every athlete needs a strong core, right? Sell the benefits of this Core Challenge to your team. Just because we are on the floor doesn't mean we can lower the intensity. We want our participants to be training to own the next workout they do.

DRIVE

Hold your team accountable right to the very end of the workout. This is all about control, stability and core strength. Keep your participants in the zone!

TECHNIQUE

FLUTTER KICK

- Lie on your back
- Legs extended to 45 degrees
- Fingertips to temples
- **Lifting up and reaching across to the opposite shin**
- **Lower back towards the floor**

↓ OPTION: TOE TAP

- Opposite shoulder to knee
- **Brace the core**

MARCHING PLANK

- Begin in Hover position
- **Elbows in line with shoulders**
- **Back long and straight**
- Walk up into a Plank position, alternating arms, then back to a Hover
- **Hands under shoulders**
- **Core braced**
- **Hips square to floor**

↓ OPTION: DROP TO THE KNEES



GRIT ATHLETIC MUSIC

01. WARM-UP
Use Cardio Track 01 music

02. LADDER UP
Use Cardio Track 02 music

03. TRI-SETS BLOCK 1
Use Cardio Track 03 music

04. Boom (ARMARICK Remix) (1:19)
Henry Fong feat. Common Kings
© 2021 Lowly.
Written by: Fong, Dahlia, Stefanick, Kirimaau, Maliga, Grey, Taito

Not Who We Are (1:21)
NOAM DEE
Courtesy of Les Mills Music Licensing Ltd.
Written by: Fairley

Monday (The Glitch Mob Remix) (1:20)
Nalepa
© 2020 Glass Air.
Written by: Nalepa, Boreta, Mayer, Ma

Come Again (1:19)
DJ Katch feat. General Levy
© 2017 DJ CATCH.
Written by: Becker, Crudu, Levy

FLOW (1:07)
Rich Cosby
Courtesy of Les Mills Music Licensing Ltd.
Written by: Beasley

05. Boom (ARMARICK Remix) (1:35)
Henry Fong feat. Common Kings
© 2021 Lowly.
Written by: Fong, Dahlia, Stefanick, Kirimaau, Maliga, Grey, Taito

Not Who We Are (1:30)
NOAM DEE
Courtesy of Les Mills Music Licensing Ltd.
Written by: Fairley

Monday (The Glitch Mob Remix) (1:30)
Nalepa
© 2020 Glass Air.
Written by: Nalepa, Boreta, Mayer, Ma

Come Again (1:30)
DJ Katch feat. General Levy
© 2017 DJ CATCH.
Written by: Becker, Crudu, Levy

FLOW (1:20)
Rich Cosby
Courtesy of Les Mills Music Licensing Ltd.
Written by: Beasley

06. CORE CHALLENGE
Use Cardio Track 07 music

Meet Me Outside (1:00)
Mick Martinez
Courtesy of Les Mills Music Licensing Ltd.
Written by: Beasley

Outro



L-R: Ben Main, Des Helu

Get set to ‘sweat your socks off’ with LES MILLS GRIT Athletic 38. Combined with GRIT Cardio, this entire 30-minute workout is all about heat from start to finish. There’s multiple 30-second and 1-minute intervals consisting of 10-second bursts of intensity. Blending Speed and Power keeps the energy up and the sets feeling fresh and fast.

The focus for LES MILLS GRIT 38 this round is to highlight and explore athletic conditioning, so listen out for some great cues and education moments that you can bring into your workouts.

Have fun!

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 – Ben Main

Production Coordinator – Ariel Lu

PRESENTER

Des Helu (New Zealand) is a LES MILLS GRIT, LES MILLS BARRE, BODYPUMP and BORN TO MOVE Presenter/Instructor and a LES MILLS CEREMONY and LES MILLS CONQUER Instructor. He is based in Auckland.

Ben Main (New Zealand) is a LES MILLS GRIT, BODYPUMP and BODYATTACK Trainer and is also a Les Mills Ambassador for all three programs. He is a Creative Consultant at Les Mills International and lives 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: four 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 01: CARDIO 38; WARM-UP
- TRACK 02: CARDIO 38; TRACK 02 – LADDER UP
- TRACK 03: CARDIO 38; TRACK 03 – TRI-SETS BLOCK 1
- TRACK 04: BLOCK 1**
- TRACK 05: BLOCK 2**
- TRACK 06: CARDIO 38; TRACK 07 – CORE CHALLENGE



04. BLOCK 1

TRACK SET-UP: 1-minute sets of 10-second back-to-back alternating between two moves
TRACK FOCUS: Highlight the contrast between Speed and Power while maintaining maximum intensity

Exercise	
0:00	Set up and demonstrate first moves: Speed Ladder, Plyo Sumo Bench Jump
SET 1:	
0:20	Speed Ladder
0:30	Plyo Sumo Bench Jump
0:39	Speed Ladder
0:50	Plyo Sumo Bench Jump
0:59	Speed Ladder
1:10	Plyo Sumo Bench Jump
1:18	Recover and set up SET 2: Speed Jack F&B, Bench Jump x1, 180° Vertical Jump
SET 2:	
1:39	Speed Jack F&B
1:49	Bench Jump x1, 180° Vertical Jump
2:00	Speed Jack F&B
2:10	Bench Jump x1, 180° Vertical Jump
2:19	Speed Jack F&B
2:30	Bench Jump x1, 180° Vertical Jump
2:39	Recover and set up SET 3: Hand Release Pushup, Drop Pushup
SET 3:	
2:59	Hand Release Pushup
3:10	Drop Pushup
3:19	Hand Release Pushup
3:29	Drop Pushup
3:39	Hand Release Pushup
3:50	Drop Pushup
4:00	Recover and set up SET 4: Lateral Quick Step, Lateral Leap and Vertical Jump
SET 4:	
4:18	Lateral Quick Step
4:30	Lateral Leap and Vertical Jump
4:40	Lateral Quick Step
4:50	Lateral Leap and Vertical Jump
4:59	Lateral Quick Step
5:10	Lateral Leap and Vertical Jump
5:19	Recover and set up COACH CALLS Holding Pattern: Lateral Plank Walk Push: Donkey Kick Over Bench x1
5:50	COACH CALLS 30 seconds
6:20	Recovery



04. BOOM / NOT WHO WE ARE / MONDAY / COME AGAIN / FLOW 6:26mins

COACHING TIP

Set the class up by saying the bench is like a training zone. This can instantly get your team into the training space needed to attack this workout. This first block hits super fast speed vs. power. With only 10 seconds on each move, your cues need to be short and sharp. Space the cues out over the entire set to give yourself time to coach all the necessary cues.

CONNECTION

The moves are fast and we want the team working at their best. The speed vs. power will attack quickly so let's keep participants checked into the workout by letting them know where they are in each set. Hook into the energy of the music and light this whole block up.

DRIVE

Be 'on your game' by telling the team when we are in the speed zone or if we're in the power zone. 10 seconds is the perfect time to be maxing out on one, move before we hit another, so keep participants energy firing.

HIIT SCIENCE

One way to improve explosiveness in plyometric exercises is to eliminate too much give in the foot, ankle and knee on landing. This 'give' results in energy being leaked rather than being transmitted to create recoil off the bench. Coaching "kick the bench away" helps to develop more rigidity in the joints – improving the recoil.

TECHNIQUE

SPEED LADDER

- Feet start on the floor, standing over the bench
- Run the feet on and off the bench
- Bring the feet underneath the hips on top of the bench then back down to the floor
- **Light on the balls of the feet**
- **Knees soft**
- **Hips back**
- **Chest lifted**
- **Abs braced**
- Feet go out, out, in, in

PLYO SUMO BENCH JUMP

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

↓ OPTION: NO JUMP – 4X SPEED LADDERS

SPEED JACK F&B

- Feet start together on the bench, then jump wide onto the floor
- Moving forward and back on the bench
- Both feet take off and land
- **Bent knee landing**
- **Abs braced**
- **Chest lifted**

BENCH JUMP, 180° VERTICAL JUMP

- Jump on the bench from one end
- Big jump off the other end
- Land into a Squat and then Squat Jump 180° turn
- **Feet under hips to jump off bench**
- **Soft knee landing**
- **Turn the whole body as one unit**
- **Chest lifted**
- **Brace core**

HAND RELEASE PUSHUP

- Lie on top of the bench
- Lift the hands off the floor
- Push hands into floor to perform Pushup
- **Hands outside shoulder-width**
- **Back long and straight**
- **Core braced**

↓ OPTION: PUSHUP ON KNEES



04. BOOM / NOT WHO WE ARE / MONDAY / COME AGAIN / FLOW 6:26mins

TECHNIQUE

DROP PUSHUP

- Begin in Bear Crawl position
- **Knees in line with hips, hands in line with shoulders**
- Anchor feet to floor, jump arms forward and land in Tricep Pushup
- **Hands under shoulders**
- Walk hands back into Bear Crawl position
- **Back long and straight**
- **Abs braced to jump and walk back**
- **Drop chest to elbow height in Pushup**

↓ OPTION: WALK HANDS OUT INTO PUSHUP

LATERAL QUICK STEP

- Starting on one side of the bench
- Step both feet onto the bench and then both feet off the other side
- **Light on balls of feet**
- **Hips and shoulders square to front**
- **Chest lifted**
- **Core braced**

↓ OPTION: NO BENCH

LATERAL LEAP AND VERTICAL JUMP

- Leap over the bench
- Land on one leg, then single Jump up
- **Front knee out on landing**
- **Soft knee landing**
- **Hips square and level**

↓ OPTION: JUMP BEHIND BENCH

LATERAL PLANK WALK

- Start in Plank position
- **Hands under the shoulders**
- Both feet start on one side of the bench
- Run the feet onto the bench, then off the other side
- **Keep shoulders over hands**
- **Hips square to floor**
- **Core braced**

↓ OPTION: NO BENCH

DONKEY KICK OVER BENCH

- Start in Plank position
- **Back long and strong**
- **Hands under the shoulders**
- Jump the knees under the chest and land the feet on the other side of the bench
- **Brace core to land**
- **Hips and shoulders stay square to the floor**

↓ OPTIONS: NO BENCH OR FROG JUMP



05. BLOCK 2

TRACK SET-UP: Same moves as Block 1 but different intervals. Power for 10 seconds, speed for 20 seconds and 10 seconds of recovery

TRACK FOCUS: Attack the short, sharp bursts of 20- and 10-second intervals with either explosive power or rapid speed and feel the anaerobic challenge

Exercise	
0:00	Set up and demonstrate first moves: Plyo Sumo Bench Jump, Speed Ladder
SET 1:	
0:24	Plyo Sumo Bench Jump
0:35	Speed Ladder
0:53	Recovery
1:05	Plyo Sumo Bench Jump
1:16	Speed Ladder
1:33	Recover and set up SET 2: Bench Jump x1, 180° Vertical Jump, Speed Jack F&B
SET 2:	
1:54	Bench Jump x1, 180° Vertical Jump
2:04	Speed Jack F&B
2:24	Recovery
2:33	Bench Jump x1, 180° Vertical Jump
2:46	Speed Jack F&B
3:03	Recover and set up SET 3: Drop Pushup, Hand Release Pushup
SET 3:	
3:23	Drop Pushup
3:35	Hand Release Pushup
3:53	Recovery
4:04	Drop Pushup
4:15	Hand Release Pushup
4:34	Recover and set up SET 4: Lateral Leap and Vertical Jump, Lateral Quick Step
SET 4:	
4:55	Lateral Leap and Vertical Jump
5:05	Lateral Quick Step
5:23	Recovery
5:34	Lateral Leap and Vertical Jump
5:45	Lateral Quick Step
6:04	Recover and set up COACH CALLS Holding Pattern: Forward Bench Tap Push: Broad Jump Over Bench x1, 180° Turn x1
6:34	COACH CALLS 45 seconds
7:18	Recovery



05. BOOM / NOT WHO WE ARE / MONDAY / COME AGAIN / FLOW 7:25mins

COACHING TIP

This block changes to power vs. speed. Use the set-up to establish the intensity focus of the moves, especially the power phases because they're only for 10-second bursts.

CONNECTION

Having a focus that can cross over into both moves is key. It is also important to bring the focus back into other moves that apply the same principle. This will help coaching with clarity and give the members one thing to focus on at a time.

DRIVE

This is the last athletic block so it needs to be high energy from the very start. Get the team 'pushing it' and every rep should feel like they are carving a new level of fitness for themselves.

HIIT SCIENCE

HIIT training is all about creating metabolic chaos within your muscles. These stresses create a rapid adaptation that generate the changes HIIT is famous for – increased fitness, strength and body composition changes. Pushing the intensity at this stage of the class, when fatigued, will ensure these adaptations occur.

TECHNIQUE

PLYO SUMO BENCH JUMP

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

↓ OPTION: NO JUMP – 4X SPEED LADDERS

Layer 2: Power off the bench by taking off on the balls of the feet

SPEED LADDER

- Feet start on the floor, standing over the bench
- Run the feet on and off the bench
- Bring the feet underneath the hips on top of the bench then back down to the floor
- **Light on the balls of the feet**
- **Knees soft**
- **Hips back**
- **Chest lifted**
- **Abs braced**
- Feet go out, out, in, in

Layer 2: Stay light on the toes to activate the leg muscles used for speed and agility to get in and out of the training zone

BENCH JUMP, 180° VERTICAL JUMP

- Jump on the bench from one end
- Big Jump off the other end
- Land into a Squat and then Squat Jump 180° turn
- **Feet under hips to jump off bench**
- **Soft knee landing**
- **Turn the whole body as one unit**
- **Chest lifted**
- **Brace core**

Layer 2: On the balls of the feet to take off from the training zone... this ignites the muscles we use for jumping

SPEED JACK F&B

- Feet start together on the bench, then jump wide onto the floor
- Moving forward and back on the bench
- Both feet take off and land
- **Bent knee landing**
- **Abs braced**
- **Chest lifted**

Layer 2: Stay light on the balls of the feet to accelerate forward and back through the training zone. How many times can we move F&B



05. BOOM / NOT WHO WE ARE / MONDAY / COME AGAIN / FLOW 7:25mins

TECHNIQUE

DROP PUSHUP

- Begin in Bear Crawl position
- **Knees in line with hips, hands in line with shoulders**
- Anchor feet, jump arms forward and land in Tricep Pushup
- **Hands under shoulders**
- Walk hands back into Bear Crawl position
- **Back long and straight**
- **Abs braced to jump and walk back**
- **Drop chest to elbow height in Pushup**

↓ OPTION: WALK HANDS OUT INTO PUSHUP

Layer 2: Accelerate forward, driving from the legs, decelerate by using the arms and bracing the core

HAND RELEASE PUSHUP

- Lying on top of the bench
- Lift the hands off the floor
- Push hands into floor to perform Pushup
- **Hands outside shoulder-width**
- **Back long and straight**
- **Core braced**

↓ OPTION: PUSHUP ON KNEES

Layer 2: Drive the hands down into the floor

LATERAL LEAP AND VERTICAL JUMP

- Leap over the bench
- Land on one leg, then single Jump up
- **Front knee out on landing**
- **Soft knee landing**
- **Hips square and level**

↓ OPTION: JUMP BEHIND BENCH

Layer 2: Power through the training zone by getting low and driving from the outside foot

LATERAL QUICK STEP

- Starting on one side of the bench
- Step both feet onto the bench and then both feet off the other side
- **Light on balls of feet**
- **Hips and shoulders square**
- **Chest lifted**
- **Core braced**

↓ OPTION: NO BENCH

Layer 2: Drive the outside foot to accelerate through the training zone

FORWARD BENCH TAP

- Tap the end of the bench
- Alternate feet
- **Light on the toes**
- **Chest lifted**
- **Core braced**

BROAD JUMP OVER BENCH, 180° TURN

- Jump length-wise over the bench
- Both feet take off, both feet land
- **Soft knee landing**
- **Turn the whole body as one unit**



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.

