

LES MILLS GRIT 39

GRIT STRENGTH

MUSIC AND CREDITS

01. WARM-UP

02. TABATA PYRAMID UP

03. SUPERSET KICKER

04. REP CHALLENGE DROP SET

05. TABATA PYRAMID DOWN

06. CORE CHALLENGE

GRIT CARDIO

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01. WARM-UP

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06. 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 39

GRIT ATHLETIC

MUSIC AND CREDITS

03. CIRCUIT 1

04. CIRCUIT 2

05. HALF TABATA

06. CIRCUIT 3

08. HALF TABATA

DECLARATION OF INTENT RELEASE FOCUS

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RELEASE FOCUS COACHING TO DRIVE PERFORMANCE

What if there was a coaching method that could generate the following **in just one session?**

- Swimmers swim 1.4% faster over the length of a 25-yard pool
- Weightlifters exert 9% more force
- Boxers punch 4% faster with 5% more force
- Runners use 9.5% less oxygen for the same running speed and distance
- Kayakers paddle 4.3% faster over 100 meters

Well, there is. The good news is you can drive the same types of improvements in performance in your classes and your own training by following this simple method: Here's how.

Attention Focus

How fast someone runs, swims or rows; how high or long they jump; how accurately they hit a target; how well they balance; or how much weight they can lift depends to a significant extent on where they focus their attention.

Research suggests that what an athlete concentrates on can be the difference between winning the gold and not even making the team.

What might be surprising is that shifting your focus from within yourself (what's going on in your body) to what's out there (what you're trying to accomplish) is a winning strategy and it's this that can take us to new levels in our training and performance.

What Rather Than How

Shifting your focus to the intended outcome, rather than your body movements, allows the body to utilize its remarkable capability to produce efficient and effective movements.

In fact, even in the early stages of skill development, maintaining an **external** focus can generate immediate improvements in movement, coordination and technique.

Coaching in Classes

Most of us are using a mix of internal and external focuses in our classes.

Think of a Bicep Curl in BODYPUMP

"Squeeze your biceps to curl the bar" – internal

"Drive the bar up and away from you" – external

Layer 1

Our set-up and safety cues will be mainly internally focused – "brace your abs to stabilize your trunk", "bent knee landing" on Jumps etc.

Layer 1 is therefore dominated by an internal focus.

Despite the findings of increased performance across many measures as discussed, internally focused cues are still necessary for skill acquisition and setting up safe technique.

There is still room for the occasional external focus in Layer 1. Focusing on how you're exerting pressure on the floor, rather than a weight shift, can accelerate skill acquisition and performance.



RELEASE FOCUS COACHING TO DRIVE PERFORMANCE

Layer 2

When it comes to Layer 2 – driving intensity and improving execution – as the research states, an external focus may be more effective.

Recall what our Layer 2 focuses are in most programs – (improve execution, manipulate intensity and educate).

Including externally focused Layer 2 cues can help in all of these areas.

BODYPUMP

In BODYPUMP we could have a Layer 2 focus on increasing speed in the Clean phase of a Clean & Press. We could focus on “fast elbows” (internal) or “make that bar fly” (external).

A combination of the two can help reinforce the focus.

Trying to coach too many elements in Layer 2 can create overload, confusion or cause your participants to simply switch off and stop listening.

Coaching the same improvement in performance by using an internal cue (“lets focus on getting fast elbows in that Clean”) followed by an external cue that reinforces the same objective “make that bar fly” creates consistency and allows that particular improvement in execution to land.

Similarly, we could use the cue “squeeze the chest” in a Chest Press followed by “try and bend the bar” both achieve the same thing while shifting the focus from internal to external.

Remember though, when it comes to pure performance and greater output, the research suggests an external focus is more effective.

BODYCOMBAT

In BODYCOMBAT we could focus on engaging our abs and rotating the chest to generate power in a punch – or we could quite simply focus on putting a big dent in a punchbag.

Having an external focus lets the brain do its thing and drives performance.

Cycle Programs

Which do you think would exert more power on a bike – transferring your body weight and driving out of your glutes and quads, or trying to stamp the pedal through the floor?

Agility Training

Sometimes it's simply focusing on driving down through the floor or pushing the floor away. For example, in BODYATTACK and LES MILLS GRIT we could focus on “driving out of the hip” to move laterally in a 3-Step Run or a Heisman – or we could simply “drive the floor away from us”.

Putting it into Practice

Where to from here?

The first step will be to watch the Masterclass footage and notice which external cues were used.

Then focus on specific peak moves and come up with your own personal examples. What external focuses worked for you when you executed those moves?

What will you use in your own training?

As with everything, this comes with practice – good luck!



GRIT STRENGTH MUSIC

01.

I'm Back Now (3:17)

King Flexx

© 2020 Position Music.
Written by: Ofir, Harris

02.

What You Mean (4:38)

JIM JUNK

Courtesy of Les Mills Music Licensing Ltd.
Written by: Nasir

Attack Mode (4:38)

EZ feat. VinDon

Courtesy of Les Mills Music Licensing Ltd.
Written by: Martins, Hulcome

03.

My Bop (1:40)

Fabian Mazur with yoitsCrash

© 2021 Fabian Mazur Music.
Written by: Mabur, Kesack

Fast Flow (1:35)

Ty Noam Frankel

© 2019 UPM-US.
Written by: Frankel

My Bop (1:35)

Fabian Mazur with yoitsCrash

© 2021 Fabian Mazur Music.
Written by: Mabur, Kesack

04.

Level Up (2:30)

Dazy Chain

© 2021 Dazy Chain.
Written by: Wells, Hawkins, Marvin

Acrylics (2:35)

TNGHT

© 2013 Warp Records Ltd. Courtesy of Warp Records.
Written by: Pierre II, Birchard

05.

Periphery (3:19)

Wiwek

© 2021 Rave Culture Music B.V.
Written by: Mahabali

Bap U (1:35)

Party Favor

© 2014 Mad Decent.
Written by: Ragland

06.

What's Next (1:40)

Drake

Courtesy of the Universal Music Group.
Written by: Priestester, Bidaye, Graham

OUTRO

Run It (1:01)

INF

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



Erin Maw



Ben Main

If you thought LES MILLS GRIT 38 was epic, then you are in for an even sweeter treat with Release 39. It has a creative and challenging class structure to test mental and physical strength that will evolve your fitness to the next level! With massive Tabata sets to open and finish the workout and longer rep challenge sets, this workout is absolutely centered around athleticism. LES MILLS GRIT 39 is fresh and feels like no other! Mixing up the training sets will keep us progressing forward with our fitness.

Enjoy this one!

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

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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.

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.

Thanks to:

Bas Hollander

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	Squat Heel Raise with Plate
0:33	Backward-Stepping Lunge with Plate
0:43	Backward-Stepping Lunge with Front Raise
1:01	Half Burpee
1:10	Half Burpee with Pushup
1:39	Half Burpee Jump with Pushup
1:58	Barbell Row x1, High Pull x1
2:17	Hang Clean
2:35	Barbell Front Squat
2:55	Clean & Press
3:13	<i>Recovery</i>



01. I'M BACK NOW 3:17mins

COACHING TIP

Let's get the team warmed up and ready to move. Highlight the different movement patterns and let everyone know what areas we are warming up. Really simple coaching to match simple movements.

CONNECTION

This is a great tune! It has excellent contrast where you can ride the highs and the lows. When riding the lows let's be clear on what we are saying. When we're riding the highs let's pump up the energy and get the team feeling good and ready for the workout ahead.

DRIVE

Once everyone has the movement patterns locked down, get the team working hard to pump up the heart rate, ready for the first challenge. This is the key to maximizing the training from the start.

TECHNIQUE

SQUAT HEEL RAISE WITH PLATE

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

BACKWARD-STEPPING LUNGE WITH PLATE

- Feet under the hips
- Long step back
- Back knee towards the floor
- Plate to collarbones
- Elbows under the plate
- Bend front knee to 90 degrees
- Front knee out over toes
- Chest up

BACKWARD-STEPPING LUNGE WITH FRONT RAISE

- Lunge and raise the plate
- Plate to shoulder height

HALF 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

HALF BURPEE WITH PUSHUP

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

↓ OPTION: DROP TO KNEES ON PUSHUP

Add a Jump

- Soft knee landing

BARBELL ROW, HIGH PULL

- Tip forward from hips
- Bar to knees
- Pull bar to belly
- Abs braced
- Chest lifted
- Lift heels

HANG CLEAN

- Shoot hips back
- Catch bar on the collarbones
- Shoot the elbows through
- Prepping that front-loaded bar pattern
- Bar close to body

BARBELL FRONT SQUAT

- Bar sits on the collarbones
- Feet just outside hip-width
- Elbows forward
- Chest up
- Abs braced
- Hips and knees to 90 degrees
- Knees press out in line with toes

CLEAN & PRESS

- Shoot the hips back
- Catch bar on the collarbones
- Brace abs as the bar moves over head
- Bar close to body
- Elbows slightly forward in the Press



02. TABATA PYRAMID UP

TRACK SET-UP: Tabata intervals – 3 moves, 20 seconds on, 10 seconds off. Start with 1 set of each move then work up to 3 sets of each back-to-back.

TRACK FOCUS: Maximum effort in every 20-second interval.

Exercise	
0:00	Set up and demonstrate move A: Pendulum Lunge L&R
SET 1:	1 set of each move
0:20	A: Pendulum Lunge L&R
0:40	Recovery
0:48	B: Squat Jack with Plate Press O/H
1:10	Recovery
1:18	C: Barbell Drop Squat Clean
1:38	Recover and set up SET 2: each move completed twice, back-to-back
SET 2:	2 sets of each move
1:49	A: Pendulum Lunge L&R
2:10	Recovery
2:18	A: Pendulum Lunge L&R
2:39	Recovery
2:47	B: Squat Jack with Plate Press O/H
3:09	Recovery
3:18	B: Squat Jack with Plate Press O/H
3:38	Recovery
3:48	C: Barbell Drop Squat Clean
4:09	Recovery
4:17	C: Barbell Drop Squat Clean
4:37	Recover and set up SET 3: each move completed 3 times, back-to-back



02. TABATA PYRAMID UP

Exercise	
SET 3:	3 sets of each move
4:49	A: Pendulum Lunge L&R
5:10	Recovery
5:20	A: Pendulum Lunge L&R
5:41	Recovery
5:50	A: Pendulum Lunge L&R
6:11	Recover
6:21	B: Squat Jack with Plate Press O/H
6:39	Recovery
6:48	B: Squat Jack with Plate Press O/H
7:10	Recovery
7:19	B: Squat Jack with Plate Press O/H
7:41	Recovery
7:49	C: Barbell Drop Squat Clean
8:11	Recovery
8:20	C: Barbell Drop Squat Clean
8:38	Recovery
8:48	C: Barbell Drop Squat Clean
9:09	Recovery



02. WHAT YOU MEAN / ATTACK MODE 9:16mins

COACHING TIP

That's right, we are hitting a Tabata Pyramid... This is the ultimate start to a workout. Set the target, range cues and options early so everyone knows what's happening and how to get stuck in fast.

CONNECTION

This round is all about being creative with our coaching. Try adding in some performance and external cues to bring a new look and feel on how to improve the move. Let's get creative and see where we can take this.

DRIVE

This is a Tabata! And we know that means we go as hard as we can! This track hits hard and fast so we want our team to be focused and to fire all the way to the top of this Tabata, because when we come back down the other side it's going to feel unreal!

HIIT SCIENCE

The first working sets in a HIIT workout will often determine the overall effectiveness. Tabata is an ideal way to push into a top training zone. The 2:1 work-to-rest ratio ensures we maintain maximum intensity as we build on the fatigue of the previous set.

TECHNIQUE

PENDULUM LUNGE

- Step back and swing the plates at the same time
- **Long step back**
- **Hips and shoulders square to the front**
- **Front knee out over toes**
- **Chest up**
- **Core engaged**
- **Elbows stop slightly in front of the face**

↓ OPTIONS: REDUCE THE RANGE OF THE SWING OR TAKE OUT THE SWING

Layer 2: Imagine you're trying to throw a medicine ball as high as you can

SQUAT JACK WITH PLATE PRESS OVER HEAD

- Jack the feet and push the plate at the same time
- Quarter Squat
- **Chest up**
- **Core engaged**
- **Knees soft**
- **Press plate just in front of the body at the top of the move**

↓ OPTION: PLATE STAYS AT COLLARBONES

Layer 2: Visualize yourself punching your way through a roof. How fast can you break through it?

BARBELL DROP SQUAT CLEAN

- Clean barbell to collarbones and jump into a Squat
- Feet start under the hips then land outside hip-width
- **Bar close to body**
- Lead with elbows
- **Hips back and down**
- **Hips and knees to 90 degrees**
- **Knees out over toes, chest up**
- **Abs braced**

Layer 2: Can you pull yourself under the bar and get into a Squat quickly?



03. SUPERSET KICKER

TRACK SET-UP: Starting with 30 seconds lower body, 30 seconds upper body, followed by a 10-second Kicker Sprint. 3 sets in total with shifting interval time.

TRACK FOCUS: Maintain intensity by shifting focus in muscle groups and aiming for maximum speed in the Kicker Sprint.

Exercise	
0:00	Set up and demonstrate first move: Barbell Back Squat with Heel Raise
SET 1: 2x 30-second intervals, 1x 10-second Kicker Sprint	
0:29	Barbell Back Squat with Heel Raise
1:00	Barbell Row x1, High Pull x1
1:30	Kicker Sprint OTS
1:39	Recovery
SET 2: 2x 25-second intervals, 1x 15-second Kicker Sprint	
2:09	Barbell Front Squat
2:34	Barbell Clean & Press
2:59	Kicker Sprint OTS
3:13	Recovery
SET 3: 2x 20-second intervals, 1x 20-second Kicker Sprint	
3:44	Barbell Back Squat with Heel Raise
4:05	Barbell Row x1, High Pull x1
4:24	Kicker Sprint OTS
4:43	Recovery



03. MY BOP / FAST FLOW 4:50mins

COACHING TIP

At the start of each set, clearly explain how long the sets are and how long the Kicker Sprint is for. This is the ultimate heart rate hitter, so let's be sure to pre-cue the kicker in the second move so we give our participants the opportunity to hit every second in the kicker zone.

CONNECTION

This track changes fast so if you are going out to floor-coach, pick and choose your times. The kicker is the same in all three sets. Head out on the floor after setting up the second move and coach someone to give their best effort in the kicker.

DRIVE

Everyone is working hard through the first two moves and now we want them firing through the kicker. This is the zone where we need them to level up! Let's do everything we can to see a massive gear change in energy during the kicker.

HIIT SCIENCE

HIIT training provides us with a great opportunity to access our fast-twitch (type 2) muscle fibers. The key to unlocking these more explosive fibers is intensity. This is how we develop athletic change.

TECHNIQUE

BARBELL BACK SQUAT WITH HEEL RAISE

- **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

↓ OPTION: NO HEEL RAISE

Layer 2: How much distance can you make between the heel and the floor?

BARBELL ROW, HIGH PULL

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

Layer 2: Squeeze the glutes to drive the hips forward and up in High Pull

KICKER SPRINT OTS

- Drive the knees to hip height
- **Chest up, core engaged**
- **Back straight**
- Drive the arms and legs

Layer 2: Visualize racing an opponent and then try to run harder and faster until the countdown

BARBELL FRONT SQUAT

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

↓ OPTION: USE A PLATE

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

BARBELL CLEAN & PRESS

- 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**
- **Hips back and down**
- **Knees out over toes**

↓ OPTION: USE A PLATE

Layer 2: Shoot the elbows forward in the Clean



04. REP CHALLENGE DROP SET

TRACK SET-UP: 2-minute block of work broken into 30-second intervals, each for 30 seconds, aiming for reps and recovery. Starting on 6 reps, decrease that number over each interval with max effort for the last 30 seconds.

TRACK FOCUS: Hit the rep count as fast as you can, aiming to get as much recovery as possible after max heart rate has been achieved.

Exercise	
0:00	Set up and demonstrate moves: Pushup x1, Power Burpee x1, Loaded 180° Squat Jump x1

SET 1

0:30	6 reps: Pushup x1, Power Burpee x1, Loaded 180° Squat Jump x1 = 1 rep
1:01	5 reps: Pushup x1, Power Burpee x1, Loaded 180° Squat Jump x1 = 1 rep
1:29	4 reps: Pushup x1, Power Burpee x1, Loaded 180° Squat Jump x1 = 1 rep
1:58	MAX EFFORT: Pushup x1, Power Burpee x1, Loaded 180° Squat Jump x1
2:29	Recover and set up SET 2: Barbell Squat Press

SET 2

3:00	11 reps: Barbell Squat Press
3:30	10 reps: Barbell Squat Press
4:00	9 reps: Barbell Squat Press
4:28	MAX EFFORT: Barbell Squat Press
4:58	Recovery



04. LEVEL UP / ACRYLICS 5:05mins

COACHING TIP

Set this track up with clear targets – what is the target number? The first set gives you the most amount of time for safety cues so let’s get them out quickly. Remember to make it clear that once they have accomplished their target, then they recover and wait for the next set to hit.

CONNECTION

This is a really challenging track. Get out on the floor and push your team. Focus on one or two people and really help them get to the target fast so they can fit in that longer recovery.

DRIVE

Right now, the team is really feeling it! But it all comes down to how bad they want results. Let’s bring our best motivation and push them into another level of fitness. Physically go there yourself and be sure to keep the energy high.

HIIT SCIENCE

A study from the Les Mills Lab indicates that the intensity of a Squat Press is equal to the addition of the effort in the Squat plus the Press. Fast Squats are difficult as are Overhead Presses. Combining the intensity of these two movements allows us to push into a maximum training zone.

TECHNIQUE

PUSHUP, POWER BURPEE, LOADED 180-DEGREE SQUAT JUMP

- 1 Pushup, jump the feet wide and lift the chest into a Power Burpee. From the loaded position, jump and rotate 180 degrees in the air, then repeat
- **Hands outside shoulder-width**
- **Drop chest to elbow height**
- **Back long and straight**
- **Abs braced**

↓ OPTION: DROP TO KNEES ON PUSHUP

- **Feet jump wide**
- **Knees out over toes**
- **Chest lifted**

↓ OPTION: WALK FEET IN ON POWER BURPEE

- **Jump up and turn the body as one**
- **Bend knees to land**

↓ OPTION: SQUAT WITH NO JUMP INSTEAD OF 180-DEGREE SQUAT JUMP

Layer 2: Squeeze the glutes at the base of the Power Burpee to get as much vertical height as possible

BARBELL SQUAT PRESS

- Squat and drive the bar straight up
- **Bar high on the collarbones**
- **Hips back and down**
- **Bend knees to 90 degrees**
- **Knees out over toes**
- **Chest up, core engaged**
- **Brace core in the Press**
- **Elbows slightly forward at the top of the Press**
- Drive heels down

Layer 2: How fast can you drive from low to high?



05. TABATA PYRAMID DOWN

TRACK SET-UP: Bringing the Tabata Pyramid down from the start of the workout. We climbed to 3 sets of each, now we drop it to 2 then 1 set of each move.
TRACK FOCUS: Max effort in every 20-second interval.

Exercise	
0:00	Set up and demonstrate move A: Pendulum Scissor Lunge
SET 1: 2 sets of each move	
0:29	A: Pendulum Scissor Lunge L&R
0:50	Recovery
0:58	A: Pendulum Scissor Lunge L&R
1:19	Recovery
1:29	B: Squat Jack with Plate Press O/H
1:50	Recovery
1:59	B: Squat Jack with Plate Press O/H
2:20	Recovery
2:28	C: Barbell Drop Squat Clean
2:50	Recovery
2:58	C: Barbell Drop Squat Clean
3:18	Recover and set up SET 2
SET 2: 1 set of each move	
3:28	A: Pendulum Scissor Lunge L&R
3:48	Recovery
3:59	B: Squat Jack with Plate Press O/H
4:20	Recovery
4:30	C: Barbell Drop Squat Clean
4:48	Recovery



05. PERIPHERY / BAP U 4:54mins

COACHING TIP

We are on the way down. Hit the team with a quick refresher of the moves and then get ready to bring them home!

CONNECTION

Lead by example on this one and physically go there yourself! If you need to bring some of the Layer 2 coaching back in from Track 2, make sure it's short and sharp. Attack the 20-second block and then move on and focus on the next. What participants really need is for you to get them across the finish line.

DRIVE

This is the time to bring your best motivation to the workout. What do participants need to hear to get them to finish strongly? Encourage them in the recoveries and then go with them in the working sets.

HIIT SCIENCE

These exercises require total body muscle recruitment. This is key when using strength focused exercises to drive our heart rate into the HIIT zone.

TECHNIQUE

PENDULUM SCISSOR LUNGE

- Split the feet, **big step back** and swing the plates up as you step back
- Bend front knee to 90 degrees
- Jump feet together as the plates come down, reset plates then switch legs
- **Elbows stop slightly in front of the face**
- **Soft knee landing in the Lunge**
- **Chest lifted, abs braced**
- **Front knee out over toes**
- **Hips and shoulders square to front**

↓ OPTION: NO SCISSOR

Layer 2: Drop quickly into the Lunge

SQUAT JACK WITH PLATE PRESS OVER HEAD

- Jack the feet and push the plate over head at the same time
- Quarter Squat
- **Chest up**
- **Core engaged**
- **Knees soft**
- **Press plate just in front of the body at the top of the move**

↓ OPTION: PLATE STAYS AT COLLARBONES

Layer 2: Visualize yourself punching your way through a roof. How fast can you break through it?

BARBELL DROP SQUAT CLEAN

- Clean barbell to collarbones and jump into a Squat
- Feet start under the hips then land outside hip-width
- **Bar close to body**
- Lead with elbows
- **Hips back and down**
- **Hips and knees to 90 degrees**
- **Knees out over toes, chest up**
- **Abs braced**

Layer 2: Can you pull yourself under the bar and get into a Squat quickly?



06. CORE CHALLENGE

TRACK SET-UP: 3 sets – 20 seconds on, 10 seconds off. 2 moves – A, B, A.

<i>Exercise</i>	
0:00	Set up and demonstrate first move: Kneeling Plate Arc L&R
0:14	Kneeling Plate Arc L&R
0:35	<i>Recovery</i>
0:43	Mountain Climber L&R
1:04	<i>Recovery</i>
1:13	Kneeling Plate Arc L&R
1:34	<i>Recovery</i>



06. WHAT'S NEXT 1:40mins

COACHING TIP

Everyone will be smashed after the last track but let's keep them moving and set this one up fast – only 1 minute of work.

CONNECTION

Once set up, bring the intensity and keep it firing. Provide time checks on where participants are in the track and hold them accountable to the last second.

DRIVE

Let's get the team finishing strongly by providing them with benefits on why core training is great for us. Every muscle in their body will be feeling fatigued, so let's keep them checked into the workout and they can leave feeling amazing!

TECHNIQUE

KNEELING PLATE ARC

- Arc the plate from one side to the other
- **Hips square to front**
- **Chest up**
- **Core engaged to control the move**
- Squeeze glutes to stabilize hips

↓ OPTION: REDUCE THE RANGE IN THE ARC

Layer 2: Imagine dipping the plate into the floor on each side

MOUNTAIN CLIMBER

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

↓ OPTION: KNEELING CLIMBER

Layer 2: Drive the knees faster towards your chest



GRIT CARDIO MUSIC

01. **Just Playin’** (2:59)
Lucky Dropout feat. Way Way Okay!
© 2021 Accelerator Music.
Written by: van Alstine, Fleetwood

02. **Just Feels Tight** (4:40)
FISHER
© 2021 Catch & Release under exclusive license to etcetc Music Pty Ltd.
Written by: Fisher

**I See You (Good Times Ahead
Remix)** (4:36)
JSTJR
© 2021 Group Chat.
Written by: Tomaszewski, Toth, Mejia

03. **Pump Up** (1:42)
Disco Fries, Art Beatz & Fatman Scoop
© 2021 Liftoff Recordings.
Written by: Ditri, Boselovic

Whatchya Gonna Do (1:34)
NOAM DEE
Courtesy of Les Mills Music Licensing Ltd.
Written by: Fairley

Pump Up (1:36)
Disco Fries, Art Beatz & Fatman Scoop
© 2021 Liftoff Recordings.
Written by: Ditri, Boselovic

04. **Prince** (2:30)
Party Favor
© 2014 Bombsquad. Licensed courtesy of Central Station Records.
Written by: Ragland

Talamanca (2:38)
BURNS
© 2021 Glow Ent, LLC under exclusive license to Parlophone Records Limited / FFRR.
Written by: Burns

05. **Gold Dust (Shy FX Re-Edit)** (3:20)
DJ Fresh
© 2012 Breakbeat Kaos.
Written by: Stein

Drop It Down Low (Steve Aoki Edit)
(1:35)
Henry Fong feat. Richie Loop
© 2016 Dim Mak Records, Inc.
Written by: Fong, Webb

06. **Already Home** (2:12)
JAY-Z feat. Kid Cudi
Courtesy of the Universal Music Group.
Written by: Carter, Mescudi, Mudie

OUTRO **Run It** (1:01)
INF
Courtesy of Les Mills Music Licensing Ltd.
Written by: Tyson



Bas Hollander



Natasha (Tash) Vincent

If you thought LES MILLS GRIT 38 was epic, then you are in for an even sweeter treat with Release 39. It has a creative and challenging class structure to test mental and physical strength that will evolve your fitness to the next level! With massive Tabata sets to open and finish the workout and longer rep challenge sets, this workout is absolutely centered around athleticism. LES MILLS GRIT 39 is fresh and feels like no other! Mixing up the training sets will keep us progressing forward with our fitness.

Enjoy this one!

Erin and the LES MILLS GRIT team

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

PRESENTERS

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.

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

Thanks to:

Erin Maw

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.

Exercise	
0:05	Hip Opener
0:15	Squat with Arm Reach O/H
0:29	Dynamic Lunge with Rotation L&R
0:41	High Knee Run OTS
0:52	(Turn to face R side) Lateral Shuffle F&B
1:03	Half Burpee
1:15	Half Burpee Jump
1:26	High Knee Run OTS
1:36	(Turn to face L side) Lateral Shuffle F&B
1:48	Pushup x1, Mountain Climber L&R x2
2:11	Lateral Shuffle Alt F&B x1, Low 180° Squat Jump
2:45	High Knee Sprint OTS
2:57	Recovery



01. JUST PLAYIN' 2:59mins

CONNECTION

Great tune – hype vibes and positive energy is always a great way to start any GRIT Cardio workout. Set participants up for success with clear Layer 1 cues and always ensure options are given from the start so they can cater this workout to their intensity levels.

TECHNIQUE

SQUAT WITH ARM REACH OVER HEAD

- Feet just outside hip-width
- Hips back and down
- Knees out over toes
- Butt to 90 degrees
- Chest up
- Arms straight – elbows slightly in front of face
- Armpits and pinky fingers face front
- Abs braced

DYNAMIC LUNGE WITH ROTATION

- Long step back
- Bend knee to 90 degrees
- Front thigh parallel to floor
- Front knee out
- Rotate towards front thigh

HIGH KNEE RUN OTS

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

LATERAL SHUFFLE

- Feet wide
- Double shuffle then tap the floor with outside hand
- Chest lifted
- Knees soft
- Hips and shoulders stay square to the front

HALF 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



02. TABATA PYRAMID UP

TRACK SET-UP: Tabata intervals – 3 moves, 20 seconds on, 10 seconds off. Start with 1 set of each move then work up to 3 sets of each, back-to-back.
TRACK FOCUS: Max effort in every 20-second interval.

Exercise	
0:00	Set up and demonstrate move A: Lateral Skater x3, Single-Leg Pushup x1
SET 1:	1 set of each move
0:20	A: Lateral Skater x3, Single-Leg Pushup x1
0:39	Recovery
0:49	B: Broad Jump x1, Burpee Jump x1, Jack Back x2
1:10	Recovery
1:19	C: Shuttle L&R
1:39	Recover and set up SET 2: each move completed twice, back-to-back
SET 2:	2 sets of each move
1:48	A: Lateral Skater x3, Single-Leg Pushup x1
2:08	Recovery
2:18	A: Lateral Skater x3, Single-Leg Pushup x1
2:37	Recovery
2:48	B: Broad Jump x1, Burpee Jump x1, Jack Back x2
3:09	Recovery
3:17	B: Broad Jump x1, Burpee Jump x1, Jack Back x2
3:37	Recovery
3:47	C: Shuttle L&R
4:08	Recovery
4:16	C: Shuttle L&R
4:39	Recover and set up SET 3: each move completed three times, back-to-back



02. TABATA PYRAMID UP

Exercise	
SET 3:	3 sets of each move
4:49	A: Lateral Skater x3, Single-Leg Pushup x1
5:11	Recovery
5:20	A: Lateral Skater x3, Single-Leg Pushup x1
5:40	Recovery
5:49	A: Lateral Skater x3, Single-Leg Pushup x1
6:12	Recovery
6:20	B: Broad Jump x1, Burpee Jump x1, Jack Back x2
6:40	Recovery
6:48	B: Broad Jump x1, Burpee Jump x1, Jack Back x2
7:10	Recovery
7:20	B: Broad Jump x1, Burpee Jump x1, Jack Back x2
7:40	Recovery
7:49	C: Shuttle L&R
8:09	Recovery
8:18	C: Shuttle L&R
8:39	Recovery
8:49	C: Shuttle L&R
9:09	Recovery



02. JUST FEELS TIGHT / I SEE YOU (GOOD TIMES AHEAD REMIX) 9:16mins

COACHING TIP

Like Bas does in the Masterclass, focus on a clear simple set-up and show both options of single-leg and double-leg Pushup variations for the first set.

CONNECTION

18 Tabata sets is a massive mental and physical challenge to begin this workout. Keep the confidence of your participants high with lots of praise and encouragement. Draw on all the benefits you can get from hitting a Tabata set like this hard to keep engagement and effort high.

DRIVE

Having multiple sets in this track makes sure the coaching formula will be really successful. The first sets are focused on Technique and improving Execution. As participants become more familiar with the movements, it's about driving that intensity. In those final sets, when fatigue is at it's highest, we focus on motivation and layering in heaps of Tabata benefits to ensure everyone pushes to their maximum effort right up to the last set.

HIIT SCIENCE

The first working sets in a HIIT workout will often determine the overall effectiveness. Tabata is an ideal way to push into a top training zone. The 2:1 work-to-rest ratio ensures we maintain maximum intensity as we build on the fatigue of the previous set.

TECHNIQUE

LATERAL SKATER

- Jumping side-to-side, shifting body weight, drawing knees together
- **Hips square to front**
- **Land softly with knee bent**
- **Knee out on landing**
- Push off outside foot to change direction

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

SINGLE-LEG PUSHUP

- Transition from Skater, remaining on single leg, and jump into Plank position
- **Standing leg soft with knee pressing out over toes**
- **Hips staying square to front**
- **Hands outside shoulder-width**
- **Back long and straight**
- **Abs braced**
- **Drop chest to elbow height**
- Hovering leg tucks onto the back of the grounded foot's calf
- Jump single leg back to standing with soft knee bend

↓ **OPTIONS: BOTH FEET IN AND OUT OF PUSHUP (PUSHUP ON KNEES OR TOES)**

BROAD JUMP

- Athletic stance to begin
- **Feet just outside hip-width, knees soft**
- **Bend knees and hips to take off**
- **Both feet take off, both feet land**
- **Soft knee landing**
- **Brace core to take off and land**
- **Keep chest up**

Layer 2: Extend through the hips to generate greater power output

BURPEE JUMP, JACK BACK

- 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**
- Knees soft in the Jack Back
- **Chest up and core activated**



02. JUST FEELS TIGHT / I SEE YOU (GOOD TIMES AHEAD REMIX) 9:16mins

TECHNIQUE

SHUTTLE

- Starting in modified Bear Pose
- Hands in line with shoulders
- Right knee in line with hips in between the line of the hands – left leg starts on a 45-degree angle towards back corner, outside the left arm-line
- **Hips stay low**
- Legs skip across from side-to-side
- One foot lands at a time
- Hands stay anchored to the floor
- **Hips and chest remain square to floor**
- **Strong ab brace**

Layer 2: Lock the core to move the legs with rapid speed



03. SUPERSET KICKER

TRACK SET-UP: Starting with 30 seconds lower body, 30 seconds upper body, followed by a 10-second Kicker Sprint. 3 sets in total with shifting interval times.

TRACK FOCUS: Maintain intensity by shifting focus in muscle groups and aiming for maximum speed in the Kicker Sprint. The advanced option is to hit the Kicker Sprints on the beat.

Exercise	
0:00	Set up and demonstrate first move: Pop Squat L&R
SET 1: 2x 30-second intervals, 1x 10-second Kicker Sprint	
0:30	Pop Squat L&R
1:01	Frog Jump, Shoulder Tap L&R
1:31	On/Off Beat Kicker Sprint OTS
1:40	Recovery
SET 2: 2x 25-second intervals, 1x 15-second Kicker Sprint	
2:10	Pop Squat L&R
2:35	Frog Jump, Shoulder Tap L&R
3:00	On/Off Beat Kicker Sprint OTS
3:14	Recovery
SET 3: 2x 20-second intervals, 1x 20-second Kicker Sprint	
3:44	Pop Squat L&R
4:04	Frog Jump, Shoulder Tap L&R
4:25	On/Off Beat Kicker Sprint OTS
4:45	Recovery



03. PUMP UP / WHATCHYA GONNA DO 4:52mins

COACHING TIP

The Pop Squat is a new move to GRIT this round. Focus on clearly explaining this in the track intro.

CONNECTING

The music in this track is ‘super hype’ with a great beat. We don’t often highlight the music in a GRIT workout; however, there is an opportunity to tap into the music in this set and hit the Kicker Sprint on the beat – trying to stay on the fast beat can hold us accountable and get us working harder.

DRIVE

In this track, we focus on shifting the gear another level from the incredible Tabata we have just conquered. In contrast to the quick bursts of 20-second sets, we are now tapping into longer sets with longer recovery and shifting the focus from the lower to upper body. This means we can maintain maximum output for longer and we focus on a hard push in every set from the start.

HIIT SCIENCE

HIIT training provides us with a great opportunity to access our fast-twitch (type 2) muscle fibers. The key to unlocking these more explosive fibers is intensity. This is how we develop athletic change.

TECHNIQUE

POP SQUAT

- **Jump feet just outside hip-width**
- **Hips back and down**
- **Knees out over toes**
- **Butt to 90 degrees**
- **Chest up**
- Jump feet back in, one foot crosses over the other
- Chest faces forward
- Hips rotate with the direction of front foot
- **Core activated**
- **Soft knees to jump in and out of Squat**

Layer 2: Squeeze the glutes to drive out of the Squat and create more energy in your lower body

FROG JUMP, SHOULDER TAP

- Begin in Plank position
- **Hands under shoulders**
- **Back long and flat**
- **Abs braced**
- Jump knees in towards chest
- Hips stay low
- Both feet jump in and out
- Jumping back to Plank, feet wide outside hip-width
- Opposite hand lifts off and taps opposite shoulder
- **Hips stay square to the floor**

Layer 2: Locking in the core to help stabilize and hit movement efficiency

KICKER SPRINT OTS

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

Layer 2: Cut through the air with the knees to generate greater fast-twitch muscle power



04. REP CHALLENGE DROP SET

TRACK SET-UP: 2-minute block of work broken into 30-second intervals, each for 30 seconds, aiming for reps and recovery. Starting on 6 reps, decreasing that number over each interval with max effort for the last 30 seconds.

TRACK FOCUS: Hit the rep count as fast as you can, aiming to get as much recovery as possible after max heart rate has been achieved.

Exercise

0:00 Set up and demonstrate moves: **Power Lunge** L&R x1, **Burpee Jump** x1 = 1 rep

SET 1

- 0:296 reps: **Power Lunge** L&R x1, **Burpee Jump** x1 = 1 rep
- 0:595 reps: **Power Lunge** L&R x1, **Burpee Jump** x1 = 1 rep
- 1:304 reps: **Power Lunge** L&R x1, **Burpee Jump** x1 = 1 rep
- 1:59MAX EFFORT: **Power Lunge** L&R x1, **Burpee Jump** x1 = 1 rep
- 2:29Recover and set up SET 2: **Double V-Tap**

SET 2

- 2:596 reps: **Double V-Tap**
- 3:315 reps: **Double V-Tap**
- 4:014 reps: **Double V-Tap**
- 4:32MAX EFFORT: **Double V-Tap**
- 5:01Recovery



04. PRINCE / TALAMANCA 5:08mins

COACHING TIP

This track is the most intense one of the workout. If you know your participants need to modify the starting reps from 6, then allow them to choose a rep number that will challenge their personal fitness levels.

CONNECTION

Let the recoveries between 30-second sets be an opportunity for participants to mentally prepare and visualize success in the next set of reps. Avoid talking too much and allow them to focus on applying a strong mental game into the challenges ahead.

DRIVE

The last 30 seconds is absolutely punishing! This track is about giving your absolute ALL to the point that you have to stop. This is what true HIIT looks and feels like – honour that success and feeling when you are encouraging your members to dominate these sets.

HIIT SCIENCE

Using an imaginary outcome to a movement pattern can generate greater performance. For example with propulsive movements – simply focusing on driving the floor away allows the brain to recruit our vertical drive muscles in the most effective and powerful way.

TECHNIQUE

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: Keep the hips square to front and focus on good alignment. This will help you maintain greater power output

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**

Layer 2: Rebound out of the Squat to tap into elastic energy – that will generate more power and intensity in this move

DOUBLE V-TAP

- Essentially a Burpee with a Double Foot Tap
- Squat, jump feet back to Plank position, jump back to Squat, jump up and tap on foot, land, jump up and tap the other foot
- **Both feet take off, both feet and land**
- **Use Squat to absorb landing**
- **Chest up on the Foot Tap**
- **Strong core brace**

↓ OPTION: BURPEE DOUBLE HEEL TAP

Layer 2: Drive out of the Squat like you're an inflated ball hitting a rebound. Quick kick off the floor to maintain speed in the Jumps



05. TABATA PYRAMID DOWN

TRACK SET-UP: Bringing the Tabata Pyramid down from the start of the workout. We climbed to 3 sets of each, now we drop it to 2 then 1 set of each move.
TRACK FOCUS: Max effort in every 20-second interval.

Exercise	
0:00	Set up and demonstrate move A: Lateral Skater x3, Single-Leg Pushup x1
SET 1: 2 sets of each move	
0:28	A: Lateral Skater x3, Single-Leg Pushup x1
0:50	Recovery
0:59	A: Lateral Skater x3, Single-Leg Pushup x1
1:19	Recovery
1:28	B: Broad Jump x1, Burpee Tuck Jump x1, Jack Back x2
1:50	Recovery
1:59	B: Broad Jump x1, Burpee Tuck Jump x1, Jack Back x2
2:20	Recovery
2:27	C: Shuttle L&R
2:50	Recovery
3:00	C: Shuttle L&R
3:19	Recover and set up SET 2
SET 2: 1 set of each move	
3:28	A: Lateral Skater x3, Single-Leg Pushup x1
3:49	Recovery
3:58	B: Broad Jump x1, Burpee Tuck Jump x1, Jack Back x2
4:20	Recovery
4:28	C: Shuttle L&R
4:49	Recovery



05. GOLD DUST (SHY FX RE-EDIT) / DROP IT DOWN LOW (STEVE AOKI EDIT) 4:55mins

COACHING TIP

Good luck! Haha

CONNECTION

Whatever you have left, now is the time to bring it out and give this final anaerobic challenge everything that you have. Like Tash says, this workout and this track will separate the best from the rest. It's been scientifically designed to give us the results – we just need to dig deep for ourselves and our participants. If you are prepared to be vulnerable and go there, your team will follow.

DRIVE

This track is nothing but drive and motivation. Every set will challenge us mentally and physically from start to finish. What can we say and how can we bring out the best efforts of our class? Inspiring with what we say and how we move, tapping into all the motivation and benefits of this workout and why we train this way will give us a strong reason to keep fighting!

HIIT SCIENCE

Exercise has been found to be extremely effective when it comes to reducing stress and anxiety. Did you know HIIT has been found to be more effective than other less-intense formats? This is a great reason to celebrate your team's efforts whenever possible.

TECHNIQUE

LATERAL SKATER

- Jumping side-to-side, shifting body weight drawing knees together
- **Hips square to front**
- **Land softly with knee bent**
- **Knee out over toes on landing**
- Push off outside foot to change direction

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

SINGLE-LEG PUSHUP

- Transition from Skater, remaining on single leg, and jump into Plank position
- **Standing leg soft with knee pressing out over toes**
- **Hips staying square to front**
- **Hands outside shoulder-width**
- **Back long and straight**
- **Abs braced**
- **Drop chest to elbow height**
- Hovering leg tucks onto the back of the grounded foot's calf
- Jump single leg back to standing with soft knee bend

↓ OPTIONS: BOTH FEET IN AND OUT OF PUSHUP (PUSHUP ON KNEES OR TOES)

BROAD JUMP

- Athletic stance to begin
- **Feet just outside hip-width, knees soft**
- **Bend knees and hips to take off**
- **Both feet take off, both feet land**
- **Soft knee landing**
- **Brace core to take off and land**
- **Keep chest up**

Layer 2: Extend through the hips to generate greater power output

BURPEE TUCK JUMP, JACK BACK

- 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**
- **Abs braced as feet jump back**
- **Hands under shoulders**
- **Back long, strong and straight**
- **Bend knees and jump, drive knees towards chest**
- **Land soft**
- **Chest up**
- **Abs braced**
- Knees soft in the Jack Back
- **Core activated**

↓ OPTION: SQUAT JUMP

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



05. GOLD DUST (SHY FX RE-EDIT) / DROP IT DOWN LOW (STEVE AOKI EDIT) 4:55mins

TECHNIQUE

SHUTTLE

- Starting in modified Bear Pose
- **Hands in line with shoulders**
- Right knee in line with hips in between the line of the hands – left leg starts on a 45-degree angle towards back corner, outside on the left arm-line
- **Hips stay low**
- Legs skip across from side-to-side
- One foot lands at a time
- Hands stay anchored to the floor
- **Hips and chest remain square to floor**
- **Strong ab brace**

Layer 2: Lock your core to move the legs with rapid speed



06. CORE CHALLENGE

TRACK SET-UP: 4 sets, 20 seconds on, 10 seconds off, alternating between 2 moves.

<i>Exercise</i>	
0:00	Set up and demonstrate first move: Kick Sit L&R
0:17	Kick Sit L&R
0:37	<i>Recovery</i>
0:46	Cross-Climber L&R
1:09	<i>Recovery</i>
1:16	Kick Sit L&R
1:38	<i>Recovery</i>
1:46	Cross-Climber L&R
2:07	<i>Recovery</i>



06. ALREADY HOME 2:12mins

COACHING TIP

Always show the alternative move for Kick Sit at the start.

CONNECTION

Playing on the theme of Tabatas – one final 20-second / 10-second – all in max effort to stimulate and condition the core for better athletic performance. We are still in play, so keep that energy up because the game isn't over yet.

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 opposite arm off the floor – swing straight leg back into Bear and rotate to the other side
- **Chest up, core activated**
- Back knee faces ceiling
- **Press palm hard into floor of grounded hand**
- **Butt hovers off the floor**

↓ OPTION: SWITCH CLIMBER

SWITCH CLIMBER

- Offer this 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 activated**
- Jumping one foot up beside the hand and jumping to switch other leg
- **Hips down**

CROSS-CLIMBER

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



GRIT ATHLETIC MUSIC

01.

WARM-UP

Use Cardio Track 01 music
02.

SUPERSET KICKERS

Use Cardio Track 03 music
03.

Can't Lose (4:00)

Young Nick

Courtesy of Les Mills Music Licensing Ltd.

Written by: Young
04.

Oh Nah Yeah (3:43)

CHAI & Party Favor

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Written by: Ragland, Sanei, Eleisa, McElwain
05.

The Locust King (2:17)

NOAM DEE

Courtesy of Les Mills Music Licensing Ltd.

Written by: Fairley
06.

Team (3:25)

TV Noise

© 2017 Spinnin' Premium / SpinninRecords.com.

Written by: ten Hoeve, Gelderblom
07.

REP CHALLENGE DROP SET

Use Cardio Track 04 music
08.

The Locust King (2:18)

NOAM DEE

Courtesy of Les Mills Music Licensing Ltd.

Written by: Fairley
- OUTRO

Run It (1:01)

INF

Courtesy of Les Mills Music Licensing Ltd.

Written by: Tyson



Bas Hollander



Erin Maw

If you thought LES MILLS GRIT 38 was epic, then you are in for an even sweeter treat with Release 39. It has a creative, challenging class structure to test mental and physical strength, evolving our fitness to the next level! With a big focus on progressive circuits, this workout is absolutely centered around athleticism. LES MILLS GRIT 39 is fresh and feels like no other! Mixing up the training sets will keep us progressing forward with our fitness.

Enjoy this one!

Erin and the LES MILLS GRIT team

CLASS SET-UP

Bench with two risers, 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

PRESENTERS

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.

Bas Hollander (The Netherlands) is a LES MILLS GRIT, LES MILLS SPRINT, LES MILLS TONE and 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.

Thanks to:

Ben Main

RELEASE FEEDBACK

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

TRACK 02: CARDIO 39; TRACK 03 – SUPERSET KICKERS

TRACK 03: CIRCUIT 1

TRACK 04: CIRCUIT 2

TRACK 05: HALF TABATA

TRACK 06: CIRCUIT 3

TRACK 07: CARDIO 39; TRACK 04 – REP CHALLENGE DROP SET

TRACK 08: HALF TABATA



03. CIRCUIT 1

TRACK SET-UP: Full-body circuit – 5 different training zones; 30 seconds on, 15 seconds to change stations.

TRACK FOCUS: Full-body speed and explosive power to build athleticism.

Exercise	
0:00	Set up and demonstrate Zone 1: Lateral Skater with Plate Rotation L&R
0:25	Zone 1: Lateral Skater with Plate Rotation L&R
0:55	Recovery
1:09	Zone 2: Bench Run L&R x2, Donkey Kick Over Bench L&R x2
1:39	Recovery
1:54	Zone 3: Burpee x1, 90° Box Jump F&B x1
2:24	Recovery
2:39	Zone 4: Drop Pushup
3:09	Recovery
3:24	Zone 5: Ladder up – Speed Jack x1, Plyo Sumo Bench Jump x1 (count reps)
3:53	Recovery



03. CAN'T LOSE 4:00mins

COACHING TIP

Like Bas does in the Masterclass, focus on a clear and simple set-up, talking through the zones and giving each zone a theme or focus.

CONNECTION

Having a circuit-style workout and 'zones' makes this athletic block really cool because you and your participants can actually visualize stepping from one training station into the next – each station being a fresh start and opportunity to go maximum effort again.

DRIVE

Ramp up the intensity and the energy towards the end of the circuit, especially in that final ladder circuit. We want to encourage our participants to set a really high target to try and hit for the rest of the workout.

HIIT SCIENCE

Reactive Core Training helps to improve our core engagement when and how we need it during athletic activities. Having a core that responds quickly to these types of motor patterns helps to improve movement control and prevent injury.

TECHNIQUE

LATERAL SKATER WITH PLATE ROTATION

- Jumping side-to-side, shifting body weight and drawing knees together
- **Plate is glued to the center of chest**
- **Hips square to front**
- **Upper body rotates from the center of the chest**
- **Land softly with knee bent**
- Push off outside foot to change direction

Add Plate Punch

- Arms punch out from body
- **Hands and plate in line with shoulders**
- **Chest up**
- **Super strong core brace**

↓ OPTION: PLATE STAYS ON CHEST

Layer 2: Brace your core to stabilize the upper body

BENCH RUN

- Begin in Plank position in front of bench, feet on floor to the right side
- **Hands underneath shoulders**
- **Back long and flat**
- **Hips and shoulders square to the floor**
- Feet run on/on, off/off, over the top of the bench and onto the floor
- **Keep knees soft**
- **Core braced**

Layer 2: Screw hands into the floor to lock in the upper body and allow the feet to move with rapid speed and intensity

DONKEY KICK OVER BENCH

- Plank position on floor – feet to one side of bench
- As you jump over the bench, pull the knees towards the chest and shoot back out into Plank on the other side of bench
- **Back long and flat in Plank position**
- **Core activated**
- Try to keep the hips as low as possible
- Both feet take off, both feet land
- **Soft knee landing**
- **Hips and shoulders square to the floor**

↓ OPTION: STAY WITH BENCH RUNS

Layer 2: Brace your core hard to kick the legs over – this is Reactive Core Training

BURPEE, 90-DEGREE BOX JUMP

- Begin side-on to the bench, facing forwards
- Complete one Burpee, jump 90 degrees onto bench – jump 90 degrees to face back and complete a Burpee

BURPEE

- Jump feet back to Plank position, jump back to Squat, jump up and onto bench
- **Butt down and back just above knee line**
- **Chest up**
- **Abs braced**
- **Hands under shoulders**
- **Back long, strong and straight**



03. CAN'T LOSE 4:00mins

TECHNIQUE

90-DEGREE BOX JUMP

- **Feet outside hip-width**
- **Use Squat to absorb landing and transition on/off bench**
- **Knees press out over toes**
- **Core activated to control the turn**

↓ OPTION: JUMP ON FLOOR

Layer 2: Tighten your core to maintain control and enable speed throughout the multi-directional movement

DROP PUSHUP

- Facing bench on floor in Bear Pose
- **Hands in line with shoulders**
- **Knees in line with hips**
- Jump the body forward, keeping feet anchored and land hands on bench
- Drop into a Pushup
- **Chest in line with elbows**
- **Back straight**
- Walk hands backwards one at a time return to Bear Pose
- **Strong core brace**

↓ OPTION: WALK IN AND OUT OF THE PUSHUP

Layer 2: Imagine your body is a catapult – drive out of the legs to produce more power

SPEED JACK

- Begin standing either side of bench in Mid Squat position
- Run the feet on/on, off/off the bench
- Hinge forward from hips
- **Light on the balls of the feet**
- **Knees soft**
- **Chest up**
- **Core activated**

↓ OPTION: SPEED LADDER OFF BENCH

Layer 2: Try to be weightless – this will help you move with accelerated speed

PLYO SUMO BENCH JUMP

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

↓ OPTION: NO BENCH TO JUMP

Layer 2: Focus on the outcome of achieving as many reps as possible



04. CIRCUIT 2

TRACK SET-UP: Full-body circuit – 5 different training zones, 30 seconds on, 10 seconds to change stations.

TRACK FOCUS: Full-body speed and explosive power to build athleticism.

Exercise	
0:00	Set up and demonstrate Zone 1: Lateral Skater with Plate Rotation L&R x2, Plate Punch x2
0:30	Zone 1: Lateral Skater with Plate Rotation L&R x2, Plate Punch x2
1:00	Recovery
1:09	Zone 2: Bench Run R x1, Donkey Kick Over Bench L&R x1, Bench Run L x1
1:40	Recovery
1:49	Zone 3: Burpee x1, 90° Box Jump F&B x1
2:21	Recovery
2:30	Zone 4: Drop Pushup
3:00	Recovery
3:08	Zone 5: Ladder up – Speed Jack x1, Plyo Sumo Bench Jump x1 (aim for same reps as Circuit 1)
3:39	Recovery



04. OH NAH YEAH 3:43mins

COACHING TIP

Shorter recovery this time so be punchy using ‘say and do’ demonstrations with any choreography changes.

CONNECTION

This is a great opportunity to connect the mind to the body like Erin does in the Masterclass and focus on the firing and the importance of the core and core conditioning in this block of work. Having a strong core enables us to move more efficiently and with more intensity – so let’s lean in and get participants feeling their anterior powerhouses.

DRIVE

It’s time to ramp up the effort here – shorter recoveries and some manipulated sets to drive more intensity. This will guarantee to get heart rates high into that red zone.

HIIT SCIENCE

Training on the bench presents us with the opportunity to work on our explosiveness. Focusing on kicking the bench away as we land will enhance our vertical drive. These improvements will naturally enhance our ability to train in the other LES MILLS GRIT formats and any activities that require speed and explosive movements.

TECHNIQUE

LATERAL SKATER WITH PLATE ROTATION

- Jumping side-to-side, shifting body weight and drawing knees together
- **Plate is glued to the center of chest**
- **Hips square to front**
- **Upper body rotates from the center of the chest**
- **Land softly with knee bent**
- Push off outside foot to change direction

Add Plate Punch

- Arms punch out from body
- **Hands and plate in line with shoulders**
- **Chest up**
- **Super strong core brace**

↓ OPTION: PLATE STAYS ON CHEST

Layer 2: Brace your core to stabilize the upper body

BENCH RUN

- Begin in Plank position in front of bench, feet on floor to the right side
- **Hands underneath shoulders**
- **Back long and flat**
- **Hips and shoulders square to the floor**
- Feet run on/on, off/off, over the top of the bench and onto the floor
- **Keep knees soft**
- **Core braced**

Layer 2: Screw hands into the floor to lock in the upper body and allow the feet to move with rapid speed and intensity

DONKEY KICK OVER BENCH

- Plank position on floor – feet to one side of bench
- As you jump over the bench, pull the knees towards the chest and shoot back out into Plank on the other side of bench
- **Back long and flat in Plank position**
- **Core activated**
- Try to keep the hips as low as possible
- Both feet take off, both feet land
- **Soft knee landing**
- **Hips and shoulders square to the floor**

↓ OPTION: STAY WITH BENCH RUNS

Layer 2: Brace your core hard to kick the legs over – this is Reactive Core Training

BURPEE, 90-DEGREE BOX JUMP

- Begin side-on to the bench, facing forwards
- Complete one Burpee, jump 90 degrees onto bench – jump 90 degrees to face back and complete a Burpee

BURPEE

- Jump feet back to Plank position, jump back to Squat, jump up and onto bench
- **Butt down and back just above knee line**
- **Chest up**
- **Abs braced**
- **Hands under shoulders**
- **Back long, strong and straight**



04. OH NAH YEAH 3:43mins

TECHNIQUE

90-DEGREE BOX JUMP

- **Feet outside hip-width**
- **Use Squat to absorb landing and transition on/off bench**
- **Knees press out over toes**
- **Core activated to control the turn**

↓ OPTION: JUMP ON FLOOR

Layer 2: Tighten your core to maintain control and enable speed throughout the multi-directional movement

DROP PUSHUP

- Facing bench on floor in Bear Pose
- **Hands in line with shoulders**
- **Knees in line with hips**
- Jump the body forward, keeping feet anchored and land hands on bench
- Drop into a Pushup
- **Chest in line with elbows**
- **Back flat**
- Walk hands backwards one at a time, return to Bear Pose
- **Strong core brace**

↓ OPTION: WALK IN AND OUT OF THE PUSHUP

Layer 2: Imagine your body is a catapult – drive out of the legs to produce more power

SPEED JACK

- Begin standing either side of bench in Mid Squat position
- Run the feet on/on, off/off the bench
- Hinge forward from hips
- **Light on the balls of the feet**
- **Knees soft**
- **Chest up**
- **Core activated**

↓ OPTION: SPEED LADDER OFF BENCH

Layer 2: Try to be weightless – this will help you move with accelerated speed

PLYO SUMO BENCH JUMP

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

↓ OPTION: NO BENCH TO JUMP

Layer 2: Focus on the outcome of achieving as many reps as possible



05. HALF TABATA

TRACK SET-UP: 4 sets – 20 seconds on, 10 seconds off.

TRACK FOCUS: Count the reps in set 1 and aim for that some number of reps in sets 2, 3 and 4.

<i>Exercise</i>	
0:00	Set up and demonstrate move: Cross-Climber L&R
0:24	Cross-Climber L&R (count reps)
0:45	<i>Recovery</i>
0:53	Cross-Climber L&R
1:15	<i>Recovery</i>
1:25	Cross-Climber L&R
1:44	<i>Recovery</i>
1:53	Cross-Climber L&R
2:13	<i>Recovery</i>



05. THE LOCUST KING 2:17mins

COACHING TIP

Ensure to always provide the option of hands on bench with this one – it's a tough track!

CONNECTION

Try not to talk too much. Our aim is for participants to go internal and focus on getting in as many reps as possible in every set.

DRIVE

As we know, Tabata is 20 seconds of maximum effort. The drive comes in trying to hit those max reps every time. As fatigue sets in, what can we say during those final two sets to keep our participants pushing hard?

HIIT SCIENCE

The closer to parallel our trunk is to the floor, the harder the core has to work. Elevating the feet, therefore, provides a whole new edge to the demands on our core muscles as we perform the Cross-Climbers.

TECHNIQUE

CROSS-CLIMBER

- Hands on floor, feet on bench
- **Hands under shoulders in Plank position**
- **Back long and straight**
- **Abs braced**
- Pull knee towards opposite elbow then step back to Plank
- Alternate knees

↓ OPTION: HANDS ON BENCH

Layer 2: Cut through the air to move with speed



06. CIRCUIT 3

TRACK SET-UP: Full-body circuit – 5 different training zones, 30 seconds on, 5 seconds to change stations.

TRACK FOCUS: Full-body speed and explosive power to build athleticism.

Exercise	
0:00	Set up and demonstrate Zone 1: Lateral Skater with Plate Rotation L&R x2, Plate Punch x2
0:29	Zone 1: Lateral Skater with Plate Rotation L&R x2, Plate Punch x2
0:59	Recovery
1:04	Zone 2: Bench Run R x1, Donkey Kick Over Bench L&R x1, Bench Run L x1
1:34	Recovery
1:39	Zone 3: Burpee x1, 90° Box Jump F&B x1
2:09	Recovery
2:14	Zone 4: Drop Pushup
2:44	Recovery
2:49	Zone 5: Ladder up – Speed Jack x1, Plyo Sumo Bench Jump x1 (aim for same reps as Circuit 1)
3:19	Recovery



06. TEAM 3:25mins

COACHING TIP

Shortest recovery ever! 5 seconds to be quickly moving to the next zone. Keep it simple and clear; just say what the move is.

CONNECTION

This is the hardest set of the circuits because we are moving with intensity and have minimal recovery time. Now is the time to use lots of praise to keep everyone feeling great and successful.

DRIVE

High motivation to sell and drive this one home.

HIIT SCIENCE

Hitting our max intensity while fatigued can determine whether we leave our HIIT training fitter than before. Research from the Les Mills Lab indicates that hitting the correct training zones in these kinds of workouts can transform fitness, strength and body composition in just 6 weeks.

TECHNIQUE

LATERAL SKATER WITH PLATE ROTATION

- Jumping side-to-side, shifting body weight and drawing knees together
- **Plate is glued to the center of chest**
- **Hips square to front**
- **Upper body rotates from the center of the chest**
- **Land softly with knee bent**
- Push off outside foot to change direction

Add Plate Punch

- Arms punch out from body
- **Hands and plate in line with shoulders**
- **Chest up**
- **Super strong core brace**

↓ OPTION: PLATE STAYS ON CHEST

Layer 2: Brace your core to stabilize the upper body

BENCH RUN

- Begin in Plank position in front of bench, feet on floor to the right side
- **Hands underneath shoulders**
- **Back long and flat**
- **Hips and shoulders square to the floor**
- Feet run on/on, off/off, over the top of the bench and onto the floor
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- As you jump over the bench, pull the knees towards the chest and shoot back out into Plank on the other side of bench
- **Back long and flat in Plank position**
- **Core activated**
- Try to keep the hips as low as possible
- Both feet take off, both feet land
- **Soft knee landing**
- **Hips and shoulders square to the floor**

↓ OPTION: STAY WITH BENCH RUNS

Layer 2: Brace your core hard to kick the legs over – this is Reactive Core Training

BURPEE, 90-DEGREE BOX JUMP

- Begin side-on to the bench, facing forwards
- Complete one Burpee, jump 90 degrees onto bench – jump 90 degrees to face back and complete a Burpee

BURPEE

- Jump feet back to Plank position, jump back to Squat, jump up and onto bench
- **Butt down and back just above knee line**
- **Chest up**
- **Abs braced**
- **Hands under shoulders**
- **Back long, strong and straight**



06. TEAM 3:25mins

TECHNIQUE

90-DEGREE BOX JUMP

- **Feet outside hip-width**
- **Use Squat to absorb landing and transition on/off bench**
- **Knees press out over toes**
- **Core activated to control the turn**

↓ OPTION: JUMP ON FLOOR

Layer 2: Tighten your core to maintain control and enable speed throughout the multi-directional movement

DROP PUSHUP

- Facing bench on floor in Bear Pose
- **Hands in line with shoulders**
- **Knees in line with hips**
- Jump the body forwards keeping feet anchored and land hands on bench
- Drop into a Pushup
- **Chest in line with elbows**
- **Back flat**
- Walk hands backwards one at a time, return to Bear Pose
- **Strong core brace**

↓ OPTION: WALK IN AND OUT OF THE PUSHUP

Layer 2: Imagine your body is a catapult – drive out of the legs to produce more power

SPEED JACK

- Begin standing either side of bench in Mid Squat position
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Layer 2: Try to be weightless – this will help you move with accelerated speed

PLYO SUMO BENCH JUMP

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

↓ OPTION: NO BENCH TO JUMP

Layer 2: Focus on the outcome of achieving as many reps as possible



08. HALF TABATA

TRACK SET-UP: 4 sets – 20 seconds on, 10 seconds off.

TRACK FOCUS: Count reps in set 1 and aim for that same number of reps in sets 2, 3 and 4.

Exercise	
0:00	Set up and demonstrate move: Cross-Climber L&R
0:24	Cross-Climber L&R (count reps)
0:45	Recovery
0:53	Cross-Climber L&R
1:15	Recovery
1:25	Cross-Climber L&R
1:44	Recovery
1:53	Cross-Climber L&R
2:13	Recovery



08. THE LOCUST KING 2:18mins

COACHING TIP

Again, provide the option for anyone who needs it at this point of the class.

CONNECTION

Like Track 5 – the focus is internal and trying to hit that massive target set in set 1. Keep your cues short and highly motivational so participants feel your energy but are not distracted from the work at hand and that is to try to achieve those reps!

DRIVE

This is it – the final challenge of the workout. Throw all the benefits of why Tabata training style is so effective to make sure everyone stays focused and throws as much effort into every set as possible.

TECHNIQUE

CROSS-CLIMBER

- Hands on floor, feet on bench
- **Hands under shoulders in Plank position**
- **Back long and straight**
- **Abs braced**
- Pull knee towards opposite elbow then step back to Plank
- Alternate knees

↓ OPTION: HANDS ON BENCH

Layer 2: Cut through the air to move with speed



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.

