

LES MILLS GRIT 40

GRIT STRENGTH

MUSIC AND CREDITS

01. WARM-UP

02. REP CHALLENGE 1

03. GIANT SETS

04. REP CHALLENGE 2

05. CORE CHALLENGE

GRIT CARDIO

MUSIC AND CREDITS

01. WARM-UP

02. REP CHALLENGE 1

03. GIANT SETS

04. REP CHALLENGE 2

05. 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 40

GRIT ATHLETIC

MUSIC AND CREDITS

03. GIANT SETS

05. CORE CHALLENGE

DECLARATION OF INTENT

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.



GRIT STRENGTH MUSIC

01.

INDUSTRY BABY (3:10)

Lil Nas X feat. Jack Harlow

© 2021 Columbia Records, a Division of Sony Music Entertainment.

Written by: Lee, Baptiste, Biral, Harlow, Hill, West
02.

Bam (2:19)

JAY-Z feat. Damian Marley

Courtesy of the Universal Music Group.

Written by: Carter, Lewis, Marley, Miller, Riley, Wilson
03.

Daily (2:22)

JIM JUNK

Courtesy of Les Mills Music Licensing Ltd.

Written by: Nasir
03.

Pull Up (3:24)

Keys N Krates feat. Haviah Mighty

© 2021 Last Gang Records Inc.

Written by: Dawson, Tune, Francois, Mighty
03.

Ape Drumz (Happy Colors & Ash Remix) (3:25)

FIGHT CLVB feat. Stush

© 2018 Barong Family.

Written by: McAlphin, Vasquez
03.

All the Way (3:32)

Byron Juane & Derek Minor

© 2019 UPM-US.

Written by: Juane, Minor
03.

U&ME (Baauer Remix) (3:37)

alt-J

© 2021 alt-J under exclusive licence to Infectious Music Ltd., a BMG Company (Courtesy of Liberator Music).

Written by: Unger-Hamilton, Newman, Green
04.

Animal Style (2:23)

Jackal

© 2015 Mad Decent.

Written by: Pennington
04.

Victory Dance (2:22)

Wiwiek

© 2021 Axtone Records.

Written by: Mahabali
05.

It Is What It Is (2:05)

INF

Courtesy of Les Mills Music Licensing Ltd.

Written by: Tyson
- OUTRO

The Blessing (1:01)

JIM JUNK

Courtesy of Les Mills Music Licensing Ltd.

Written by: Nasir



L–R: Savannah Palmer, Ben Main and Erin Maw

Ten years of LES MILLS GRIT, so you know this workout is STACKED AND JACKED with goodies! A new Warm-up format with 30-second intervals sets us up for the giant sets to come and fits better structurally to the rest of the workout. We love a rep challenge to start and finish the workout with the extra kicker of an active recovery (remember, I did say stacked and jacked!) Then a super giant set – or should I say “sets” (insert winky face) never seen, felt or done before! This workout is designed to have you feeling challenged and satisfied! GOOD LUCK!

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

- 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.

Savannah Palmer (New Zealand) is a LES MILLS GRIT, LES MILLS CEREMONY™, LES MILLS CONQUER™ and a LES MILLS SPRINT™ Instructor. She lives in Auckland.

Special thanks to:
Joash Fahitua

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	Air Squat x2, Backward-Stepping Lunge with Rotation L&R x1
0:35	Inchworm Pushup
1:05	Barbell Squat x2, Backward-Stepping Lunge L&R x1
1:35	Barbell Row x1, Clean & Press x1
2:05	Squat Burpee
2:35	Squat Jump x2, Power Lunge L&R x1
3:05	<i>Recovery</i>



01. INDUSTRY BABY 3:10mins

COACHING TIP

As mentioned in the Sizzler – a new format for the Warm-up is broken into 30-second intervals, super simple to learn and coach, and flows really well into the rest of the workout. Same vibe as always – hype, positive and engaging.

TECHNIQUE

AIR SQUAT

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

BACKWARD-STEPPING LUNGE WITH ROTATION

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

INCHWORM 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
- Chest up in Squat
- Back long and straight
- Abs braced
- Hips square to floor
- After 1 Pushup, brace abs walking hands back to feet, squat and stand

↓ OPTION: PUSHUP ON KNEES

BARBELL SQUAT

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

BACKWARD-STEPPING LUNGE

- Feet under the hips
- Long step back
- Front thigh parallel to floor
- Front knee out in line with the toes
- Chest up

BARBELL ROW

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

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

SQUAT 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

SQUAT JUMP

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



01. INDUSTRY BABY 3:10mins

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 up, abs braced**

↓ OPTION: BACKWARD-STEPPING LUNGE



02. REP CHALLENGE 1

TRACK SET-UP: 2 minutes to complete 34 reps that can be broken up any way. Within 2 minutes, the goal is to complete 20 Burpee Pushups, 14 Barbell Squat Presses and end in a Hover before the time is up.
TRACK FOCUS: Try to complete the reps and hold the Hover before the set time is up.

Exercise	
0:00	Set up and demonstrate moves: Burpee Pushup, Barbell Squat Press
SET 1:	2 minutes – 34 reps (reps can be broken up any way)
0:20	Burpee Pushup x20, Barbell Squat Press x14
2:19	Recovery
SET 2:	1 minute – 17 reps (reps can be broken up any way)
2:45	Burpee Pushup x10, Barbell Squat Press x7
3:43	Recovery
SET 3:	30 seconds – 8 reps (reps can be broken up any way)
4:05	Burpee Pushup x5, Barbell Squat Press x3
4:40	Recovery



02. BAM / DAILY 4:41mins

COACHING TIP

Quick recovery between Warm-up and this first block of work to keep the heart rate up so be quick with cues and demonstrations.

CONNECTION

Waking up the mind and cranking up the heart rate. What's really cool about this track is that members have freedom of choice. They can choose how they want to break up these working circuits, which really enables them to feel empowered and in control of their workout.

DRIVE

Trying to hit reps in a given time with added active recovery is a great challenge and will have members pushing hard to hit that goal. Our job as coaches is to drive the rep focus with the goal of reaching the Hover before the countdown. Not everyone will hit it every time and that's OK; it's about effort and pushing ourselves into the red zone early in the workout.

HIIT SCIENCE

Focusing on our Squat pattern early in the workout will help establish safe and effective movement patterns for the other tracks. Emphasizing a high chest position and hinging forward at the hips will lay the foundation for great Technique in a lot of the exercises we see in LES MILLS GRIT.

TECHNIQUE

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**
- **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 fast and increase speed and intensity

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 to generate greater power from the upper body

BARBELL SQUAT PRESS

- **Feet just outside hip-width**, and barbell at collarbones
- **Hips sit back into a Squat, hips just above knee height**
- Push bar from collarbones over head
- **Keep bar slightly forward at the top**
- **Drive from the legs**
- **Brace abs**
- **Lift chest**

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

HOVER HOLD

- **Elbows in line with shoulders**
- **Back long and straight**
- **Core braced**
- **Hips square to floor**

↓ OPTION: ON KNEES



03. GIANT SETS

TRACK SET-UP: 4 blocks in total – first 2 blocks are 6 sets of work, 25 seconds on with 5-second recoveries. Last 2 blocks of work are 6 sets of 30 seconds back-to-back.

TRACK FOCUS: 3 minutes to maintain maximum intensity. This is accomplished by shifting the focus from lower body to upper body halfway through. 3 sets focus on lower body; 3 sets focus on upper body.

Exercise	
0:00	Set up and demonstrate first move: Barbell Backward-Stepping Lunge L&R
SET 1	
0:30	Barbell Backward-Stepping Lunge L&R
0:55	Recovery
1:00	Barbell Squat with Heel Raise
1:24	Recovery
1:31	Power Lunge L&R
1:55	Recovery
2:00	Barbell Row x1, High Pull x1
2:25	Recovery
2:30	Clean & Press
2:55	Recovery
3:00	Frog Jump x1, Pushup x1
3:25	Recover and set up set 2 – requires 2x equal weight plates
SET 2	
3:55	Weighted Squat with Heel Raise x1, Squat Jump x1
4:20	Recovery
4:25	Backward-Stepping Lunge with Shoulder Press L&R
4:50	Recovery
4:56	Squat Jump
5:20	Recovery
5:25	Pendulum Squat Inside x1, Pendulum Squat Outside x1
5:50	Recovery
5:55	Reverse Fly x1, Clean & Press x1
6:20	Recovery
6:25	Side Climber R x1, Power Burpee x1, Side Climber L x1, Power Burpee x1
6:50	Recover and repeat set 1 – working blocks are now 30 seconds back-to-back
REPEAT SET 1	
7:21	
10:20	Recover and repeat set 2 – working blocks are now 30 seconds back-to-back
REPEAT SET 2: Option to jump the Lunge Press (Scissor Lunge with Plate Press)	
10:50	
13:52	Recovery



03. PULL UP / APE DRUMZ (HAPPY COLORS & ASH REMIX) / ALL THE WAY / U&ME (BAAUER REMIX)

13:58mins

COACHING TIP

Six sets of work back-to-back is super fun but also a lot to remember. Practice the workout first yourself and get to a really comfortable place where you know each move. Be super quick with demonstrations in the 5-second recoveries so members can get the full 25 seconds of work.

CONNECTION

Targeting three sets focusing on lower body first will take us to absolute fatigue and muscle burn. Then when we can't possibly hit another rep we switch the load into the upper body. This is a great opportunity to tap in and explore some great 'feel' cues, talking to the feeling of HIIT, mentally and physically creating some fantastic mind-body connection.

DRIVE

Four 3-minute blocks of work are going to require big motivation and energy to keep the team fighting hard. We have never trained giant sets like this before so we are really taking this one to maximum threshold and gaining results!

HIIT SCIENCE

The potency of HIIT training comes from driving the heart rate above 90% max in short bursts. The combination of moves in this track achieve that by recruiting the maximum number of muscles in each block and splitting the focus between the upper and lower body.

TECHNIQUE

BARBELL BACKWARD-STEPPING LUNGE

- Bar on the meaty part of upper back
- **Feet under hips**
- **Long step back**
- **Back knee towards floor**
- **Front thigh parallel to floor**
- **Front knee out in line with toes**
- **Chest up**

Layer 2: Continuous movement to keep the legs loaded, keep knees soft and push straight into the next rep

BARBELL SQUAT WITH HEEL RAISE

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

Layer 2: Build stability in the upper body by keeping the shoulders back and down and the bar close to the body

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 up, abs braced**

↓ OPTION: BACKWARD-STEPPING LUNGE

Layer 2: Keeping the hips square and focusing on good alignment is going to help us maintain greater power output

BARBELL ROW

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

Layer 2: Squeeze the elbows tight to maximize muscle activation

HIGH PULL

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

Layer 2: Extend through the hips to generate fast force out of the base of the move and tap into elastic energy



03. PULL UP / APE DRUMZ (HAPPY COLORS & ASH REMIX) / ALL THE WAY / U&ME (BAAUER REMIX)

13:58mins

TECHNIQUE

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

FROG JUMP, PUSHUP

- Set up in Plank position, hands outside shoulders
- **Pushup – chest in line with elbows**
- Frog Jump – both feet jump in and out to Plank at the same time
- **Core on**
- **Back long and straight**
- **Hips and shoulders square to the floor**

↓ OPTION: PUSHUP ON KNEES

WEIGHTED SQUAT WITH HEEL RAISE, SQUAT JUMP

- Two plates either side, outside legs
- **Feet outside hip-width, knees out**
- **Hips back and down to 90 degrees**
- **Chest up**
- **Core on**
- **Land softly out of the Jump**
- Arms stay straight by sides

↓ OPTION: SQUAT HEEL RAISE

Layer 2: Drive off the floor and focus on powerful reps generated through the glutes and hamstrings then extending through the legs

BACKWARD-STEPPING LUNGE WITH SHOULDER PRESS

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

↑ OPTION: SCISSOR LUNGE

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

SQUAT JUMP

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

↓ OPTION: SQUAT WITH 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

PENDULUM SQUAT

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

Layer 2: Using the core to accelerate and decelerate with control



03. PULL UP / APE DRUMZ (HAPPY COLORS & ASH REMIX) / ALL THE WAY / U&ME (BAAUER REMIX)

13:58mins

TECHNIQUE

DOUBLE PLATE REVERSE FLY

- **Tip forward from hips**
- **Chest up**
- Pull plates up towards ceiling
- **Elbows soft, knuckles face up**
- Plates no higher than shoulder height
- **Abs braced**

Layer 2: Keep the hips still as you rip the plates wide. This will load the back of the body

DOUBLE PLATE CLEAN & PRESS

- **Feet underneath hips**
- One plate each hand
- Hammer Curl plates to shoulder
- **Elbows stacked under**
- **Brace abs** to press plates over head
- **Elbows slightly forward of face in the Press**
- Pinkies forward when plates over head
- **Chest up**
- **Core on**
- **Soft knees**

Layer 2: Aiming for metabolic stress and fast fatigue, lighter weight means we aim for greater reps than if we were using the bar

SIDE CLIMBER

- From Plank position
- Jump both knees outside elbow
- Jump back to Plank
- Alternate sides
- **Brace abs when jumping back to Plank**

↓ OPTION: SINGLE-LEG WIDE CLIMBER

Layer 2: Integrated core work. Upper body pressure by pushing hard into the floor. Explosive core work with fast feet!

POWER BURPEE

- Start in Plank position, **hands under shoulders**
- Spring forward into a low Squat
- **Feet outside hands**
- **Heels down**
- **Knees out**
- **Chest up, abs braced**

Layer 2: Strong pull power through the hip flexors to feel a strong reactive core



04. REP CHALLENGE 2

TRACK SET-UP: Same structure as Track 2 – 2 minutes to start, 28 reps that can be broken up any way. Within 2 minutes the goal is to complete 16x Burpee Pushup with Jump Over Bar, 12x Barbell Squat Press and end in a Hover before the time is up.

TRACK FOCUS: Try to complete the reps and hold the Hover before the set time is up.

Exercise	
0:00	Set up and demonstrate moves: Burpee Pushup with Jump Over Bar, Barbell Squat Press
SET 1:	2 minutes – 28 reps (reps can be broken up any way)
0:25	Burpee Pushup with Jump Over Bar x16, Barbell Squat Press x12
2:23	Recovery
SET 2:	1 minute – 14 reps (reps can be broken up any way)
2:50	Burpee Pushup with Jump Over Bar x8, Barbell Squat Press x6
3:49	Recovery
SET 3:	30 seconds – 7 reps (reps can be broken up any way)
4:09	Burpee Pushup with Jump Over Bar x4, Barbell Squat Press x3
4:39	Recovery



04. ANIMAL STYLE / VICTORY DANCE 4:45mins

COACHING TIP

We've been here before – allow as much time for members to recover then hit them with a super quick set-up and repeat rep cues a few times so that number sinks in.

CONNECTION

Getting out on the floor, authentic engagement and encouragement will help people push and get through this final challenge. If they know their coach is with them they will keep pushing hard.

DRIVE

This is it, the final push to the end. At this point of the workout everyone has gone internal so choose short sharp motivational cues you know are going to land and keep participants in it – don't let them quit!

HIIT SCIENCE

HIIT training generates a biochemical response that generates changes in fitness and body composition. Lactate build-up as a result of anaerobic (without oxygen) energy production is key to this response. A 2-minute block, particularly at this stage of the class, is a great way to drive into our anaerobic energy pathways and maximize this effect.

TECHNIQUE

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**
- **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 fast and increase speed and intensity

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 to generate greater power from the upper body

LATERAL SQUAT JUMP (OVER BAR)

- **Feet outside hip-width, knees out**
- Bend knees then jump up and over bar
- Both feet take off and land
- Arms over head in Jump
- **Abs braced**
- **Soft knee landing**
- **Chest up**

↓ OPTION: SQUAT JUMP ON THE SPOT

Layer 2: Driving off the floor aim to hit the ceiling to generate greater power and athleticism

BARBELL SQUAT PRESS

- **Feet just outside hip-width**, and barbell at collarbones
- **Hips sit back into a Squat, hips just above knee height**
- Push bar from collarbones over head
- **Keep bar slightly forward at the top**
- **Drive from the legs**
- **Brace abs**
- **Lift chest**

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

HOVER HOLD

- **Elbows in line with shoulders**
- **Back long and straight**
- **Core braced**
- **Hips square to floor**

↓ OPTION: ON KNEES



05. CORE CHALLENGE

TRACK SET-UP: Same structure as Track 2 – 90 seconds aiming to complete 60 reps: 40 Single-Leg Hip Bridge Pulses and 20 Plate C-Crunches.
TRACK FOCUS: Try to complete the reps and hold the Hover or finish with a favorite stretch before the set time is up.

Exercise	
0:00	Set up and demonstrate moves: Single-Leg Hip Bridge Pulse, Plate C-Crunch
0:30	Single-Leg Hip Bridge Pulse x40 (option: Double-Leg Hip Bridge Pulse x20), Plate C-Crunch x20
2:01	Recovery



05. IT IS WHAT IT IS 2:05mins

COACHING TIP

Again, quick set-up time to keep everyone focused and in the workout, and remember to repeat the rep cues a couple of times in case members missed them the first time.

CONNECTION

One last opportunity to praise members for all their efforts in this workout. We push hard and we praise harder. This is a tough workout, so remember to give lots of positive affirmation at the end to enable people to walk out feeling successful!

TECHNIQUE

SINGLE-LEG HIP BRIDGE

- Lying on back
- One leg on floor, the other elevated
- Elevated leg – knee to ceiling and in line with hips
- **Squeeze glutes hard**
- **Keep hips square**

↑ OPTION: PLATE ON HIP OF LOADED LEG FOR EXTRA RESISTANCE

↓ OPTION: BOTH FEET ON FLOOR

C-CRUNCH WITH PLATE

- **Lying on back, plate at forehead, knees in line with hips**
- Crunch ribs to hips
- **Chin tucked in slightly**
- Arms and legs extended out, lower back presses towards the floor
- **Slight tail bone lift in Crunch**

↓ OPTION: NO PLATE



GRIT CARDIO MUSIC

01.

Love Somebody (3:09)
The Allergies
© 2021 Jalapeno Ltd.
Written by: Volsen, Spencer, Quezergue, Savoy

02.

Chamas (2:22)
Eauki
© 2022 Good Times Bad Times Records.
Written by: Bergé

Rollercoaster (1:40)
Love Regenerator & Solardo
© 2021 Sony Music Entertainment UK Limited.
Written by: Wiles, Satchell, Williams, Bonner, Foster,
Jones, Pierce, Middlebrooks, Beck

Rollercoaster (0:38)
Love Regenerator & Solardo
© 2021 Sony Music Entertainment UK Limited.
Written by: Wiles, Satchell, Williams, Bonner, Foster,
Jones, Pierce, Middlebrooks, Beck

03.

Gecko (Overdrive) (3:26)
Oliver Heldens x Becky Hill
© 2014 Musical Freedom Label Ltd. 2014.
Written by: Hill, Heldens, Emenike

INTHEENDITSYOU (3:25)
DJ Ride
© 2021 Sable Valley Records.
Written by: Oliveira

What Is It (3:28)
Kideko
© 2019 Spinnin’ Deep / SpinninRecords.com.
Written by: Hurley, Powell

Sahara (3:36)
Henry Fong
© 2021 Banzai Recs.
Written by: Muron, Fong

04.

YEHOO (2:24)
Baauer
© 2020 LuckyMe.
Written by: Baauer

Oolala (2:21)
Wiwex
© 2021 Axtone Records.
Written by: Mahabali

05.

Cannon (2:07)
JIM JUNK
Courtesy of Les Mills Music Licensing Ltd.
Written by: Nasir

OUTRO

The Blessing (1:01)
JIM JUNK
Courtesy of Les Mills Music Licensing Ltd.
Written by: Nasir



L–R: Bex Rivera, Ben Main and Natasha (Tash) Vincent

Ten years of LES MILLS GRIT so you know this workout is STACKED AND JACKED with goodies! A new Warm-up format with 30-second intervals sets us up for the giant sets to come and fits better structurally to the rest of the workout. We love a rep challenge to start and finish the workout with the extra kicker of an active recovery (remember, I did say stacked and jacked!) Then a super giant set – or should I say “sets” (insert winky face) never seen, felt or done before! This workout is designed to have you feeling challenged and satisfied! GOOD LUCK!

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

- 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.
- 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.

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

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	Squat with Heel Raise
0:35	High Knee Run x4, Lateral Shuffle R&L x1
1:05	Skater L&R
1:35	Squat Burpee
2:05	Pushup x1, Mountain Climber L&R x2
2:35	High Knee Sprint L&R x4, Lateral Shuffle R&L x1
3:05	<i>Recovery</i>



01. LOVE SOMEBODY 3:09mins

CONNECTION

As mentioned in the Sizzler – the new format for the Warm-up is broken into 30-second intervals, super simple to learn and coach and flows really well into the rest of the workout. Same vibe as always – hype, positive and engaging.

TECHNIQUE

AIR SQUAT

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

HIGH KNEE RUN

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

LATERAL SHUFFLE

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

SKATER

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

SQUAT 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. REP CHALLENGE 1

TRACK SET-UP: 2 minutes to complete 66 reps that can be broken up any way. Within 2 minutes, the goal is to complete 22 Burpee Jumps, 22 Drop Squats, 22 Plank Jacks and end in a Hover before the time is up.

TRACK FOCUS: Try to complete the reps and hold the Hover before the set time is up.

Exercise	
0:00	Set up and demonstrate moves: Burpee Jump, Drop Squat, Plank Jack with or without Shoulder Tap
SET 1:	2 minutes – 66 reps (reps can be broken up any way)
0:20	Burpee Jump x22, Drop Squat x22, Plank Jack x22
2:21	Recovery
SET 2:	1-minute – 33 reps (reps can be broken up any way)
2:43	Burpee Jump x11, Drop Squat x11, Plank Jack x11
3:43	Recovery
SET 3:	30 seconds – 15 reps (reps can be broken up any way)
4:04	Burpee Jump x5, Drop Squat x5, Plank Jack x5
4:40	Recovery



02. CHAMAS / ROLLERCOASTER 4:40mins

COACHING TIP

Quick recovery between Warm-up and this first block of work to keep the heart rate up so be quick with cues and demonstrations.

CONNECTION

Waking up the mind and cranking up the heart rate. What's really cool about this track is that members have freedom of choice. They can choose how they want to break up these working circuits, which really enables them to feel empowered and in control of their workout.

DRIVE

Trying to hit reps in a given time with added active recovery is a great challenge and will have members pushing to hit that goal. Our job as coaches is to drive hard the rep focus with the goal of reaching the Hover before the countdown. Not everyone will hit it every time and that's OK; it's about effort and pushing ourselves into the red zone early in the workout.

HIIT SCIENCE

The first 2 minutes of any HIIT workout is key to the overall effectiveness. Aiming to get heart rates above 90% max will create the metabolic stress to deliver the benefits that are specific to HIIT training.

TECHNIQUE

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

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

DROP SQUAT

- **Start with feet under hips**
- Drop into Squat with feet outside hips
- **Knees out**
- **Knees and hips to 90 degrees**
- Reach hand towards floor
- **Chest up, abs braced**

Layer 2: Absorb the Squat then pop up fast to keep the speed in the reps

PLANK JACK

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

↑ OPTION: ADD SHOULDER TAP

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

HOVER HOLD

- **Elbows in line with shoulders**
- **Back long and straight**
- **Core braced**
- **Hips square**

↓ OPTION: ON KNEES



03. GIANT SETS

TRACK SET-UP: 4 blocks total – first 2 blocks are 6 sets of work, 25 seconds on with 5-second recoveries. Last 2 blocks of work are 6 sets of 30 seconds back-to-back.

TRACK FOCUS: 3 minutes to maintain maximum intensity. This is accomplished by shifting the focus from lower body to upper body halfway through. 3 sets focus on lower body; 3 sets focus on upper body.

Exercise	
0:00	Set up and demonstrate first move: Lateral Leap R x1, Double Heisman L x1
SET 1	
0:30	Lateral Leap R x1, Double Heisman L x1
0:55	Recovery
1:00	Lateral Leap L x1, Double Heisman R x1
1:24	Recovery
1:31	Power Lunge L&R
1:55	Recovery
2:00	Bear Crawl F x4, Power Burpee x1, 180° Turn x1
2:25	Recovery
2:30	Side Climber R x1, Tricep Pushup x1, Side Climber L x1, Tricep Pushup x1
2:55	Recovery
3:00	Mountain Climber
3:26	Recovery
SET 2	
3:55	Facing R, 180° Squat Jump x2, Lateral Shuffle F&B x1
4:20	Recovery
4:25	Skater L&R
4:51	Recovery
4:55	High Knee Sprint L&R x4, 180° Turn x1, High Knee Sprints L&R x4, 180° Turn x1
5:20	Recovery
5:25	Lateral Bear Crawl R x2, Pushup x1, Lateral Bear Crawl L x2, Pushup x1
5:50	Recovery
5:55	Switch Climber L&R
6:20	Recovery
6:25	Frog Jump x1, Donkey Kick x1
6:50	Recover and repeat set 1 – working blocks are now 30 seconds back-to-back
REPEAT SET 1	
7:20	
10:18	Recover and repeat set 2 – working blocks are now 30 seconds back-to-back
REPEAT SET 2: Move 1 start facing L – Switch Climber or Kick Sit	
10:50	
13:49	Recovery



03. GECKO (OVERDRIVE) / INTHEENDITSYOU / WHAT IS IT / SAHARA 13:55mins

COACHING TIP

Six sets of work back-to-back is super fun but also a lot to remember. Practice the workout first yourself and get to a really comfortable place where you know each move. Be super quick with demonstrations in the 5-second recoveries so members can get the full 25 seconds of work.

CONNECTING

Targeting three sets focusing on lower body first will take us to absolute fatigue and muscle burn. Then when we can't possibly hit another rep we switch the load into the upper body. This is a great opportunity to tap in and explore some great 'feel' cues, talking to the feeling of HIIT training, mentally and physically creating some fantastic mind-body connection.

DRIVE

Four 3-minute blocks of work are going to require big motivation and energy to keep the team fighting hard. We have never trained giant sets like this before so we are really taking this one to maximum threshold and gaining results!

HIIT SCIENCE

Explosive body weight training helps to improve the rate of force production in our propulsion muscles. This is a key element of athletic development, improving our ability to shift our center of mass with speed and control.

TECHNIQUE

LATERAL HIGH KNEE RUN (DOUBLE HEISMAN)

- Chest up
- Abs braced
- Hips square
- Light on balls of feet
- Knees up to waist height

Layer 2: Focus on cutting the air with your knees to activate fast-twitch muscle fibers

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 up, abs braced

↓ OPTION: BACKWARD-STEPPING LUNGE

Layer 2: Keeping the hips square and focusing on good alignment is going to help us maintain greater power output

BEAR CRAWL

- Hands in line with shoulders, knees in line with hips
- Opposite hand and foot walking forward
- Butt down
- Back long and straight
- Core braced
- Hips and shoulders stay square to the floor

Layer 2: Trying to keep knees as close to the floor as possible is going to keep our core loaded

POWER BURPEE, 180° TURN

- Start in Plank position, hands under shoulders
- Spring forward into a low Squat
- Feet outside hands
- Heels down
- Knees out
- Chest up, abs braced
- Stay low and jump 180 degrees to face back
- Core locked on and knees pressing out

Layer 2: Strong pull power through the hip flexors to feel a strong reactive core

SIDE CLIMBER

- From Plank position
- Jump both knees outside elbow
- Jump back to Plank
- Alternate sides
- Brace abs when jumping back to Plank

↓ OPTION: SINGLE-LEG WIDE CLIMBER

Layer 2: Integrated core work. Upper body pressure by pushing hard into the floor. Explosive core work with fast feet



03. GECKO (OVERDRIVE) / INTHEENDITSYOU / WHAT IS IT / SAHARA 13:55mins

TECHNIQUE

TRICEP PUSHUP

- Set up in Plank position
- **Hands stacked under shoulders**
- **Elbows in by the ribcage, lower shoulders to elbow height**
- **Driving out of Pushup keeping back long and straight**

↓ OPTION: ON KNEES

Layer 2: Drive the palms through the floor to generate lots of power in the Pushup

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
- Hips down

Layer 2: Switch the knees as quickly as you can to generate greater core power and output

180° SQUAT JUMP

- Begin side-on
- **Feet outside hip-width and soft knees**
- Both feet take off
- Swinging arms up to Jump
- 180-degree Jump to face the other side
- **Soft landing**
- **Strong core brace**
- **Chest up**

Layer 2: Massive swing up with the arms to help drive out of the Squat and help with momentum

LATERAL SHUFFLE

- Start side-on
- **Feet wide**
- Double Shuffle then tap the floor with outside hand
- **Chest up**
- **Knees soft**
- **Hips and shoulders stay square to the front**

Layer 2: Focus on being light and rapid, improving lateral quickness

SKATER

- Jumping side-to-side, shifting body weight and 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: Slice across the ice – this is great speed training

HIGH KNEE SPRINT, 180° TURN

- **Chest up**
- **Abs braced**
- Knees up to waist height
- 180-degree Jump, stay low in Squat position in the direction change
- **Core locked on and knees pressing out**

Layer 2: Brace the core and whip the hips around for speed

LATERAL BEAR CRAWL, PUSHUP

- **Hands in line with shoulders, knees in line with hips**
- Opposite hand and foot walking lateral
- **Butt down**
- **Back long and straight**
- **Core braced**
- **Hips stay square to the floor**
- **In Pushup, hands outside shoulder-width**
- **Back long and straight**
- **Abs braced**
- **Drop chest to elbow height**

↓ OPTION: ON KNEES

Layer 2: Strong core brace enables us to move with efficiency and speed

FROG JUMP, DONKEY KICK

- **Hands under shoulders**
- **Back long and strong**
- **Abs braced**
- Drive knees towards chest
- Frog Jump – feet stay on floor
- Donkey Kick – feet leave floor
- Extend legs back out to Plank
- **Hips square**

Layer 2: Press palms hard into the floor. This will help maintain stability and allow for more speed in the movement



04. REP CHALLENGE 2

TRACK SET-UP: Same structure as Track 2 – 2 minutes to start, 62 reps that can be broken up any way. Within 2 minutes the goal is to complete 18 Burpee Tuck Jumps, 22 Drop Squats, 22 Plank Jacks and end in a Hover before time is up.

TRACK FOCUS: Try and complete the reps and hold the Hover before the set time is up.

Exercise	
0:00	Set up and demonstrate moves: Burpee Tuck Jump, Drop Squat, Plank Jack with or without Shoulder Tap
SET 1:	2 minutes – 62 reps (reps can be broken up any way)
0:25	Burpee Tuck Jump x18, Drop Squat x22, Plank Jack x22
2:23	Recovery
SET 2:	1 minute – 31 reps (reps can be broken up any way)
2:50	Burpee Tuck Jump x9, Drop Squat x11, Plank Jack x11
3:50	Recovery
SET 3:	30 seconds – 14 reps (reps can be broken up any way)
4:08	Burpee Tuck Jump x4, Drop Squat x5, Plank Jack x5
4:42	Recovery



04. YEHOO / OOLALA 4:45mins

COACHING TIP

We've been here before – allow as much time for members to recover then hit them with a super quick set-up and repeat rep cues a few times so that number sinks in.

CONNECTION

Getting out on the floor, authentic engagement and encouragement help people push and get through this final challenge. If they know their coach is with them they will keep pushing hard.

DRIVE

This is it, the final push to the end. At this point of the workout everyone has gone internal so choose short sharp motivational cues you know are going to land and keep participants in it – don't let them quit!

HIIT SCIENCE

HIIT training generates a biochemical response that generates the changes in fitness and body composition. Lactate build-up as a result of anaerobic (without oxygen) energy production is key to this response. A 2-minute block, particularly at this stage of the class, is a great way to drive into our anaerobic energy pathways and maximize this effect.

TECHNIQUE

BURPEE TUCK JUMP

- Squat, jump feet back to Plank position, jump back to Squat
- Bend knees and jump, drive knees towards chest
- **Land softly**
- **Chest up**
- **Abs braced**
- **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**

↓ OPTION: SQUAT JUMP

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

DROP SQUAT

- **Start with feet under hips**
- **Drop into Squat with feet outside hip-width**
- **Knees out**
- **Hips and knees to 90 degrees**
- Reach hand towards floor
- **Chest up, abs braced**

Layer 2: Absorb the Squat then pop up fast to keep the speed in the reps

PLANK JACK

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

↑ OPTION: ADD SHOULDER TAP

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



05. CORE CHALLENGE

TRACK SET-UP: Same structure as Track 2 – 90 seconds aiming to complete 60 reps: 40 Cross Crawls and 20 C-Crunches.
TRACK FOCUS: Try and complete the reps and hold the Hover or finish with a favorite stretch before the set time is up.

<i>Exercise</i>	
0:00	Set up and demonstrate moves: Cross Crawl, C-Crunch
0:29	Cross Crawl x40, C-Crunch x20
2:05	<i>Recovery</i>



05. CANNON 2:07mins

COACHING TIP

Again, quick set-up time to keep everyone focused and in the workout, and remember to repeat the rep cues a couple of times if members missed them the first time.

CONNECTION

One last opportunity to praise members for all their efforts in this workout. We push hard and we praise harder. This is a tough workout, so remember to give lots of positive affirmation at the end to enable people walk out feeling successful!

TECHNIQUE

CROSS CRAWL

- **Lying on back, fingertips to temples, elbows wide**
- **Rotating through the center of the chest**
- Elbows off the floor
- Shoulder comes up and across towards opposite thigh
- **Leg extends out to 45 degrees**

C-CRUNCH

- **Lying on back, fingertips at forehead, knees in line with hips**
- **Crunch ribs to hips**
- **Chin tucked in slightly**
- Arms and legs extended out, **lower back presses towards the floor**
- Slight tail bone lift in Crunch



GRIT ATHLETIC MUSIC

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

02. **REP CHALLENGE 1**
Use Strength Track 02 music

03. **Badman Riddim (Jump) (Radio Edit)**
(3:26)
Vato Gonzalez feat. Foreign Beggars
© 2011 Ministry of Sound Recordings Ltd., under
exclusive license to Hussle Recordings, a division of
Ministry of Sound Australia Pty Ltd.
Written by: Franken, Graham, Mukhi

System (3:26)
Global Chip Shortage
© 2022 Les Mills Music Licensing Ltd.
Written by: O’ Callaghan, Scarborough

Geeks (3:29)
Asteroid Cows
© 2022 Les Mills Music Licensing Ltd.
Written by: Joy

Carnival (3:30)
Quintino
© 2017 SpinninRecords.com.
Written by: van den Berg, Helsloot

04. **REP CHALLENGE 2**
Use Strength Track 04 music

05. **Flames** (2:04)
NOAM DEE X JIM JUNK
Courtesy of Les Mills Music Licensing Ltd.
Written by: Fairley

OUTRO **The Blessing** (1:01)
JIM JUNK
Courtesy of Les Mills Music Licensing Ltd.
Written by: Nasir



L–R: Erin Maw, Sankha Peiris and Bas Hollander

Ten years of GRIT, so you know this workout is STACKED AND JACKED with goodies!

LES MILLS GRIT Athletic this round is combined with LES MILLS GRIT Strength. Because we loved it so much in LES MILLS GRIT Cardio and LES MILLS GRIT Strength we have also chosen super giant sets for the Bonus Athletic Block. Slightly different with a unilateral focus, so working right side then left side and it's a RECODE, which means LOTS of fresh new innovative moves for you and your members to enjoy!

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

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.

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:
Sankha Peiris

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: STRENGTH 40; WARM-UP
- TRACK 02: STRENGTH 40; TRACK 02 – REP CHALLENGE 1
- TRACK 03: GIANT SETS**
- TRACK 04: STRENGTH 40; TRACK 04 – REP CHALLENGE 2
- TRACK 05: CORE CHALLENGE**



03. GIANT SETS

TRACK SET-UP: 4 blocks total – first 2 blocks are 6 sets of work, 25 seconds on with 5-second recoveries. Last 2 blocks of work are 6 sets of 30 seconds back-to-back. Working right then left side.

TRACK FOCUS: 3 minutes to maintain maximum intensity. This is accomplished by shifting the focus from right side to left side loading.

Exercise	
0:00	Set up on R side of bench and demonstrate first move: Lunge Jump R leg x1, Squat Jump with Sweep x1
SET 1	
0:29	Lunge Jump R leg x1, Squat Jump with Sweep x1
0:55	Recovery
1:00	Lunge Jump L leg x1, Squat Jump with Sweep x1
1:24	Recovery
1:31	Block Jump x1, Bench Shuffle R x1
1:55	Recovery
2:00	Block Jump x1, Bench Shuffle L x1
2:25	Recovery
2:30	Raised Forward-Stepping Lunge R, Barbell Clean
2:55	Recovery
3:00	Raised Forward-Stepping Lunge L, Barbell Clean
3:26	Recovery
SET 2	
3:53	Offset Pushup R side x1, Switch Climber with Arm Raise x1
4:20	Recovery
4:25	Offset Pushup L side x1, Switch Climber with Arm Raise x1
4:51	Recovery
4:55	Heisman On Bench R side x1, Double Hop x1
5:20	Recovery
5:24	Heisman On Bench L side x1, Double Hop x1
5:51	Recovery
5:55	Side Climber R side x1, Power Burpee x1
6:20	Recovery
6:24	Side Climber L side x1, Power Burpee x1
6:52	Recover and repeat set 1 – working blocks are now 30 seconds back-to-back
REPEAT SET 1	
7:18	
10:20	Recover and repeat set 2 – working blocks are now 30 seconds back-to-back
REPEAT SET 2: Option to add Kick Sit F and Donkey Turn Out	
10:48	
13:48	Recovery



03. BADMAN RIDDIM (JUMP) (RADIO EDIT) / SYSTEM / GEEKS / CARNIVAL 13:51mins

COACHING TIP

Start with the barbell off to the side.

Six sets of work back-to-back is super fun but also a lot to remember. Practice the workout first yourself and get to a really comfortable place and prepared for quick transitions.

Be super quick with demonstrations in the 5-second recoveries so members can get the full 25 seconds of work.

CONNECTION

There's a lot of innovation and options to coach in this track. You may want to hold off on bringing in the advanced options the first time you teach this block to let your members become familiar and confident with the first variations of the exercises. Then slowly introduce the more advanced options for them to try when they're ready. You know your members best so choose which variations will challenge their fitness levels.

DRIVE

Four 3-minute blocks of work are going to require big motivation and energy to keep the team fighting hard. We have never trained giant sets like this before so we are really taking this one to maximum threshold and gaining results!

HIIT SCIENCE

The key to increasing power in unilateral moves is eliminating energy leaks. This requires us to use our stabilizers to maintain optimal limb and trunk alignment so we can focus on propulsion.

TECHNIQUE

LUNGE JUMP, SQUAT JUMP WITH SWEEP

- 1 Lunge Jump, 1 Squat Jump
- Plate starts in L hand, R leg is loaded and forward in Lunge
- **Hips square**
- **Chest up**
- **Core on**
- **Soft landing in between Lunge and Squat Jumps**
- **Long stride into Lunge**
- **Plate stops by hip then opposite shoulder**
- **Feet wide, knees out in Squat**

↓ OPTION: REMOVE THE JUMP

Layer 2: Stay as low to the floor as possible to keep the legs loaded. This will make for greater leg conditioning

BLOCK JUMP, BENCH SHUFFLE

- **Feet outside hip-width**
- **Knees out**
- Reach down and tap bench with one hand
- Jump and reach hands up to block
- **Soft knee landing**
- Feet stay wide in Shuffle
- **Light on balls of feet**
- **Core on**
- **Chest up on reach in**

Layer 2: Use the core power for quick angles. This is multidirectional training

RAISED FORWARD-STEPPING LUNGE WITH BARBELL CLEAN

- Facing bench
- **Feet underneath hips**
- Leading with elbows, clean bar to collarbones
- **Keep bar close to body**
- At the same time, step forward to the bench into Lunge
- **Front thigh parallel to floor**
- **Hips square to front**
- **Chest up**
- **Core on**
- **Full foot on bench**

- Return barbell to hips as you push out of Lunge and return feet under hips

↓ OPTION: CLEAN BARBELL BEFORE STEPPING FORWARD

Layer 2: Speed out of the base of the move to sling-shot the bar up the body and generate lots of power



03. BADMAN RIDDIM (JUMP) (RADIO EDIT) / SYSTEM / GEEKS / CARNIVAL 13:51mins

TECHNIQUE

OFFSET PUSHUP, SWITCH CLIMBER WITH ARM RAISE

- Begin R side of bench, R hand on floor, L hand on bench
- 1 Pushup, 1 Switch Climber R leg
- **Pushups – hands outside shoulder-width**
- **Back long and straight**
- Chest in line with elbows
- **Switch Climber – core engaged**
- Hips low

↑ ADVANCED OPTION: FORWARD KICK SIT

- 4-step movement
- On the first side, leg pattern – R/L/L/R
- Kick directly to the front
- **Chest up**
- **Grounded hand stacked in line with shoulder**
- Opposite hand as kicking leg lifts

↓ OPTION: STAY WITH SWITCH CLIMBER

Layer 2: Contract the core really hard to maintain strong quick movement – this is dynamic core conditioning

HEISMAN ON BENCH, DOUBLE HOP

- Begin R side of bench, hop onto bench landing L leg then double hop on floor with R leg
- **Landing softly on every Jump**
- **Full foot lands on bench**
- **Hips stay square to front**
- **Chest up**
- **Core on**

↓ OPTION: NO BENCH

Layer 2: Focus on snapping the knee up to activate more hip flexor muscle

SIDE CLIMBER, POWER BURPEE

- 1 Side Climber R, 1 Power Burpee Front, 1 Side Climber L
- **From Plank position, hands on bench**
- Jump both knees outside elbow
- Jump back to Plank
- Spring forward into a low Squat
- Feet outside hands
- Heels down and chest up
- Alternate sides

• **Brace abs when jumping in and out of Plank**

↑ ADVANCED OPTION: DONKEY TURN OUT

- Both feet jump in and out
- **Both knees turn towards the outside**
- **Strong core brace**

Layer 2: Strong pull power through the hip flexors to feel a strong reactive core



05. CORE CHALLENGE

TRACK SET-UP: Same structure as Track 2 – 90 seconds aiming to complete 50 reps: 20 Reverse Crunches and 30 Bench Jacks.
TRACK FOCUS: Try to complete the reps and hold the Hover or finish with a favorite stretch before the set time is up.

<i>Exercise</i>	
0:00	Set up and demonstrate moves: Reverse Crunch, Bench Jack
0:30	Reverse Crunch x20, Bench Jack x30
2:01	<i>Recovery</i>



05. FLAMES 2:04mins

COACHING TIP

Again, quick set-up time to keep everyone focused and in the workout, and remember to repeat the rep cues a couple of times if members missed then the first time.

CONNECTION

One last opportunity to praise members for all their efforts in this workout. We push hard and we praise harder. This is a tough workout so remember to give lots of positive affirmation at the end to enable people walk out feeling successful!

TECHNIQUE

REVERSE CRUNCH

- Lying back on bench
- Hands over head clasping edge of bench
- Reverse Crunch legs, knee in line with hips
- Tail bone tucks under
- Extend legs out to 45 degrees
- Legs glued together
- **Lower back pressing towards the bench**

↓ OPTION: KEEP KNEES BENT AND SMALL TAIL BONE TUCK

BENCH JACK

- Set up in Plank position
- **Hands in line with shoulders**
- **Back long and straight**
- **Core on**
- Jack feet on/off bench
- Knees soft
- **Hips and shoulders square to the floor**

↓ OPTION: PLANK JACK ON FLOOR



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.

