

LES MILLS GRIT 41

GRIT STRENGTH

MUSIC AND CREDITS

01. WARM-UP

02. LADDER UP

03. TABATA 1

04. TABATA 2

05. TABATA 3

06. TABATA 4

07. LADDER DOWN

08. CORE CHALLENGE

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LES MILLS GRIT 41

GRIT CARDIO

MUSIC AND CREDITS

01. WARM-UP

02. LADDER UP

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08. CORE CHALLENGE

GRIT ATHLETIC

MUSIC AND CREDITS

03. PYRAMID 1

04. PYRAMID 2

DECLARATION OF INTENT

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GRIT STRENGTH MUSIC

01.

Want It Bad (3:10)

Kid Cudi & Nigo

Courtesy of the Universal Music Group.
Written by: Williams, Mescudi
02.

Tribe (2:29)

Theophilus London feat. Jesse Boykins III

© 2014 Warner Records Inc.
Written by: Brodinski, London, Boykins III, Lepoutre, Tiba, Thieffry-Watel, Steffens
03.

Yellah (2:02)

Coen

© 2017 Beating Heart.
Written by: Cohen, Tracey
04.

Traktor (3:27)

Wretch 32 feat. L Marshall

© 2010 Ministry of Sound Recordings Limited under exclusive license to Hussle Recordings, a division of TMRW Music.
Written by: Scott, Tulsiani, Rosiji-Griffith
05.

I Don't Need A Reason (1:00)

Dizzee Rascal

© 2013 Dirtee Stank Recordings (Courtesy of Liberator Music).
Written by: Jean-Baptiste, Buendia, McHenry, Mills
- Waiting 4 U** (0:45)

Cool Coffin Giant

© 2022 Les Mills Music Licensing Ltd.
Written by: Mercado
- I Don't Need A Reason** (0:45)

Dizzee Rascal

© 2013 Dirtee Stank Recordings (Courtesy of Liberator Music).
Written by: Jean-Baptiste, Buendia, McHenry, Mills
- Waiting 4 U** (0:45)

Cool Coffin Giant

© 2022 Les Mills Music Licensing Ltd.
Written by: Mercado
- I Don't Need A Reason** (0:45)

Dizzee Rascal

© 2013 Dirtee Stank Recordings (Courtesy of Liberator Music).
Written by: Jean-Baptiste, Buendia, McHenry, Mills
- Waiting 4 U** (0:50)

Cool Coffin Giant

© 2022 Les Mills Music Licensing Ltd.
Written by: Mercado

06.

ON LOCK (1:08)

JIM JUNK

Courtesy of Les Mills Music Licensing Ltd.
Written by: Nasir
- Hip Hop** (1:01)

Neon Steve & Marten Hørger

© 2021 Musical Freedom Label Ltd.
Written by: Gavin, Alford, Mair, Williams
- ON LOCK** (1:00)

JIM JUNK

Courtesy of Les Mills Music Licensing Ltd.
Written by: Nasir
- Hip Hop** (1:00)

Neon Steve & Marten Hørger

© 2021 Musical Freedom Label Ltd.
Written by: Gavin, Alford, Mair, Williams
- ON LOCK** (1:00)

JIM JUNK

Courtesy of Les Mills Music Licensing Ltd.
Written by: Nasir
- Hip Hop** (1:06)

Neon Steve & Marten Hørger

© 2021 Musical Freedom Label Ltd.
Written by: Gavin, Alford, Mair, Williams
07.

Shimmer (2:35)

Cozway & Rossy

© 2021 Sable Valley Records.
Written by: Tan, Etbauer
08.

Champion (2:35)

Choice Vaughan feat. Diggy Dupe

Courtesy of Les Mills Music Licensing Ltd.
Written by: Atulolu, Tashkoff



GRIT STRENGTH MUSIC

ALT
02.

Come Around (SLCT Remix) (2:29)
San Kramer feat. SLCT
Courtesy of Epidemic Sound.
Written by: Unknown

ALT
04.

Jynx (3:27)
Thip Trong
Courtesy of Epidemic Sound.
Written by: Unknown

ALT
05.

Fever Dreams (4:50)
Dylan Sitts
Courtesy of Epidemic Sound.
Written by: Unknown

OUTRO

BE GREAT (1:02)
INF
Courtesy of Les Mills Music Licensing Ltd.
Written by: Tyson



L-R: Natasha Vincent, Erin Maw and Joash Fahitua

LES MILLS GRIT 41 is in town and it's brought a tabata sidekick to give you an incredible workout!

Four tabata tracks, each getting longer, gives this workout an epic feel and makes it easy to learn. Either side of this we have a 2-minute ladder to keep us all honest. The Warm-up continues where LES MILLS GRIT 40 left off: 30-second intervals in a simple structure and we finish with a Core Challenge ladder.

The mix of compound barbell work with heart-rate-attacking body weight moves (hello Burpee with a Renegade Row Pushup) will have you and your classes feeling INCREDIBLE! As you power through all the challenges that Release 41 has for you, one thing you'll know is that you are going to be fitter and stronger than ever by the end of the workout.

Have an awesome time with this release – good luck and 'kick some butt!'

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 LES MILLS 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

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

Joash Fahitua (New Zealand) is a LES MILLS GRIT, LES MILLS CEREMONY™ and LES MILLS CONQUER™ Instructor. He is a dancer and choreographer 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.

Special thanks to:

Ben Main

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.

TRACK FOCUS: Set the energy and atmosphere for the workout ahead. Get everyone excited and ready for a challenging workout.

Exercise	
0:30	Backward-Stepping Lunge with Plate Rotation L&R
0:30	Squat Press – add Heel Raise after 5x reps
0:30	Barbell Row x1, High Pull x1
0:30	Squat Heel Raise
0:30	Switch Climber R&L x1, Pushup x1
0:30	Burpee Jump
Recovery	



01. WANT IT BAD 3:10mins

CONNECTION

Following on from Release 40, the bell signifies the changes in the moves. This makes the Warm-up super simple to learn, leaving you more time to connect with your team. Look around and make everyone feel welcome, engaged, and ready to rock!

COACHING TIP

Plate, barbell then body weight. There's a great flow to this Warm-up, lifting the heart rate as we go to the bar then lifting even more in the dynamic body-weight exercises. Let the team know they should feel their heart rate lift, getting them ready for the workout ahead.

TECHNIQUE

BACKWARD-STEPPING LUNGE WITH PLATE ROTATION

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

SQUAT PRESS

- **Feet outside hip-width, plate at collarbones**
- **Squat down, hips to 90 degrees**
- **Hips back and down, knees out over toes**
- **Plate slightly forward in the Press**
- **Brace abs**

Add a Heel Raise

- Squeeze glutes coming out of the Squat and lift heels off the floor

BARBELL ROW

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

HIGH PULL

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

SQUAT HEEL RAISE

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

SWITCH CLIMBER

- **Hands just outside shoulder-width**
- **Abs braced**
- **Square the hips to the floor**
- **Back long and straight**
- **Jump foot outside hands**

↓ OPTION: MOUNTAIN CLIMBER

PUSHUP

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

↓ OPTION: DROP TO KNEES

BURPEE JUMP

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

↓ OPTION: NO JUMP



02. LADDER UP

Please note: This track contains explicit content. The alternative song can be used in its place.
Please use *COME AROUND (SLCT REMIX)* with the same choreography.

TRACK SET-UP: 2-minute ladder – 3 moves climbing up in even numbers.
TRACK FOCUS: Climb the ladder as high as possible, getting the heart rate really high and setting a high standard of work for the rest of the class.

Exercise	
0:25	Set up ladder – 3 moves, traveling up in even numbers starting at 2-2-2. Demonstrate moves: Barbell Row, Barbell Clean & Press, Squat Jump
2:00	LADDER UP Barbell Row Barbell Clean & Press Squat Jump
0:05	<i>Recovery</i>



02. TRIBE 2:29mins

COACHING TIP

Straight into the workout with a 2-minute ladder! A clear set-up will give the team everything they need to 'hit the ground running'. Script the set-up to make it as slick as possible before you teach. Include a clear demonstration – with the ladder going up in even numbers.

CONNECTION

Using the numbers is a great opportunity to connect with your members. Ask your team where they are at and congratulate them for their efforts. Remind them to remember their number as they'll need it later in the workout. This keeps them engaged and you can make it fun. Like Erin says, "If you don't remember your number, I'll give you a number and you don't want that!"

DRIVE

Setting a goal is an awesome chance to drive this track. It's only for 2 minutes so encourage those people who have stopped for a break to come back and get the highest number they can before the countdown begins. This will set them up for success for the rest of the class.

HIIT SCIENCE

Getting into a high training zone in the first working track is key when it comes to a HIIT workout. Recruiting all the major muscle groups is a great way to achieve that. The exercise sequence in this track flips from upper body, total body to lower body. This will ensure we bring in all the 'big guns' from the very beginning.

TECHNIQUE

BARBELL ROW

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

Layer 2: Squeeze the shoulder blades together to engage the back muscles. We want to move fast but with control to feel the muscles engaging

BARBELL CLEAN & PRESS

- Lead with the elbows
- **Clean bar to collarbones**
- **Keep bar close to body**
- **Hips drop back to catch**
- **Brace abs to press bar over head**
- **Elbows slightly forward of face in Press**
- **Catch at collarbone then return to thighs**

Layer 2: Dip, drive, dip! Dip by softening the knees then drive everything up to clean the bar. Dip to catch and absorb the weight. This will make you more efficient in the Clean phase

SQUAT JUMP

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

↓ OPTION: SQUAT HEEL RAISE

Layer 2: Hit 90 degrees to get a power position. This will help to load the glutes – the vertical drivers



03. TABATA 1

TRACK SET-UP: Tabata 1 – 10 seconds on, 5 seconds off – alternating between 2 moves, 6 sets total.
TRACK FOCUS: Maximum all-out effort for every 10-second working set.

<i>Exercise</i>	
0:30	Set up and demonstrate first move: Skater with Plate Rotation L&R
0:10	Skater with Plate Rotation L&R
0:05	<i>Recovery</i>
0:10	Scissor Lunge with Plate Punch L&R
0:05	<i>Recovery</i>
0:10	Skater with Plate Rotation L&R
0:05	<i>Recovery</i>
0:10	Scissor Lunge with Plate Punch L&R
0:05	<i>Recovery</i>
0:10	Skater with Plate Rotation L&R
0:05	<i>Recovery</i>
0:10	Scissor Lunge with Plate Punch L&R
0:05	<i>Recovery</i>



03. YELLAH 2:02mins

COACHING TIP

Tabata is intense so we need to be clear if we want our team 'quick out of the blocks'. The first 2 moves are technical so spend time demonstrating and giving the key Layer 1 cues like Joash does in the Masterclass. Use the first set of each move to ensure people are moving well before driving up the intensity.

CONNECTION

The breaks are short between sets in this track. Use those precious seconds to check in with your team. A quick nod of appreciation can make a real difference to someone's experience in your class.

DRIVE

These sets are short so to hit intensity, stick to one focus for each set. Short, sharp cues with impact will drive the heart rate and the fitness results! We can demand more from everyone in the short sets so make sure the whole team are at their 100%.

HIIT SCIENCE

The 2:1 work-to-rest ratio in this track and the other tabatas means the intensity of each block builds on the fatigue of the previous one. By the end of the track, we will be in a new fitness zone. This is how HIIT delivers results.

TECHNIQUE

SKATER WITH PLATE ROTATION

- Jumping side to side, shifting body weight and drawing knees together
- **Plate glued to center of the chest**
- **Hips square to the front**
- **Rotate upper body from center of the chest**
- Push off the outside foot to change direction
- **Chest up, strong ab brace**

Layer 2: Can you cover more distance by driving out of the outside leg? We generate more power and challenge the core even more

SCISSOR LUNGE WITH PLATE PUNCH

- Feet under hips, plate at collarbones
- **Jump back into a long Lunge**
- Bend back knee towards the floor
- Punch plate above head
- **Elbows slightly forward of face**
- **Front knee out over toes**
- **Both knees at 90 degrees**
- **Chest up**
- **Abs braced**
- Jump feet back together and **catch plate at collarbones**

↓ **OPTION: BACKWARD-STEPPING LUNGE WITH PRESS**

Layer 2: How quickly can you get under the plate? Punch the plate and split the legs to drop faster!



04. TABATA 2

Please note: This track contains explicit content. The alternative song can be used in its place.
Please use JYNX with the same choreography.

TRACK SET-UP: Tabata 2 – 20 seconds on, 10 seconds off – alternating between 2 moves, 6 sets total.
TRACK FOCUS: Maximum all-out effort for every 20-second working set.

Exercise	
0:30	Set up and demonstrate first move: Barbell Squat Press
0:20	Barbell Squat Press
0:10	<i>Recovery</i>
0:20	Squat to Lunge with Plate Snatch L&R
0:10	<i>Recovery</i>
0:20	Barbell Squat Press
0:10	<i>Recovery</i>
0:20	Squat to Lunge with Plate Snatch L&R
0:10	<i>Recovery</i>
0:20	Barbell Squat Press
0:10	<i>Recovery</i>
0:20	Squat to Lunge with Plate Snatch L&R
0:05	<i>Recovery</i>



04. TRAKTOR 3:27mins

COACHING TIP

The time has increased to 20/10 so there's a little more time to coach the range. Encouraging people to get into a full Squat and Lunge in both movements is key. The Squat Press will get the muscles burning and the heart pumping for awesome results.

CONNECTION

Connect people to the feel of the workout in this track. Tash mentions the feeling of the heart rate spiking during the Squat Press. These intrinsic cues will help connect the class with the workout, even more.

DRIVE

Choo choo – go hard, go faster! The lyrics are awesome in this track. Showing enjoyment is a massive part of LES MILLS GRIT. Show your enjoyment as you work as hard as you can in the final set to keep the energy and intensity in the room.

HIIT SCIENCE

Adding a Squat to a Press means we gain the intensity from both moves. These complex movement patterns, particularly under load, are a great way to hit our top training zones.

TECHNIQUE

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**

↓ OPTION: USE PLATE FOR LIGHTER LOAD

Layer 2: Feel the power and control of the move. Power out of the bottom of the Squat to drive then control the catch and Squat

SQUAT TO LUNGE WITH PLATE SNATCH

- **Feet outside hip-width, plate hangs low**
- **Squat down to 90 degrees**
- **Knees out over toes, chest up**
- Jump into a Lunge and snatch plate over head
- **Long Lunge, soft knee landing**
- **Bend knees to 90 degrees**
- **Snatch arms forward of face**
- Jump back into Squat with plate low
- Alternate Lunge

↓ OPTION: STEP BACK INTO LUNGE

Layer 2: Stay low like the ceiling's dropped! This keeps the load in the legs



05. TABATA 3

Please note: This track contains explicit content. The alternative song can be used in its place.
Please use *FEVER DREAMS* with the same choreography.

TRACK SET-UP: Tabata 3 – 30 seconds on, 15 seconds off – alternating between 2 moves, 6 sets total.
TRACK FOCUS: Maximum all-out effort for every 30-second working set.

<i>Exercise</i>	
0:30	Set up and demonstrate first move: Barbell Squat Heel Raise
0:30	Barbell Squat Heel Raise
0:15	<i>Recovery</i>
0:30	Power Burpee x1, Bear Crawl F&B x4
0:15	<i>Recovery</i>
0:30	Barbell Squat Heel Raise
0:15	<i>Recovery</i>
0:30	Power Burpee x1, Bear Crawl F&B x4
0:15	<i>Recovery</i>
0:30	Barbell Squat Heel Raise
0:15	<i>Recovery</i>
0:30	Power Burpee x1, Bear Crawl F&B x4
0:05	<i>Recovery</i>



05. I DON'T NEED A REASON / WAITING 4 U 4:50mins

COACHING TIP

The time is creeping up! This time it's 30/15 and the focus is still on keeping the team engaged and working hard for the full 30 seconds. The toughest move to coach is the Power Burpee and Bear Crawl combo. Look out and see what your team need to be successful. The best coaches coach to what is happening in front of them.

CONNECTION

The Power Burpee and Bear Crawl combo is super tough for 30 seconds. This is a great time to get on the floor and connect with your people. Acknowledging their efforts at this stage of the class will keep them coming back for more.

DRIVE

If you want intensity, you've got to show intensity! See how the team show this in set 4 as they go fast in the Bear Crawl. This is your opportunity to inspire your team and bring them with you.

HIIT SCIENCE

Adding a Heel Raise to a Squat brings in triple extension. This challenges our hip, knee and ankle muscles to drive us away from the floor – increasing our vertical drive.

TECHNIQUE

BARBELL SQUAT HEEL RAISE

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

↓ OPTION: USE PLATE FOR LIGHTER LOAD

Layer 2: The glutes are the powerhouse of the body. Drive from the bottom of the Squat and feel the athleticism of the triple extension

POWER BURPEE

- Start and finish in Bear position
- **Hands under shoulders, knees under hips**
- **Abs braced**
- **Back long and straight**
- **Feet jump wide into Squat**
- **Knees out in line with toes**
- **Chest up**
- Jump back into Bear position

↓ OPTION: WALK FEET IN AND OUT

Layer 2: Push through the hands and pull the knees under fast. This will help you to pop up in the Power Burpee!

BEAR CRAWL

- **Hands under shoulders**
- **Knees under hips**
- Walk opposite arm/leg forward x4
- **Back straight, abs braced**
- **Knees close to floor**

Layer 2: How fast can you move back? Drive the power out of the arms and keep the core tight. This improves core strength and control



06. TABATA 4

TRACK SET-UP: Tabata 4 – 40 seconds on, 20 seconds off – alternating between 2 moves, 6 sets total.
TRACK FOCUS: Maximum all-out effort for every 40-second working set.

Exercise	
0:30	Set up and demonstrate first move: Barbell Row x2, Drop Squat Clean x1
0:40	Barbell Row x2, Drop Squat Clean x1
0:20	Recovery
0:40	Burpee x1, Renegade Pushup alt R&L
0:20	Recovery
0:40	Barbell Row x2, Drop Squat Clean x1
0:20	Recovery
0:40	Burpee x1, Renegade Pushup alt R&L
0:20	Recovery
0:40	Barbell Row x2, Drop Squat Clean x1
0:20	Recovery
0:40	Burpee x1, Renegade Pushup alt R&L
0:05	Recovery



06. ON LOCK / HIP HOP 6:15mins

COACHING TIP

Final tabata and it's a huge one with 40 seconds on, 20 seconds off. The Burpee and Renegade Pushup is a new move so focus on great Coaching and Execution to give clarity to your class. Coach the kneeling option if needed to ensure your team feel successful in these challenging longer sets.

CONNECTION

The longer recoveries give you more time to praise your team from the front and on the floor. Pick your moments to get out with your team and make sure you see all corners of the room throughout the class. Use names, especially in the Burpee as people cannot see you and are starting to tap out.

DRIVE

Let them know when it's the last round of the track and dominate the workout with them. Don't regret leaving something in the tank. Tash reminds the team of this and see how the energy peaks!

HIIT SCIENCE

Focusing on keeping the hips and shoulders square as we row the arm in the Renegade Pushup will require a sharp burst of core activation. This trains our core muscles to be responsive and athletic during athletic movement patterns.

TECHNIQUE

BARBELL ROW

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

Layer 2: Brace abs tightly to minimize the bounce in the row. This helps us to isolate the back muscles

DROP SQUAT CLEAN

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

↓ **OPTION: 1 CLEAN, 1 SQUAT**

Layer 2: Drop quickly to challenge the load on the legs. This will build explosive power

BURPEE, RENEGADE PUSHUP

- Squat, jump feet back to Plank position
- **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 outside shoulder-width**
- Renegade Pushup
- **Chest to elbow height**
- Lift arm off the floor like a Row as you push up
- **Back long, strong and straight**
- **Keep hips square to floor**
- Jump back into Squat and jump up
- **Soft knee landing**
- Alternate arm lift in Renegade Pushup

↓ **OPTION: PUSHUP ON KNEES**

Layer 2: Focus on pulling the elbow back in the Renegade – let's make it explosive!



07. LADDER DOWN

TRACK SET-UP: 2-minute Ladder Down in even numbers. Same moves as Ladder Up and the starting number is what you finished on in the Ladder Up.

TRACK FOCUS: Aiming to finish the ladder before the countdown – it’s all about maximum effort.

Exercise	
0:30	Set up ladder – 3 moves, starting at the number finished on in Track 2. Demonstrate moves: Barbell Row, Barbell Clean & Press, Squat Jump
2:00	LADDER DOWN Barbell Row Barbell Clean & Press Squat Jump
0:05	Recovery



07. SHIMMER 2:35mins

COACHING TIP

The aim of the game is to finish the Ladder Down before the time is up! Remind participants to start on the number they finished on in the Ladder Up. If they’ve forgotten, they can have your number. Keep a focus on great Technique, even though it’s a race. Range and control with speed is the key.

CONNECTION

Connect through inspiration in this final track. Watch how Erin ‘rallies the troops’ with a collective goal of being better than before, even though everyone is at a different stage of their fitness journey. Creating that team feeling is extremely powerful and will build lasting connections in your classes.

DRIVE

The goal is to get down to zero. Keep this goal in mind and give time references to maintain the intensity. Letting everyone know that there is 1 minute or 30 seconds left will help them see the finish line and to push themselves until the reps run out.

HIIT SCIENCE

Your class will be in a high state of fatigue in this last big track. Although we often think of this as resulting in reduced power output, our stabilizers (which keep us safe) will also be fatigued. Therefore, safety cues, such as keeping the bar close to the body in a Clean, become even more important at this stage of the class.

TECHNIQUE

BARBELL ROW

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

Layer 2: Keep the hips still in the Row to maximize the workout for the back of the body

BARBELL CLEAN & PRESS

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

Layer 2: Heels stay down as you press to generate more lower-body power

SQUAT JUMP

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

↓ OPTION: SQUAT HEEL RAISE

Layer 2: Land low and hit the rebound for that elastic energy kick in the Jump



08. CORE CHALLENGE

TRACK SET-UP: One final ladder up and down. Climb the Ladder Up in singles, alternating between two moves. At the 1-minute bell, climb down and aim to finish before the music fades out.
TRACK FOCUS: Keep challenging the core with one final working set.

Exercise	
0:00	Set up ladder – 1 minute for Ladder Up, 1 minute for Ladder Down (with or without weight plate) Demonstrate moves: C-Crunch , Cross Crawl
1:00	LADDER UP – starting at 1-1 C-Crunch x1 Cross Crawl R&L x1
1:00	LADDER DOWN – starting on the finishing number from the Ladder Up, aiming for 1-1 C-Crunch x1 Cross Crawl R&L x1
0:05	Recovery



08. CHAMPION 2:35mins

COACHING TIP

We have 1 minute of set-up time in this one, so there's plenty of time to set up the ladder and coach both moves. It's a 1-minute Ladder Up then a 1-minute Ladder Down. 'Say and Do' in the set-up so everyone understands the ladder. They're 'smoked' at this stage so we will still need to keep it simple!

CONNECTION

The second minute is the time to connect. Everyone is on the Ladder Down so encourage them to make it back to one. Give your team plenty of praise for their efforts and remind them of the benefits of core training as you work to the finish line.

TECHNIQUE

C-CRUNCH

- **Knees above hips**
- Plate to forehead
- **Crunch ribs to hips**
- Aim plate towards knees
- **Chin tucked in**
- **Extend legs to 45 degrees and lift plate over head**
- **Lower back towards floor**

↓ OPTION: NO PLATE

Layer 2: Squeeze the ribs to the hips to maximize the Crunch

CROSS CRAWL

- **Knees above hips, plate to chest**
- **Extend one leg and twistn shoulder towards opposite knee**
- **Twist from mid-chest**
- **Chin tucked in**

↓ OPTION: TAP TOES DOWN

Layer 2: As you move the leg in, keep the knee above the hip, no closer. This keeps the work in the abs



GRIT CARDIO MUSIC

01.

Renegade (3:10)

Party Pupils x Big Gigantic

© 2022 Colour Vision Records.
Written by: Lalli, Salken, Schneider, Seigel
02.

Right 2 Left (2:34)

Insect Take-Out

© 2022 Les Mills Music Licensing Ltd.
Written by: Peers, Stonewall, Stone, Dermer, R. Smith, Pentz, T. Smith
03.

Get Up (2:00)

James Hurr, Per QX & Elias Bravo

© 2022 Toolroom Productions Ltd.
Written by: Hurr, Ljungqvist, Bravo
04.

Zouka (3:26)

Bang La Decks

© 2014 Down2Earth Music.
Written by: Lupa, Economou
05.

Fresh (0:58)

Kashkuri

© 2022 Les Mills Music Licensing Ltd.
Written by: Medley, Foord, Pitts, Christie, Atkinson
- Like This (0:46)

Merk & Kremont x Too Many Zooz

© 2022 Future House Music.
Written by: Cremona, Mercuri, Falconelli
- Fresh (0:44)

Kashkuri

© 2022 Les Mills Music Licensing Ltd.
Written by: Medley, Foord, Pitts, Christie, Atkinson
- Like This (0:46)

Merk & Kremont x Too Many Zooz

© 2022 Future House Music.
Written by: Cremona, Mercuri, Falconelli
- Fresh (0:44)

Kashkuri

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Written by: Medley, Foord, Pitts, Christie, Atkinson
- Like This (0:52)

Merk & Kremont x Too Many Zooz

© 2022 Future House Music.
Written by: Cremona, Mercuri, Falconelli

06.

Krack (1:11)

Soulwax

© 2005 Play It Again Sam.
Written by: D. Dawaele, S. Dawaele
- Rumble (0:59)

Garmiani

© 2013 Dim Mak Inc.
Written by: Kobilic, Garmiani, Kabinejad, Ganacci
- Krack (1:01)

Soulwax

© 2005 Play It Again Sam.
Written by: D. Dawaele, S. Dawaele
- Rumble (0:59)

Garmiani

© 2013 Dim Mak Inc.
Written by: Kobilic, Garmiani, Kabinejad, Ganacci
- Krack (1:01)

Soulwax

© 2005 Play It Again Sam.
Written by: D. Dawaele, S. Dawaele
- Rumble (1:04)

Garmiani

© 2013 Dim Mak Inc.
Written by: Kobilic, Garmiani, Kabinejad, Ganacci
07.

Mermaid of Bahia (Eden Prince Remix) (2:36)

Basement Jaxx

© 2015 Atlantic Jaxx Recordings Ltd.
Written by: Buxton, Cleis, Miranda, Ratcliffe, Terrano
08.

Topaz (2:33)

JJ Indecisive

Courtesy of Les Mills Music Licensing Ltd.
Written by: Naley
- OUTRO

BE GREAT (1:02)

INF

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



L-R: Erin Maw and Vili Fifita

LES MILLS GRIT 41 is in town and it's brought a Tabata sidekick to give you an incredible workout!

Four tabata tracks, each getting longer, gives this workout an epic feel and makes it easy to learn. Either side of this we have a 2-minute challenge to keep us all honest. The Warm-up continues where LES MILLS GRIT 40 left off: 30-second intervals in a simple structure and we finish with a Core Challenge ladder.

The mix of dynamic standing work and core-busting floor work will leave you and your classes feeling INCREDIBLE! Watch out for the advanced options if you really want to take this workout to the next level! As you power through all the challenges that Release 41 has for you, one thing you'll know is that you are going to be fitter and more athletic than ever by the end of the workout.

Have an awesome time with this release – good luck and ‘kick some butt’!

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

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

Vili Fifita (New Zealand) is a LES MILLS GRIT Trainer/Presenter and a BODYCOMBAT, BODYPUMP™, LES MILLS TONE, LES MILLS CEREMONY, LES MILLS CONQUER and LES MILLS SPRINT™ Instructor. He lives in Auckland.

Thanks to:

Ben Main

RELEASE FEEDBACK

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



01. WARM-UP

TRACK SET-UP: Set the energy and atmosphere for the workout ahead. Get everyone excited and ready for a challenging workout.

Exercise	
0:30	Run OTS
0:30	Lateral Shuffle R&L x1, Burpee x1
0:30	Plank Jack x2, Pushup x2
0:30	Mountain Climber x8, Squat Jump x1
0:30	Skater L&R
0:30	Lateral Shuffle R&L x1, Burpee Jump x1
Recovery	



01. RENEGADE 3:10mins

CONNECTION

Here we go! Six exercises to get warm, 30 seconds each. Let's ease our way into the workout and bring some energy to the room with excited vocals. Ensure there's plenty of connection with the class and positive vibes to set everyone up for Release 41. Let's do this!

TECHNIQUE

RUN OTS

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

LATERAL SHUFFLE

- **Feet wide**
- **Chest up**
- **Knees soft**
- **Hips and shoulders stay square to the front**

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

PLANK JACK

- **Hands under shoulders**
- **Feet together**
- **Long, straight back**
- **Abs braced**
- Jump feet out and in

PUSHUP

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

↓ OPTION: DROP TO THE KNEES

MOUNTAIN CLIMBER

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

SQUAT JUMP

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

↓ OPTION: SQUAT HEEL RAISE

SKATER

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



02. LADDER UP

TRACK SET-UP: 2-minute Ladder – 3 moves, climbing up in even numbers.
TRACK FOCUS: Climb the ladder as high as possible, getting the heart rate really high and setting a high standard of work for the rest of the class.

Exercise	
0:25	Set up ladder – 3 moves, traveling up in even numbers starting at 2-2-2. Demonstrate moves: Double Heisman R&L , Air Tap , Power Burpee
2:00	LADDER UP Double Heisman R&L Air Tap Power Burpee
0:05	Recovery



02. RIGHT 2 LEFT 2:34mins

COACHING TIP

Super simple set-up, 3 moves, 2 reps each. Ladder Up in even numbers. Get everyone moving and count your reps to help them understand the ladder. Spend time breaking down the movements like Vili does in the Masterclass. This will allow your class to have great Execution from the very start.

CONNECTION

A ladder makes connection easy. Asking your team “What number are you on?” is a great way to engage them into the workout early on. Remind your team to keep track of their number for later as they will need it.

DRIVE

Let’s start the class with a bang and a high target. Everyone is fresh so go hard and get them into the red zone by challenging them to reach a high number!

HIIT SCIENCE

Hitting the red zone in the first working track is key in a HIIT workout. These exercises allow participants to alternate muscle groups through changes in direction. This rotation of muscle output allows us to keep the intensity high throughout the track.

TECHNIQUE

DOUBLE HEISMAN

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

Layer 2: Pull the knee up and crunch to feel the core power in this move!

AIR TAP

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

Layer 2: Keep the chest up as you drop into the Squat, maintaining the load in the legs and glutes

POWER BURPEE

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

↓ OPTION: WALK FEET INTO SQUAT

Layer 2: Keep the knees wide in the Squat to allow a fast transition back to Plank position



03. TABATA 1

TRACK SET-UP: Tabata 1 – 10 seconds on, 5 seconds off – alternating between 2 moves, 6 sets total.
TRACK FOCUS: Maximum all-out effort for every 10-second working set.

<i>Exercise</i>	
0:30	Set up and demonstrate first move: High Knee Sprint
0:10	High Knee Sprint
0:05	<i>Recovery</i>
0:10	Mountain Climber
0:05	<i>Recovery</i>
0:10	High Knee Sprint
0:05	<i>Recovery</i>
0:10	Mountain Climber
0:05	<i>Recovery</i>
0:10	High Knee Sprint
0:05	<i>Recovery</i>
0:10	Mountain Climber
0:05	<i>Recovery</i>



03. GET UP 2:00mins

COACHING TIP

Hard, short, max effort– as Erin says in the Masterclass! The moves are technically simple so all you need to do is to get creative with your coaching to keep it fresh. See how Erin uses cues like “slingshot your knees” in the Sprint and “we are running without the arms” in the Mountain Climber. Spend time scripting new cues to bring this short track alive.

CONNECTING

The sets and rest periods are short so connect by bringing the hype and reminding people how many rounds are left. When your team know the end is coming fast, they will keep the intensity high.

DRIVE

Be the change you want to see in the room! Change gear in the final 2 rounds and really go hard. This will inspire your team to follow your lead.

HIIT SCIENCE

The 2:1 work-to-rest ratio in this track and the other tabatas means the intensity of each block builds on the fatigue of the previous one. By the end of the track we will be in a new fitness zone. This is how HIIT delivers results.

TECHNIQUE

HIGH KNEE SPRINT

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

Layer 2: Slingshot the knees to the waist for maximum speed!

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

Layer 2: It's like running without the arms – keep pumping the legs like a sprinter



04. TABATA 2

TRACK SET-UP: Tabata 2 – 20 seconds on, 10 seconds off – alternating between 2 moves, 6 sets total.
TRACK FOCUS: Maximum all-out effort for every 20-second working set.

Exercise	
0:30	Set up and demonstrate first move: Shuffle R, 180° Jump F&B, Shuffle L, 180° Jump F&B
0:20	Shuffle R, 180° Jump F&B, Shuffle L, 180° Jump F&B
0:10	Recovery
0:20	Bolt Hop to Switch Climber L&R
0:10	Recovery
0:20	Shuffle R, 180° Jump F&B, Shuffle L, 180° Jump F&B
0:10	Recovery
0:20	Bolt Hop to Switch Climber L&R
0:10	Recovery
0:20	Shuffle R, 180° Jump F&B, Shuffle L, 180° Jump F&B
0:10	Recovery
0:20	Bolt Hop to Switch Climber L&R
0:05	Recovery



04. ZOUKA 3:26mins

COACHING TIP

Say and do the moves in the set-up so the class knows exactly what to do. The Bolt Hop to Switch Climber is a tricky move, especially for new people. Look out and see how they are doing. Spend more time breaking the move down through the track if the class needs it. This will help them to be successful.

CONNECTION

By the third round you have time to get on the floor and spend time with those who need you most. Remember to scan the room as you train so you can move to participants quickly and efficiently.

DRIVE

The last 20 seconds are a real challenge. Encourage your team to keep going until the countdown with intrinsic motivation. How good will they feel if they can keep working through the whole set!

HIIT SCIENCE

Executing moves in a Plank position with intensity requires a big ab brace. This sets the foundation for us to move explosively. Without a rigid core position the spine would buckle slightly reducing power output.

TECHNIQUE

SHUFFLE

- **Feet wide**
- **Chest up, knees soft**
- **Hips and shoulders square to the front**

Layer 2: Drop down and touch the floor then explode out to challenge the athletic chain

180° JUMP

- From Squat position, jump and rotate 180 degrees
- **Soft knee landing**
- **Knees out over toes on landing**
- **Chest up, abs braced**

↓ OPTION: 90-DEGREE JUMP

Layer 2: Drive the arms up to give you more time to turn in the 180-degree twist

BOLT HOP TO SWITCH CLIMBER

- **Start in Plank position, hands under shoulders**
- Sit hips back towards heels
- Spring forward, jumping into Switch Climber
- One foot jumps towards outside of hand
- Other leg straight
- **Back long and straight**
- **Abs braced**
- Push back into Bolt
- Alternate legs

↓ OPTION: STEP FORWARD INTO SWITCH CLIMBER

Layer 2: Cement the hands beneath the shoulders for a tight core!



05. TABATA 3

TRACK SET-UP: Tabata 3 – 30 seconds on, 15 seconds off – alternating between 2 moves, 6 sets total.
TRACK FOCUS: Maximum all-out effort for every 30-second working set.

Exercise	
0:30	Set up and demonstrate first move: Double Drop Lunge x4, Power Lunge x4
0:30	Double Drop Lunge x4, Power Lunge x4
0:15	Recovery
0:30	Plank Jack x2 (ADVANCED: Plank Jack with Shoulder Tap), Donkey x2
0:15	Recovery
0:30	Double Drop Lunge x4, Power Lunge x4
0:15	Recovery
0:30	Plank Jack x2 (ADVANCED: Plank Jack with Shoulder Tap), Donkey x2 (ADVANCED: Single-Leg Jumping Switch L&R x1)
0:15	Recovery
0:30	Power Lunge
0:15	Recovery
0:30	Plank Jack x2 (ADVANCED: Plank Jack with Shoulder Tap), Donkey x2 (ADVANCED: Single-Leg Jumping Switch L&R x1)
0:05	Recovery



05. FRESH / LIKE THIS 4:50mins

COACHING TIP

A cool new variation is with the Double Drop Lunge. Coach the difference in feel and Execution in the Lunges to educate your class. The Double Drop Lunge is about speed and agility with a focus on dropping down. The Power Lunge is about driving up for height.

CONNECTION

During the advanced options, it is a great time to connect with and challenge your class. Have fun with them and encourage your team to try them, even if it's just for a couple of reps. Giving people the autonomy to do a couple then drop back will give your team the confidence to try it!

DRIVE

The 30 seconds of continuous Power Lunges is a killer and will bring fatigue to the legs fast. This is where your motivation skills come in as a LES MILLS GRIT coach! Leg strength, athletic power and just because it feels awesome are all reasons to keep going, so bring your best and keep everyone in the game.

HIIT SCIENCE

Maintaining a long stride is one of the most important aspects of lunging safely. When the back and front foot are too close together the front knee will push past the ankle at the bottom of the Lunge, increasing knee flexion and joint stress.

TECHNIQUE

DOUBLE DROP LUNGE

- 2 fast bounces on balls of the feet, then drop into a Lunge
- **Knees soft**
- Drop down into Lunge
- **90 degrees at both knees**
- **Front knee out**
- **Chest up, abs braced**
- Jump feet together
- Alternate legs between bounces

Layer 2: It's rapid reaction from the Bounce to the Lunge. Can you drop right and left side equally fast?

POWER LUNGE

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

↓ OPTION: BACKWARD-STEPPING LUNGE

Layer 2: Squeeze your glutes to get out of the bottom range and get that MAX airtime!

PLANK JACK

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

↑ OPTION: ADD SHOULDER TAP

Layer 2: Keep the hips square to floor by bracing super hard in the Shoulder Tap

DONKEY KICK

- **Hands under shoulders**
- **Back long and strong**
- **Abs braced**
- Drive knees towards chest
- Extend legs back out to Plank

↓ OPTION: FROG JUMP INSTEAD OF DONKEY KICK

↑ OPTION: SINGLE-LEG JUMPING SWITCH

- **Pull one knee towards chest, extend other leg long**
- **Land with both legs long in Plank**
- **Abs braced**
- Alternate legs

Layer 2: It's a push and pull movement in the jumping Switch Climber. Push one leg out as you pull the other knee in for Reactive Core Training



06. TABATA 4

TRACK SET-UP: Tabata 4 – 40 seconds on, 20 seconds off – alternating between 2 moves, 6 sets total.
TRACK FOCUS: Maximum all-out effort for every 40-second working set.

Exercise	
0:30	Set up and demonstrate first move: Lateral Skater x3, Single-Leg Inchworm alt R&L leg x1
0:40	Skater x3, Single-Leg Inchworm alt R&L leg x1
0:20	Recovery
0:40	Burpee Pushup x1, Broad Jump x1, Speed Ladder Back x4
0:20	Recovery
0:40	Lateral Skater x3, Single-Leg Inchworm alt R&L leg x1
0:20	Recovery
0:40	Burpee Pushup x1, Broad Jump x1, Speed Ladder Back x4
0:20	Recovery
0:40	Skater x3, Single-Leg Inchworm alt R&L leg x1
0:20	Recovery
0:40	Burpee Pushup Tuck Jump x1, Broad Jump x1, Speed Ladder Back x4
0:05	Recovery



06. KRACK / RUMBLE 6:15mins

COACHING TIP

The 40 seconds of work gives us the time to floor-coach with real purpose. Once you have set the team up in the first 2 rounds get on the floor and manipulate the intensity with clear coaching objectives.

CONNECTION

The Burpee Broad Jump is a great time to bring some fun and competition to your class. If you know your members well, encourage them to jump further than their friend or move faster than the person next to them. It's a tough workout, but we need to enjoy it – right?

DRIVE

Bringing the Tuck Jump into the last set takes it to a whole new level! This is the opportunity to drive the team to the end of the track. Encourage everyone to try the Tuck; it doesn't matter how high they go – it's about celebrating the effort as they become brave enough to push to a new level!

HIIT SCIENCE

Broad Jumps are a great way to improve horizontal drive. This is the power we exert when moving across the floor. Hip extension is a key component of this. Encouraging participants to drive their hips forward in the Jump will unlock the power of their glutes.

TECHNIQUE

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: To increase speed go for shorter Skaters. This will give you more reps of the combo!

SINGLE-LEG INCHWORM

- Squat down with one leg off the floor
- Walk hands out to Plank, keeping leg off the floor
- **Brace abs, hips square to floor**
- **Back long and straight**
- Walk back to Squat
- Stand up

↓ OPTION: BOTH FEET ON FLOOR

Layer 2: Push the floor away at the end of the Inchworm to get back faster. This will increase upper-body power

BURPEE PUSHUP

- Squat, jump feet back to Plank, Pushup, jump back to Squat, stand
- **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 to Plank**
- **Hands outside shoulder-width**
- **Pushup, chest to elbow height**
- **Back long, strong and straight**
- **Jump back into Squat**

Add Tuck Jump in final set

- **Pull knees to chest, soft knee landing**

↓ OPTION: PUSHUP ON KNEES

Layer 2: Drop straight into the Pushup as you jump back to Plank for a bigger challenge

BROAD JUMP

- **Both feet take off and land**
- Jump forward
- **Land softly**
- **Brace abs**
- Swing arms to jump

Layer 2: Drive the hips forward for an explosive Jump

SPEED LADDER

- Feet in and out, traveling backwards
- **Light on balls of the feet**
- **Soft knees**
- **Abs braced**

Layer 2: Imagine you're on thin ice – you need to move lightning fast or you'll fall through the cracks



07. LADDER DOWN

TRACK SET-UP: 2-minute Ladder Down in even numbers. Same moves as Ladder Up and the starting number is what you finished on in the Ladder Up.
TRACK FOCUS: Aiming to finish the ladder before the countdown – it’s all about maximum effort.

Exercise	
0:30	Set up ladder – 3 moves, starting at the number finished on in track 2. Demonstrate moves: Double Heisman, Air Tap, Power Burpee
2:00	LADDER DOWN Double Heisman Air Tap Power Burpee
0:05	Recovery



07. MERMAID OF BAHIA (EDEN PRINCE REMIX) 2:36mins

COACHING TIP

This is a race against yourself. As the class is now fatigued it's a real challenge to get to zero. As their form starts to go, focus on keeping people moving with great Technique to get the most out of the Ladder Down.

CONNECTION

See how Erin calls out to her team to ask for their numbers at the start of the track. Celebrate their numbers as this shows the effort they put in at the start of the workout. This is a great way to connect with your team and keep them accountable.

DRIVE

Time to bring the inspiration! The faster you finish the longer your recovery. Keep the end goal in mind and remind them of the opportunity of being better than before by going to a place they've never been, right now!

HIIT SCIENCE

Your class will be in a high state of fatigue in this last big track. Although we often think of this as resulting in reduced power output – our stabilizers, which keep us safe, will also be fatigued. Therefore, safety cues, such as keeping the knees in line with the toes, become even more important at this stage of the class.

TECHNIQUE

DOUBLE HEISMAN

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

Layer 2: Drive off the outside leg to change direction with speed and force

AIR TAP

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

Layer 2: Speed up your arms and your legs will go with you! Reach up then throw the arms down to encourage a quicker pace in the Jump

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**

↓ OPTION: WALK FEET INTO SQUAT

Layer 2: Imagine jumping the legs back onto a springboard. They immediately bounce back from Plank to Squat.



08. CORE CHALLENGE

TRACK SET-UP: One final ladder up and down. Climb the Ladder Up in singles, alternating between two moves. At the 1-minute bell, climb down and aim to finish before the music fades out.
TRACK FOCUS: Keep challenging the core with one final working set.

Exercise	
0:00	Set up ladder – 1 minute for Ladder Up, 1 minute for Ladder Down Demonstrate moves: C-Crunch, Cross Crawl
1:00	LADDER UP – starting at 1-1 C-Crunch x1 Cross Crawl R&L x1
1:00	LADDER DOWN – starting on the finishing number from the Ladder Up aiming for 1-1 C-Crunch x1 Cross Crawl R&L x1
0:05	Recovery



08. TOPAZ 2:33mins

COACHING TIP

We have a 1-minute set-up, so there's plenty of time to set up the ladder and coach both moves. This time we go up in singles, 1/1, 2/2 etc. Get the Layer 1 cues out early, giving you time to look out, connect and see what your team needs for the climb down.

CONNECTION

The second minute is the time to connect. Everyone is on the Ladder Down so encourage them to make it back to one. Praise and giving the benefits of core training will engage your participants to get back down and finish as a high-performance team!

TECHNIQUE

C-CRUNCH

- Knees above hips
- **Crunch ribs to hips**
- Reach hands to ankles
- **Chin tucked in**
- Extend legs to 45 degrees and arms over head
- **Lower back towards floor**

Layer 2: The further you extend, the more your abs work – so take on the challenge

CROSS CRAWL

- **Knees above hips, fingertips to temples**
- **Extend one leg and twist shoulder towards opposite knee**
- **Twist from mid-chest**
- **Chin tucked in**

↓ OPTION: TAP TOES DOWN

Layer 2: Keep the elbows wide to encourage a greater twist from the mid-chest. This will put even more fire in your obliques



GRIT ATHLETIC MUSIC

01. WARM-UP
Use Cardio Track 01 music

02. LADDER UP
Use Cardio Track 02 music

03. Apply The Pressure (3:39)
JIM JUNK
Courtesy of Les Mills Music Licensing Ltd.
Written by: Nasir

Can You (2:02)
Nice Enough feat. Ash
Courtesy of Les Mills Music Licensing Ltd.
Written by: Blackwood

Run Like The Wind (Ookay Remix)
(3:35)
QUIX
© 2022 Lowly.
Written by: Schnell

04. Shake Ya Bustle (3:39)
DJ Shub feat. Hellnback
© 2020 Shub Music.
Written by: General, Omeasoo

Ghosts (Hermitude Trapped In Heaven Remix) (1:59)
The Presets
Courtesy of the Universal Music Group.
Written by: Hamilton, Moyes

Rolling Down (3:38)
Antoine Delvig
© 2021 Crash & Smile. Licensed courtesy of Central Station Records.
Written by: Russo

05. LADDER DOWN
Use Cardio Track 07 music

06. CORE CHALLENGE
Use Cardio Track 08 music

OUTRO BE GREAT (1:02)
INF
Courtesy of Les Mills Music Licensing Ltd.
Written by: Tyson



L–R: Natasha Vincent and Savannah Palmer

Get ready for some pyramid training with LES MILLS GRIT Athletic 41. This time we combine with GRIT Cardio for an epic workout. The structure is simple and effective. We build up to long sets and maintain intensity as we shorten the sets on the way down. There’s a blend of Speed, Power and Athleticism as we mix some cool new combinations with some classic LES MILLS GRIT moves. All of this, wrapped up with some fresh new music, will ensure you and your team stay on top of your game!

Erin and the LES MILLS GRIT team

CLASS SET-UP

Bench with two risers.

CREDITS

Creative Director – Les Mills Jnr.

Lead Creative – Erin Maw

Creative Consultant – Ben Main

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PRESENTERS

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.

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.

RELEASE FEEDBACK

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



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

- TRACK 01: CARDIO 41; WARM-UP
- TRACK 02: CARDIO 41; TRACK 02 – LADDER UP
- TRACK 03: PYRAMID 1**
- TRACK 04: PYRAMID 2**
- TRACK 05: CARDIO; TRACK 07 – LADDER DOWN
- TRACK 06: CARDIO; TRACK 08 – CORE CHALLENGE



03. PYRAMID 1

TRACK SET-UP: Pyramid, starting with 1 move for 25 seconds, working up to 4 moves back-to-back, then climbing back down to 1 move.

TRACK FOCUS: Maintain intensity throughout the pyramid. As the sets build, so does the effort; as the sets get shorter, fatigue is higher. The goal is to maintain maximum effort throughout all sets.

Exercise	
0:30	Set up and demonstrate first move: Lateral Bench Foot Tap R&L
0:25	A: Lateral Bench Foot Tap R&L
0:20	Recovery
0:25	A: Lateral Bench Foot Tap R&L
0:25	B: Bench Jack x1, Plyo Sumo Bench Jump x1
0:20	Recovery
0:25	A: Lateral Bench Foot Tap R&L
0:25	B: Bench Jack x1, Plyo Sumo Bench Jump x1
0:25	C: Tricep Pushup x1, Power Burpee x1
0:20	Recovery
0:25	A: Lateral Bench Foot Tap R&L
0:25	B: Bench Jack x1, Plyo Sumo Bench Jump x1
0:25	C: Tricep Pushup x1, Power Burpee x1
0:25	D: Lateral Quick Step Over Bench
0:20	Recovery
0:25	B: Bench Jack x1, Plyo Sumo Bench Jump x1
0:25	C: Tricep Pushup x1, Power Burpee x1
0:25	D: Lateral Quick Step Over Bench
0:20	Recovery
0:25	C: Tricep Pushup x1, Power Burpee x1
0:25	D: Lateral Quick Step Over Bench
0:20	Recovery
0:25	D: Lateral Quick Step Over Bench
0:05	Recovery



03. APPLY THE PRESSURE / CAN YOU / RUN LIKE THE WIND (OOKAY REMIX) 9:16mins

COACHING TIP

This pyramid is a monster! There's 4 moves to the top then we work back down. You have plenty of time to coach each move as it's repeated 4 times so keep it clear and see what everyone needs to enable them to be successful. Check out Sav in the Masterclass for a great example of this.

CONNECTION

At the top of the pyramid is a 1-minute set giving you loads of time to connect with your team. This is your chance to get out on the floor with them. They have already seen the moves so keep their energy up with praise and motivation. The next 3 sets get shorter so remind them that this is the toughest one!

DRIVE

Keep the intensity up on the way down! That's the key to staying in the red zone for this track. As the sets get shorter bring some urgency to your vocals and keep your class on their toes – there's no time to leave the workout now!

HIIT SCIENCE

Rotating through these moves allows us to maintain a high level of intensity. Not only are we mixing muscle targets, we are also changing movement direction and the focus between the upper and lower body.

TECHNIQUE

LATERAL BENCH FOOT TAP

- Start side-on to the bench, one foot in center of bench
- Push off the foot on the floor across bench, **landing softly**
- **Light tap on the bench**
- **Knees soft**
- **Chest up, abs braced**

↓ OPTION: BACK OF THE BENCH, FORWARD FOOT TAP

Layer 2: Focus on driving the knee for a fast transition across the bench. The hip flexor fires to keep the movement quick

BENCH JACK

- Straddle bench, both feet on the floor
- Jack feet on and off the bench
- **Knees wide on the floor, narrow on the bench**
- **Soft knee landing**
- **Chest up, abs braced**

PLYO SUMO BENCH JUMP

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

↓ OPTION: JUMP BEHIND BENCH

Layer 2: The arm drive will give you more height. If you want to fly, drive those arms

TRICEP PUSHUP

- Start in Plank position, **hands on bench, under shoulders**
- **Drop chest to elbow height**
- Elbows close to body
- **Abs braced, back long and flat**

↓ OPTION: PUSHUP ON KNEES

Layer 2: Imagine the bench is your opponent. Push away to create space to get around them

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**

↓ OPTION: WALK FEET INTO SQUAT

Layer 2: Jump straight back to Plank from the Squat to keep the intensity high

LATERAL QUICK STEP OVER BENCH

- Start side-on to the bench, step feet on, on, off, off laterally
- **Knees soft**
- **Hips square to the front**
- **Light on the balls of your feet**
- **Chest up, abs braced**

↓ OPTION: WALK FEET INTO SQUAT

Layer 2: Stay light on the balls of your feet to feel like you're floating across the bench



04. PYRAMID 2

TRACK SET-UP: Pyramid 2 – new moves starting with 1 move for 25 seconds, working up to 4 moves back-to-back, then climbing back down to 1 move.

TRACK FOCUS: Maintain intensity throughout the pyramid. As the sets build, so does the effort; as the sets get shorter, fatigue is higher. The goal is to maintain maximum effort throughout all sets.

Exercise	
0:30	Set up and demonstrate first moves: Squat x1, Slip Jump x1, 180° Jump x1
0:25	A: Squat x1, Slip Jump x1, 180° Jump x1
0:20	Recovery
0:25	A: Squat x1, Slip Tuck Jump x1, 180° Jump x1
0:25	B: Pushup x1, Mountain Climber x6
0:20	Recovery
0:25	A: Squat x1, Slip Tuck Jump x1, 180° Jump x1
0:25	B: Pushup x1, Mountain Climber x6
0:25	C: Forward Heisman
0:20	Recovery
0:25	A: Squat x1, Slip Tuck Jump x1, 180° Jump x1
0:25	B: Pushup x1, Mountain Climber x6
0:25	C: Forward Heisman
0:25	D: Power Lunge
0:20	Recovery
0:25	B: Pushup x1, Mountain Climber x6
0:25	C: Forward Heisman
0:25	D: Power Lunge
0:20	Recovery
0:25	C: Forward Heisman
0:25	D: Power Lunge
0:20	Recovery
0:25	D: Power Lunge
0:05	Recovery



04. SHAKE YA BUSTLE / GHOSTS (HERMITUDE TRAPPED IN HEAVEN REMIX) / ROLLING DOWN 9:16mins

COACHING TIP

Same format as Pyramid 1 but we ‘wipe the slate clean’. Like in the Masterclass, demonstrate the Squat, Slip Jump and 180-degree Jump multiple times. Take it slow and break down the move like Tash does. The other moves in the block are more familiar so if you nail the coaching on the first move, the class will be prepped to smash the pyramid!

CONNECTION

The Slip Jump combination can be tricky when doing it for the first time. See how Tash acknowledges this at the top of the pyramid. People are learning the move so it’s OK to slow it down, break it down, whatever they need to do. Practice makes perfect so let them know that they will get better every set and every week with this move.

DRIVE

Notice the intensity go UP on the Pyramid Down. The music, Tash’s vocals and movements all go big! This is your chance to show authentic enjoyment for GRIT! Go hard and drag your team with you for an awesome end to the athletic block.

HIIT SCIENCE

Working with the bench is a great way to improve the depth in our Lunges. There is less tension in the hip flexor in the rear leg, which enables us to sink deeper into the front leg.

TECHNIQUE

SQUAT

- **Feet outside hip-width, knees out**
- Jump onto bench, both feet take off and land
- **Abs braced**
- **Soft knee landing**
- **Chest up**

SLIP JUMP

- Jump laterally, inside foot on bench, outside foot on the floor
- Bounce back to both feet on bench
- **Abs braced**
- **Soft knee landing**
- **Hips square to the front**
- **Chest up**
- Jump off bench onto floor

↑ ADVANCED OPTION: TUCK JUMP OFF BENCH

Layer 2: Your athletic position is on the balls of your feet. Stay on the balls of your feet to change direction quickly

180° JUMP

- From Squat position, jump and rotate 180 degrees
- **Soft knee landing**
- **Knees out on landing**
- **Chest up, abs braced**

PUSHUP

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

↓ OPTION: DROP TO KNEES

Layer 2: Strong abs make a great Pushup. Brace super hard like you’re absorbing a punch to transfer the power to the upper body

MOUNTAIN CLIMBER

- Start in Plank position
- **Hands just outside shoulder-width**
- **Back long and straight**
- **Abs braced**
- **Hips in line with shoulders**
- Alternating knee drive to chest x4
- **Butt down**

Layer 2: Flow from the Pushup to the Climber. Go straight in with fast legs as soon as you hit the top of the Pushup. This is Reactive Core Training



04. SHAKE YA BUSTLE / GHOSTS (HERMITUDE TRAPPED IN HEAVEN REMIX) / ROLLING DOWN 9:16mins

TECHNIQUE

FORWARD HEISMAN

- Start on the bench, one knee up
- 3 steps, down, down, up
- **Knees soft**
- Drive the knee on the step up
- **Abs braced, chest up**
- Sprinter arms

Layer 2: Perfect the knee and opposite arm drive. A slight pause at the top maximizes power and control in the sling muscles

POWER LUNGE

- Front foot on bench, back foot **long step to Lunge**
- Whole foot on the bench
- **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: The muscles work in both the jump and the landing phase. Absorb the landing to load the glutes then power up to switch legs



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.

