

LES MILLS GRIT 42

GRIT STRENGTH

MUSIC AND CREDITS

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02. EMOM 1

03. DROPSETS

04. BEEP TEST

05. EMOM 2

06. CORE CHALLENGE

GRIT CARDIO

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01. WARM-UP

02. EMOM 1

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04. BEEP TEST

05. EMOM 2

06. CORE CHALLENGE

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LES MILLS GRIT 42

GRIT ATHLETIC

MUSIC AND CREDITS

03. SUPERSETS

04. TRISETS

DECLARATION OF INTENT

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GRIT STRENGTH MUSIC

01.

Crowd Goes Crazy (3:07)

Louis II

© 2021 Position Music.
Written by: Edgar, TIMBR
02.

Champion (2:26)

King Flexx

© 2022 Position Music.
Written by: Ofir, Harris
03.

Magic (3:05)

NOAM DEE feat. INF

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

Go Get It (1:45)

Knives At Sea feat. Easy McCoy

© 2022 411 Music Group.
Written by: Greene, Rodgers
- Always Bring The Fire** (1:48)

NOAM DEE

© 2021 Les Mills Music Licensing Ltd.
Written by: Fairley
- Go Get It** (1:41)

Knives At Sea feat. Easy McCoy

© 2022 411 Music Group.
Written by: Greene, Rodgers
- Always Bring The Fire** (1:50)

NOAM DEE

© 2021 Les Mills Music Licensing Ltd.
Written by: Fairley
04.

The Response (2:37)

NOAM DEE

© 2021 Les Mills Music Licensing Ltd.
Written by: Fairley
05.

Straight To Ya Face (2:30)

So Dope

© 2021 Dim Mak Records, Inc.
Written by: Mercado
- Put Your State Up** (3:05)

EZ

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

06.

Champion (2:36)

Kid Ink

© 2019 RCA Records, a division of Sony Music Entertainment.
Written by: Gashi, Coleman, Muron
- OUTRO

PRIME (1:03)

INF

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



GRIT STRENGTH



L–R: Ben Main, Erin Maw and Levi Farrell

LES MILLS GRIT Strength 42 has arrived, giving you all you could have dreamed of and more!

We’ve got 2 EMOMs, Dropsets and a Beep Test in this workout. How did we squeeze all of that into 30 minutes!

The EMOMs have 5 rounds giving you plenty of time to coach great technique and drive intensity. The Dropsets with Lunge and Squat patterns are lower body killers, then we move onto everyone’s favorite, the Beep Test! You’ll inspire your team through 4 levels of increased speed to take them to what they think is the finish line... Then we come back with EMOM 2 to go further than the finish line!

Bring your A-game and enjoy taking your class through the challenge that is LES MILLS GRIT 42!

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.

PRESENTERS

Erin Maw (New Zealand) is the Program Director/Trainer/Presenter for LES MILLS GRIT, a Les Mills Ambassador for BODYCOMBAT™, LES MILLS TONE™ and LES MILLS CORE™ and Creative for LES MILLS CEREMONY™ and STRENGTH DEVELOPMENT™ and a Creative Consultant for LES MILLS CONQUER™. She is also a Marketing Coordinator at Les Mills International in Auckland.

Ben Main (New Zealand) is a LES MILLS GRIT, BODYPUMP™ and BODYATTACK™ Trainer and is also a Les Mills Ambassador for all three programs. He is a Creative Consultant at Les Mills International and lives in Auckland.

Levi Farrell (New Zealand) is a LES MILLS GRIT and LES MILLS CEREMONY Instructor. He lives in Auckland.

CREDITS

- Program Director** – Erin Maw
- Creative Director** – Les Mills Jnr.
- 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

TEACHING THIS RELEASE

How long should I teach the new release for?

Teach the entire new release for a minimum of two weeks and a maximum of four weeks and then start to integrate other tracks. Then you will not only ensure variety in exercise sequencing and music but participants will also experience the magic, excitement and training effect of the new launch tracks.

RELEASE FEEDBACK

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



01. WARM-UP

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

TRACK FOCUS: Bring all the vibes and energy and get the class primed and ready for an epic workout ahead.

<i>Exercise</i>	
0:30	Squat x1, Lunge with Plate Press x1
0:30	Inchworm with Knee Tap
0:30	T-Pushup
0:30	Barbell Row x1, Clean & Press x1
0:30	Barbell Squat with Heel Raise
0:30	Burpee Jump
<i>Recovery</i>	



01. CROWD GOES CRAZY 3:07mins

CONNECTION

Let's go team! Keep the coaching simple and the energy high to get everyone engaged for the workout ahead. Make everyone feel welcome with lots of eye contact and positive language.

COACHING TIP

Make sure you know the music and the bell changes well. This will help you to space your coaching and connection for each move. Clarity in the Warm-up helps everyone to understand the basics for the rest of the class.

TECHNIQUE

SQUAT, LUNGE WITH PLATE PRESS

- Feet outside hip-width, plate at collarbones
- Squat butt down to 90 degrees
- Knees out over toes
- Chest up, abs braced
- Step back to Lunge and press plate over head
- Long step back
- 90/90 knee bend in Lunge
- Feet hip-width apart
- Plate slightly forward in Press

INCHWORM WITH KNEE TAP

- Squat down and walk out to Plank
- Knee Tap R&L
- Hand taps opposite knee
- Walk back to Squat then stand
- Knees out over toes, chest up in Squat
- Shoulders directly over wrists in Plank
- Brace abs in the Tap

T-PUSHUP

- Hands outside shoulder-width
- Long back, abs braced
- Pushup, chest to elbow height
- Rotate to Side Plank
- Turn whole body as one unit

↓ OPTION: DROP TO KNEES

BARBELL ROW

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

CLEAN & PRESS

- Lead with 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 collarbones then return to thighs

BARBELL SQUAT WITH HEEL RAISE

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

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. EMOM 1

TRACK SET-UP: 5-minute EMOM (every minute on the minute) – minute 1 combo 1, minute 2 combo 2 then the last 3 minutes we combine the combos together.

TRACK FOCUS: Complete the reps as fast as possible to get as much recovery time as you can.

Exercise	
0:25	Set up and demonstrate first move: Squat Jump x1, Side Raise x1, Clean & Press x1 (x8)
1:00	A: Squat Jump x1, Side Raise x1, Clean & Press x1 (x8)
1:00	B: Barbell Row x1, High Pull x1, Clean to Squat x1 (x8)
1:00	A: Squat Jump x1, Side Raise x1, Clean & Press x1 (x5)
	B: Row x1, High Pull x1, Clean to Squat x1 (x5)
1:00	A: Squat Jump x1, Side Raise x1, Clean & Press x1 (x5)
	B: Row x1, High Pull x1, Clean to Squat x1 (x5)
1:00	A: Squat Jump x1, Side Raise x1, Clean & Press x1 (x5)
	B: Row x1, High Pull x1, Clean to Squat x1 (x5)
0:05	Recovery



02. CHAMPION / MAGIC 5:31mins

COACHING TIP

Clarity in the set-up is key: 5 rounds with 2 combinations. Ensure everyone is aware of the reps needed to complete the EMOM. See how Erin reinforces the counting in the first set to keep everyone in the game. Remember that the goal is to finish before the bell to get some rest! Keep this focus to maintain the intensity throughout the track.

CONNECTION

Stay at the front for the first 3 minutes to ensure the class is nailing the EMOM. The last 2 minutes give you an opportunity to get on the floor for the first time and connect with your team. Split the room into quadrants and move with purpose to keep the energy in the room.

DRIVE

See how Erin focuses on hitting the targets to feel successful. Everyone loves to hit a target, right? Drive the team to hit their number and they will be super hyped for the rest of the class.

HIIT SCIENCE

The key to a successful HIIT workout is to reach 85% plus of our maximum heart rate in the first working blocks of the workout. The exercise in this EMOM integrate the muscles of the lower body, the core and the upper body. Firing these muscles all at once is a great way to drive heart rate and get us into the zone to reap the benefits from HIIT training.

TECHNIQUE

SQUAT JUMP

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

↓ OPTION: Squat Heel Raise

Layer 2: Squat right down to 90 degrees to load your springs then fire into the air!

SIDE RAISE

- **Abs braced**
- **Chest up**
- **Lead with elbows**
- **Elbows stop just under shoulder-height**

Layer 2: Brace super hard to keep stable as you hit the shoulders on the Raise

CLEAN & PRESS

- **Clean plates to shoulders**
- Little fingers forward
- **Sit hips back, soft knees to catch**
- Press plates over head
- **Abs braced**
- **Catch plates at shoulders**
- **Soft knees**
- Return to start position

Layer 2: Drop the hips fast to get under the plates then punch them into the air

BARBELL ROW

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

Layer 2: Imagine squeezing a tennis ball between your shoulder blades!

HIGH PULL

- **Pull bar to lower chest**
- **Lead with elbows**
- **Hips drive up**
- **Bar close to body**
- **Chest up**

Layer 2: Close then open the hips. This is the key to a great High Pull

CLEAN TO SQUAT

- Clean bar to collarbones then Squat
- **Bar close to body in Clean**
- **Squat hips to 90 degrees**
- **Knees out over toes**
- **Chest up**
- **Abs braced**

Layer 2: Full range in the Squat for maximum intensity



03. DROPSETS

TRACK SET-UP: Dropsets – 20, 25 and 30 seconds back-to-back. The most intense/complex move for the shortest amount of time – as the intensity decreases the working time extends.

TRACK FOCUS: Try and maintain maximum intensity throughout the working set.

Exercise	
0:30	Set up and demonstrate first move: Power Lunge
SET 1	
0:20	Power Lunge
0:25	Scissor Lunge with Plate Punch
0:30	Barbell Lunge
0:30	<i>Recovery</i>
SET 2	
0:20	Squat Jump with Plate Press
0:25	Barbell Squat with Heel Raise
0:30	Plate Squat with Alt Shoulder Press L&R
0:30	<i>Recovery</i>
REPEAT SET 1	
0:20	Power Lunge
0:25	Scissor Lunge with Plate Punch
0:30	Barbell Lunge
0:30	<i>Recovery</i>
REPEAT SET 2	
0:20	Squat Jump with Plate Press
0:25	Barbell Squat with Heel Raise
0:30	Plate Squat with Alt Shoulder Press L&R
0:05	<i>Recovery</i>



03. GO GET IT / ALWAYS BRING THE FIRE 7:04mins

COACHING TIP

Clear Layer 1 cues for each of the moves will allow your team to feel successful. This will give you the space to really focus on manipulating intensity when we repeat the sets. Script some cues to manipulate the intensity in the Lunge and Squat patterns so you have them at hand before you teach the workout.

CONNECTION

The halfway point is a great time to check in with your team. Congratulate everyone's efforts so far and look at who will need you for the rest of the track. This is where you can plan your floor coaching to get to the people who need that 1-2-1 connection.

DRIVE

Staying in the Lunge pattern for 3 moves back-to-back is a killer. In the Masterclass, Levi mixes the focus – from the feeling of the heart rate in the Scissor Lunge to the strength feel in the Barbell Lunge. Changing the feel and focus is a great way to keep people engaged throughout a super tough set!

HIIT SCIENCE

Maintaining a long stride in a Lunge is key to keeping the load in the muscles and out of the joints. Short stepping a Lunge will result in the front knee pushing too far forward in relation to the ankle and will increase pressure behind the knee cap.

TECHNIQUE

POWER LUNGE

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

↓ OPTION: BACKWARD-STEPPING LUNGE

Layer 2: Use the arms and legs as a single unit to enhance your explosive power and light up those fast twitch muscle fibers

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: Find a rhythm where you can challenge your body to keep moving. This will keep the heart rate up!

BARBELL LUNGE

- Barbell on meaty part of back
- Alternate Backward-Stepping Lunge
- Long step back
- Drop knees to 90 degrees
- Front knee out over toes
- Chest up
- Abs braced

Layer 2: Focus on consistent range and control to increase muscle recruitment and enhance athletic performance

SQUAT JUMP WITH PLATE PRESS

- Feet outside hip-width, plate at collarbones
- Squat to 90 degrees
- Hips back and down
- Knees out over toes
- Chest up, abs braced
- Jump and press plate over head
- Elbows slightly forward
- Land in a Squat

↓ OPTION: NO JUMP

Layer 2: Hit the range and explode up to punch the plate on the peak of the Jump!



03. GO GET IT / ALWAYS BRING THE FIRE 7:04mins

TECHNIQUE

BARBELL SQUAT WITH HEEL RAISE

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

Layer 2: Squeeze the calves and glutes as you explode onto the balls of your feet

PLATE SQUAT WITH ALTERNATING SHOULDER PRESS

- **Front rack plates to shoulders**
- **Palms facing in**
- **Feet outside hip-width**
- **Squat, hips back and down to 90 degrees**
- **Chest up, abs braced**
- Press one plate over head as you rise from Squat
- **Elbow slightly forward of face**
- Alt R&L

Layer 2: Full body drive – legs, glutes and arms for some serious results!



04. BEEP TEST

TRACK SET-UP: Beep Test; 4 levels, every time you hear the beep complete the move as fast as possible. 4 levels; every 30 seconds the levels get harder and faster.
TRACK FOCUS: Aim to stay with the beep and hit every rep.

<i>Exercise</i>	
0:30	Set up and demonstrate move: Bar Tap x1, Burpee Pushup x1, Lateral Jump x1
0:30	LEVEL 1: 5 Beeps
0:30	LEVEL 2: 6 Beeps
0:30	LEVEL 3: 7 Beeps
0:30	LEVEL 4: 8 Beeps
0:05	<i>Recovery</i>



04. THE RESPONSE 2:37mins

COACHING TIP

The aim is to stay with the beep. In the set-up, demonstrate the combo clearly like Ben does in the Masterclass. From the start, remind everyone that they can leave out the Pushup if needed to stay with the beat. This sets everyone up for success from the get-go.

CONNECTION

Stay at the front for the whole Beep Test. This allows the class to have a visual demonstration throughout. Connect by looking out and gauging the room. Acknowledge the people who are looking strong and show empathy to those who are just hanging on. Letting them know they are doing a great job in a tough track will keep them going for longer.

DRIVE

Before you teach this one, practice being a physical role model. Positive motivators are key here – nothing too fancy as everyone is focused on the beep. Let your team know that they've got this, and they can do it by giving them a reference of the number of reps or rounds left. Knowing where the finish line is will get them to the end!

HIIT SCIENCE

This track is a great way to test not only our fitness, but, also how reactive our core is. We move quickly from sagittal control (in the Burpee Pushup) to frontal plane control in the Lateral Squat Jumps. This quick direction change improves the sensitivity of our core muscles – enabling them to react quickly to changes in direction.

TECHNIQUE

BAR TAP

- Power position, knees soft ready to go
- Tap inside of plate on the beep

BURPEE PUSHUP

- Squat and jump back to Plank position
- **Hands just outside shoulder-width**
- **Back long and straight**
- **Abs braced**
- **Drop chest to elbow height**

↓ OPTIONS: DROP TO KNEES OR NO PUSHUP TO KEEP SPEED

Layer 2: Drive the floor away to push up fast and stay on the beep!

LATERAL JUMP

- **2 feet take off and land**
- Jump laterally to the other side of bar
- **Soft knee landing**
- **Chest up, abs braced**

Layer 2: Land in the power position ready for the next beep



05. EMOM 2

TRACK SET-UP: 5-minute EMOM (every minute on the minute) – minute 1 combo 1, minute 2 combo 2 then the last 3 minutes we combine the combos together.
TRACK FOCUS: Complete the reps as fast as possible to get as much recovery time as you can.

Exercise	
0:30	Set up and demonstrate first move: Barbell Row x1, Clean & Press with Push Press x1
1:00	A: Barbell Row x1, Clean & Press with Push Press x1 (x8)
1:00	B: Side Climber x1, Power Burpee x1 (x10)
1:00	A: Barbell Row x1, Clean & Press with Push Press x1 (x5) B: Side Climber x1, Power Burpee x1 (x5)
1:00	A: Barbell Row x1, Clean & Press with Push Press x1 (x5) B: Side Climber x1, Power Burpee x1 (x5)
1:00	A: Barbell Row x1, Clean & Press with Push Press x1 (x5) B: Side Climber x1, Power Burpee x1 (x5)
0:05	Recovery



05. STRAIGHT TO YA FACE / PUT YOUR STATE UP 5:35mins

COACHING TIP

Here we go again! Same as Track 2 but with fresh moves. Remind everyone of the format and reinforce that a fast finish equals rest. Breakdown the Clean & Press with Push Press clearly to keep everyone in great technique as they reach fatigue. Catching in the power position and using the legs to drive will help keep everyone safe and strong to the finish.

CONNECTION

This track gives you the opportunity to praise at the end of every EMOM. From the front or on the floor, congratulate people when they finish their numbers. This will get them fizzing for the next minute!

DRIVE

If you want to succeed, this is the moment to make it happen. It's about the effort we are putting in! Time to get inspirational! Ben goes big vocally around smashing the reps to let everyone know it's now or never. Use your own authentic inspirational language to drive your team to the end!

HIIT SCIENCE

Surpassing our ability to use oxygen to fuel our muscles unlocks the magic that comes from HIIT training. Making full use of our fatigued state at this phase of the workout will enable us to get the most out of the last track by hitting a level of intensity that takes us past our anaerobic threshold. The biochemical response is what delivers accelerated changes in fitness and body composition.

TECHNIQUE

BARBELL ROW

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

Layer 2: Make the bar hit your abs every time for a full range row

CLEAN & PRESS WITH PUSH PRESS

- **Lead with 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 collarbones**
- **Push Press over head**
- **Drive through the legs**
- **Catch at collarbones and back to thighs**

Layer 2: Dip out of the Clean to drive the Power Press. This creates elastic energy through the body for the Push

SIDE CLIMBER

- **Plank position**
- **Abs braced**
- **Square the hips to the floor**
- **Back long and flat**
- **Jump both feet outside of elbow**
- **Jump back to Plank**
- **Alternate R&L**

↓ **OPTION: MOUNTAIN CLIMBER**

Layer 2: Use the momentum from the side climber to drive into the Power Burpee

POWER BURPEE

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

↓ **OPTION: WALK FEET IN AND OUT**

Layer 2: Core control equals fast transitions; brace hard to keep momentum in the set



06. CORE CHALLENGE

TRACK SET-UP: 2 minutes to challenge the core, 20-second sets alternating between 2 moves.
TRACK FOCUS: To try and stay up for the whole 2 minutes.

Exercise	
0:30	Set up and demonstrate first move: Cross Crawl
0:20	Cross Crawl
0:20	Dish Hold
0:20	Cross Crawl
0:20	Dish Hold
0:20	Cross Crawl
0:20	Dish Hold



06. CHAMPION 2:36mins

COACHING TIP

Simple track with two moves, one dynamic, one static. Coach the benefits of both moves to stop people checking out of the workout. The obliques get a hit with the Cross Crawl and the Dish Hold strengthens your ability to stabilize in your strength movements.

CONNECTION

This Core track is tough but make it fun. Check in with as many people as you can and enjoy it. Congratulate the efforts of the class and get out onto the floor if it feels right, especially if there are people you haven't been able to floor-coach in the workout up to now.

TECHNIQUE

CROSS CRAWL

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

↓ OPTION: TAP TOES DOWN

Layer 2: Squeeze more out of your abs by rotating even further. This helps us build rotational power

DISH HOLD

- **Extend arms and legs to 45 degrees**
- **Brace abs**
- **Keep back close to floor**

↓ OPTION: LEGS HIGHER

Layer 2: Brace even harder in the hold; maximize the core contraction



GRIT CARDIO MUSIC

01. **Wap Bam Boogie** (3:09)
Sgt Slick & Babert
© 2021 Central Station Records. Licensed courtesy of Central Station Records.
Written by: Fisher, Riley

02. **Try a Little Tenderness (Crazy Cousinz Remix)** (2:26)
Otis Redding
© 2022 Atlantic Recording Corporation.
Written by: Connelly, Campbell, Woods

Gotcha (3:04)
Plump DJs
© 2022 Against The Grain.
Written by: Gardner, Rous

03. **Curious (Chocolate Puma Remix)** (1:45)
Wiwek feat. Watch the Duck
© 2022 Maha Vana.
Written by: Rankins, Smith III, Mahabali

Que Lo Que (1:45)
Hasse de Moor
© 2020 Group Chat.
Written by: de Moor

Curious (Chocolate Puma Remix) (1:45)
Wiwek feat. Watch the Duck
© 2022 Maha Vana.
Written by: Rankins, Smith III, Mahabali

Que Lo Que (1:51)
Hasse de Moor
© 2020 Group Chat.
Written by: de Moor

04. **Keep It Moving** (3:03)
Motor Mortis
© 2022 Les Mills Music Licensing Ltd.
Written by: Smeaton

05. **Salto Batida** (2:30)
Van Delougo
© 2022 Les Mills Music Licensing Ltd.
Written by: Butler, Yardley

Colima (3:05)
Raspberry Shanties
© 2022 Les Mills Music Licensing Ltd.
Written by: Butler, Yardley

06. **Tondo** (2:35)
Disclosure feat. Eko Roosevelt
Courtesy of the Universal Music Group.
Written by: G. Lawrence, H. Lawrence, Roosevelt

OUTRO **PRIME** (1:03)
INF
Courtesy of Les Mills Music Licensing Ltd.
Written by: Tyson



GRIT CARDIO



L–R: Erin Maw and Grace Wallace

LES MILLS GRIT Cardio 42 takes you further than the finish line and better than your best! Challenges throughout the release will give your team an awesome GRIT Cardio workout.

The EMOM brings the challenge of speed for rest and even more reps if you think you’re fit enough! Drop sets allow us to build cardio athleticism, both on the floor and on our feet. The Beep Test is all about digging in mentally to make it to the end. Just when you think you’re done we go again with the final EMOM! The Core track doesn’t slow us down with Cross Mountain Climbers to give us an incredible workout from start to finish.

Take a deep breath then give it your best shot! You’ve got this!

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.

PRESENTERS

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Grace Wallace (New Zealand) is a LES MILLS GRIT, BODYSTEP™ and LES MILLS TONE Presenter/Instructor. She lives in Dunedin.

CREDITS

- Program Director** – Erin Maw
- Creative Director** – Les Mills Jnr.
- 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

TEACHING THIS RELEASE

How long should I teach the new release for?

Teach the entire new release for a minimum of two weeks and a maximum of four weeks and then start to integrate other tracks. Then you will not only ensure variety in exercise sequencing and music but participants will also experience the magic, excitement and training effect of the new launch tracks.

RELEASE FEEDBACK

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



01. WARM-UP

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

TRACK FOCUS: Bring all the vibes and energy and get the class primed and ready for an epic workout ahead.

<i>Exercise</i>	
0:30	Butt Kick
0:30	Lateral Shuffle L&R
0:30	Kick Sit (or Switch Climber)
0:30	Pushup x1, Mountain Climber x6
0:30	Lateral Skater L&R
0:30	Burpee x1, Sprint OTS x8
<i>Recovery</i>	



01. WAP BAM BOOGIE 3:09mins

COACHING TIP

As always, let's get the energy up and focus on good vibes only! The first minute you're on your feet with easy moves to lift the heart rate. When you hit the floor be precise with the coaching of the Kick Sit to set your team up for success later in the class.

CONNECTION

The Warm-up is the best time to connect with your participants. We want to set the tone of hard work, but we enjoy every second of it! Eye contact, smiles and using names will make everyone feel part of the team.

TECHNIQUE

BUTT KICK

- Jog on the spot
- Kick heels to butt
- **Chest up**
- **Abs braced**

LATERAL SHUFFLE

- **Feet outside hip-width**
- **Chest up**
- **Hips and shoulders square to the front**
- **Light on balls of feet**

KICK SIT

- Bear Crawl position – **Hands under shoulders, knees under hips**
- **Back long and straight**
- Kick leg to 3 o'clock, rotating hips
- Pull back to Bear Crawl position
- Kick leg to 9 o'clock, rotating hips
- **Abs braced**

SWITCH CLIMBER (OPTION)

- Plank position
- **Abs braced**
- **Square the hips to the floor**
- **Back long and straight**
- **Jump foot outside elbow**
- **Jump back to Plank position**
- Alternate sides

PUSHUP

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

↓ OPTION: DROP TO 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**

LATERAL SKATER

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

BURPEE

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

↓ OPTION: NO JUMP

SPRINT OTS

- Knees to hip height
- Drive arms
- **Chest up**
- **Abs braced**



02. EMOM 1

TRACK SET-UP: 5-minute EMOM (every minute on the minute) – minute 1 combo 1, minute 2 combo 2 then the last 3 minutes we combine the combos together.

TRACK FOCUS: Complete the reps as fast as possible to get as much recovery time as you can.

Exercise	
0:25	Track introduction, set up and demonstrate first move: Plank Bolt x1, Air Tap x1 (x12)
1:00	A: Plank Bolt x1, Air Tap x1 (x12)
1:00	B: Switch Climber R&L x1, Pushup x1 (x10)
1:00	A: Plank Bolt x1, Air Tap x1 (x5) B: Switch Climber R&L x1, Pushup x1 (x5)
1:00	A: Plank Bolt x1, Air Tap x1 (x5 or x6) B: Switch Climber R&L x1, Pushup x1 (x5 or x6)
1:00	A: Plank Bolt x1, Air Tap x1 (x5, x6 or x7) B: Switch Climber R&L x1, Pushup x1 (x5, x6 or x7)
0:05	Recovery



02. TRY A LITTLE TENDERNESS/ GOTCHA 5:30mins

COACHING TIP

Use the set-up to clearly coach the 2 moves and the reps. Then let the team know that the faster they finish the more rest they get! Cardio is all about speed so let's get everyone moving quickly with great technique.

CONNECTION

An EMOM is a great chance to connect everyone to the feeling of the workout. How good does it feel to finish before the minute is up! Praise the people who finish first and encourage everyone who is still working. Remember, GRIT is all about personal bests so everyone's a winner.

DRIVE

There's an awesome opportunity to push everyone in the room with the rep choice in the final sets. You know your regulars so don't let them 'off the hook'! They'll feel amazing when they hit that 7th rep!

HIIT SCIENCE

Plank exercises are a great way to enhance shoulder stability. Driving the hands into the floor fires up the scapula stabilizers and the rotator cuff. Maintaining this activation as we dynamically challenge our core muscles is a great way to provide a foundation to improve upper body strength and power.

TECHNIQUE

PLANK BOLT AIR TAP

- Set up Plank, **hands under shoulders**
- **Back long and straight**
- **Abs braced**
- Sit back into Bolt
- Hips back toward heels
- Bolt forward and jump into Squat
- **Feet outside hip-width, knees out over toes**
- Arms over head in the Jump, heels tap together
- **Abs braced**
- **Soft knee landing**
- **Chest up**

Layer 2: Shoot back then pull with the arms as you push out of the legs. Full-body training!

Layer 2: Land in a Squat to transition fast to the Bolt! Fast transitions equal longer recovery!

SWITCH CLIMBER

- Plank position
- **Abs braced**
- **Square the hips to the floor**
- **Back long and straight**
- **Jump foot outside elbow**
- **Jump back to Plank**
- Alternate sides

↓ OPTION: MOUNTAIN CLIMBER

Layer 2: Stability comes from the core. Push the hands hard into the floor to keep stable as you jump the legs

PUSHUP

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

↓ OPTION: DROP TO KNEES

Layer 2: Drop straight into the Pushup then drive out. This maximizes the intensity with speed and force



03. DROPSETS

TRACK SET-UP: Drop Sets – 20, 25 and 30 seconds back-to-back. The most intense/complex move for the shortest amount of time – the intensity decreases the working time extends.

TRACK FOCUS: Try and maintain maximum intensity throughout the working set.

Exercise	
0:30	Set up and demonstrate first move: Lateral Bear Crawl R&L, Kick Sit , Lateral Bear Crawl L&R, Kick Sit (Option: Switch Climber)
SET 1	
0:20	Lateral Bear Crawl R&L, Kick Sit , Lateral Bear Crawl L&R, Kick Sit (Option: Switch Climber)
0:25	Plank Jack x2, Plank Kick Out x2
0:30	Mountain Climber
0:30	Recovery
SET 2	
0:20	Triangle Tuck Jump (clockwise and anticlockwise)
0:25	Lateral Skater R&L
0:30	Pace x8, Floater x8 (Sprint vs. Run)
0:30	Recovery
REPEAT SET 1	
0:20	Lateral Bear Crawl R&L, Kick Sit , Lateral Bear Crawl L&R, Kick Sit (Option: Switch Climber)
0:25	Plank Jack x2, Plank Kick Out x2
0:30	Mountain Climber
0:30	Recovery
REPEAT SET 2	
0:20	Triangle Tuck Jump (clockwise and anticlockwise)
0:25	Lateral Skater R&L
0:30	Pace x8, Floater x8 (Sprint vs. Run)
0:05	Recovery



03. CURIOUS / QUE LO QUE 7:06mins

COACHING TIP

The time increases but the intensity and complexity of the moves decrease in this Drop Set. Break down the Kick Sit to give everyone confidence in the movement. Qualify the Switch Climber option by letting them know the objective of speed. If you do this, people raise the intensity quickly; then your job is to keep them there for the whole set!

CONNECTING

There are a lot of moves to coach so resist the urge to get out to connect with your participants early in the track. Script the best times to hit the floor then you can have a meaningful connection with them. Make sure that each person feels awesome from having 10 seconds of your time.

DRIVE

So many opportunities to drive in this track! Bring intensity and physicality to the last set of Triangle Tuck Jumps and Pace Sprints. This is your chance to 'go wild' and bring the class with you. An epic finish to an epic track!

HIIT SCIENCE

Skaters are a great way to improve explosive power in a lateral direction. To generate more athleticism in this move, we need to maximize the recoil out of each landing to enhance the direction change. The key to this is to stay compact and not give too much in each landing. This builds up potential energy helping us to sling shot to the other side.

TECHNIQUE

LATERAL BEAR CRAWL

- **Hands under shoulders, knees under hips**
- Opposite hand and foot walking laterally x2
- **Butt down**
- **Back long and straight**
- **Abs braced**
- **Hips square to the floor**

Layer 2: How good is your arm/leg coordination? Short fast lateral movements will challenge your core and agility!

KICK SIT

- Bear Crawl position – **Elbows under shoulders, knees under hips**
- **Back long and straight**
- Kick leg to 3 o'clock rotating hips
- **Pull back to Bear Crawl position**
- Kick leg to 9 o'clock, rotating hips
- **Abs braced**

↓ OPTION: SWITCH CLIMBER

Layer 2: The best athletes are fast on their feet and fast on the floor. Pull the kick in super-fast and feel that athletic power!

PLANK JACK

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

Layer 2: Squeeze the glutes in the Jack to be energy efficient. This will make you even faster!

PLANK KICK OUT

- **Hands under shoulders**
- **Feet together**
- **Long straight back**
- **Abs braced**
- Kick legs out to 45 degrees
- Land back in Plank position
- Small butt lift from the Plank only

Layer 2: Reactive Core Training! Leaving the floor forces the core to work even harder to land into Plank position

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: Rapid speed; cut through space with your knees



03. CURIOUS / QUE LO QUE 7:06mins

TECHNIQUE

TRIANGLE TUCK JUMP

- Lateral Jump clockwise then Tuck Jump x3
- Step, step, Tuck
- **Both feet take off and land in the Tuck Jump**
- **Pull knees to chest**
- **Abs braced**
- **Land softly**
- Repeat anticlockwise

↓ OPTION: BLOCK JUMP

Layer 2: Land low and stay low to use the elastic energy. The athletic stance gives you momentum

LATERAL SKATER

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

↓ OPTION: BLOCK JUMP

Layer 2: Stay low to go fast and when the legs get tired use the arms to keep the rhythm

PACE

- High Knee Sprint at 100%
- **Chest up, abs braced**
- Big arm and knee drive

Layer 2: Keep the knee height for the full pace to challenge yourself

FLOATER

- High Knee Run 70%

Layer 2: The faster you float, the faster you fly



04. BEEP TEST

TRACK SET-UP: Beep Test – 5 levels; every time you hear the beep complete the move as fast as possible. 5 levels; every 30 seconds the levels get harder and faster.
TRACK FOCUS: Aim to stay with the beep and hit every rep.

Exercise	
0:30	Set up and demonstrate moves: Burpee and Donkey Kick
0:30	LEVEL 1: 5 Beeps
0:30	LEVEL 2: 6 Beeps
0:30	LEVEL 3: 7 Beeps (option to Drop Set – remove Donkey Kick or Jump)
0:30	LEVEL 4: 8 Beeps (option to Drop Set – remove Donkey Kick or Jump)
0:30	LEVEL 5: 9 Beeps (option to Drop Set – remove Donkey Kick or Jump)
0:05	Recovery



04. KEEP IT MOVING 3:03mins

COACHING TIP

Demonstrate the Burpee and Donkey Kick combo and let the class know that every round is faster. The key is to get everyone to stay with the beep. Check what your team needs and coach the option of leaving the Donkey Kick to stay ahead of the beep. This choice will allow your participants to feel successful.

CONNECTION

Spend most of your time at the front. When you are in the workout with your team, they know you can feel it too! Use inclusive language and encouragement to get everyone to push their levels. They will feel awesome when it's over!

DRIVE

The beep sets the tempo of the track. Our job as coaches is to challenge people to stay there. If anyone is checking out of the workout, are you gonna be there for them? Offer the option and train with them on the floor to get them to the finish line!

HIIT SCIENCE

Using our squat as we transition in and out of a burpee (particularly at speed) is necessary for optimal execution.

Flexing the spine to reach the floor in each rep creates excessive stress in the lower back. Repeatedly using a squat teaches us to use the big muscles in our legs and ingrains a safe movement pattern we can use in everyday life.

TECHNIQUE

BURPEE

- Squat, jump feet back to Plank, Donkey Kick, 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 Jump
- **Soft knee landing**

↓ OPTION: NO JUMP

Layer 2: Keep in a power position to be ready to pounce on the next beat. Moving on the B of the Beep will give you the most recovery!

DONKEY KICK

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

↓ OPTION: LEAVE OUT THE DONKEY KICK

Layer 2: Shoot the legs out fast and bounce back into the Squat. Reactive Core Training at its best.



05. EMOM 2

TRACK SET-UP: 5-minute EMOM (every minute on the minute) – minute 1 combo 1, minute 2 combo 2 then the last 3 minutes we combine the combos together.
TRACK FOCUS: Complete the reps as fast as possible to get as much recovery time as much as you can.

Exercise	
0:30	Set up and demonstrate first moves: Power Lunge x2, Shuffle R&L x1, Power Lunge x2, Shuffle L&R x1 (x8)
1:00	A: Power Lunge x2, Shuffle R&L x1, Power Lunge x2, Shuffle L&R x1 (x8)
1:00	B: Inchworm and Squat Jump (x10)
1:00	A: Power Lunge x2, Shuffle R&L x1, Power Lunge x2, Shuffle L&R x1 (x5) B: Inchworm and Squat Jump (x5)
1:00	A: Power Lunge x2, Shuffle R&L x1, Power Lunge x2, Shuffle L&R x1 (x5 or x6) B: Inchworm and Squat Jump (x5 or x6)
1:00	A: Power Lunge x2, Shuffle R&L x1, Power Lunge x2, Shuffle L&R x1 (x5 or x6) B: Inchworm and Squat Jump (x5 or x6)
0:05	Recovery



05. SALTO BATIDA / COLIMA 5:35mins

COACHING TIP

Time to rev up the engine one more time. Second EMOM where speed is key again. Clearly coach the Lunge like Erin does in the Masterclass as it's the first time we've seen it in the class. Reinforce the numbers and tell them how long it should take (around 45 seconds). The element of competition will push the class for this last burst of HIIT.

CONNECTION

Connect the class to the reps. Focus on getting everyone to complete the EMOM to get recovery. This gives you the opportunity to praise and reset everyone before the next minute. Constantly checking in with your team will keep them honest and give a feeling of success!

DRIVE

Last chance to drive the intensity! Erin outlines the benefits of this type of training: builds stamina, fitness, power and speed. Who wouldn't want to keep going after hearing that? The last minute is all about survival so drive the team to be better than their best. Everyone will feel amazing when this one is done!

HIIT SCIENCE

Surpassing our ability to use oxygen to fuel our muscles unlocks the magic that comes from HIIT training. Making full use of our fatigued state at this phase of the workout will enable us to get the most out of the last track by hitting a level of intensity that takes us past our anaerobic threshold. The biochemical response is what delivers accelerated changes in fitness and body composition.

TECHNIQUE

POWER LUNGE

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

↓ OPTION: BACKWARD STEPPING LUNGE

Layer 2: Swing the arms up and down to set the tempo. If your arms go, the legs will follow!

SHUFFLE R&L

- **Feet outside hip-width**
- **Chest up**
- **Hips and shoulders square to the front**

Layer 2: Stay low and loaded to keep quick in transition

INCHWORM

- **Squat down**
- Walk hands out to Plank
- **Brace abs**
- **Back long and straight**
- Walk back to Squat
- Stand up

Layer 2: The Inchworm is about building a strong core. Keep it tight as you walk out and in, to feel the benefits of this awesome move!

SQUAT JUMP

- Bend knees and jump
- Feet wide
- **Soft knee landing**
- **Abs braced, chest up**

Layer 2: Land softly to transition fast into the Inchworm. This helps you finish faster and get the rest!



06. CORE CHALLENGE

TRACK SET-UP: 2 minutes to challenge the core, 20-second sets alternating between two moves.
TRACK FOCUS: To try and stay up for the whole 2 minutes.

Exercise	
0:30	Set up and demonstrate first move: Hover Hold
0:20	Hover Hold
0:20	Cross Mountain Climber
0:20	Hover Hold
0:20	Cross Mountain Climber
0:20	Hover Hold
0:20	Cross Mountain Climber



06. TONDO 2:35mins

COACHING TIP

You've got 30 seconds to set up the track – plenty of time to demonstrate both moves and challenge everyone to stay in the workout for the full 2 minutes. Now you've set the challenge, it's time to 'walk the talk'!

CONNECTION

Now is a great time to connect the class to the benefits of Reactive Core Training. Check out how Erin relates a strong core to improving all your training aspects. A stronger core will help your EMOMs, your Beep Test and your Drop Sets! Understanding the benefits will keep people coming back again and again.

TECHNIQUE

HOVER HOLD

- **Elbows under shoulders**
- **Back long and straight**
- **Abs braced**

CROSS MOUNTAIN CLIMBER

- **Hands under shoulders in Plank**
- Bring knee to opposite elbow
- **Back long and straight**
- **Abs braced**



GRIT ATHLETIC MUSIC

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

02. **WARM-UP**
Use Strength Track 02 music

03. **Keep It Movin' (2:45)**
Disco-Tor
© 2022 Les Mills Music Licensing Ltd.
Written by: Butler, Yardley, Princi, Lovett

Bollywood Bounce (2:48)
Keys N Krates
© 2021 Last Gand Records Inc.
Written by: Dawson, Tune, Francoise, Wincorn

Wolf (2:48)
Stafford Brothers & MOSKA
© 2019 Musical Freedom Label Ltd.
Written by: James, C. Stafford, M. Stafford, Castaño

04. **Get Up Get Out (1:56)**
Born Dirty feat. jstlbby
© 2018 Mad Decent.
Written by: Abadie

Myth (2:04)
Snavs
© 2021 Riotville Records.
Written by: Holdoe

05. **WARM-UP**
Use Strength Track 05 music

06. **WARM-UP**
Use Strength Track 06 music

OUTRO **PRIME (1:03)**
INF
Courtesy of Les Mills Music Licensing Ltd.
Written by: Tyson



GRIT ATHLETIC



Ben Main

Welcome to LES MILLS GRIT Athletic 42! We mix the Athletic block with GRIT Strength to give you an epic workout. Trisets and Supersets are a lethal combination to take our performance to the next level! The key is understanding elastic energy, and how we can use it in our training to be even stronger athletes! Your class will love the variations of some classic moves to feel challenged and successful in Release 42. Go and smash it!

Erin and the LES MILLS GRIT team

CLASS SET-UP

Bench with two risers, moderate to heavy barbell and one free weight plate.

PRESENTER

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.

Special thanks to:

Joash Fahitua

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- Creative Director** – Les Mills Jnr.
- 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

TEACHING THIS RELEASE

How long should I teach the new release for?

Teach the entire new release for a minimum of two weeks and a maximum of four weeks and then start to integrate other tracks. Then you will not only ensure variety in exercise sequencing and music but participants will still experience the magic, excitement and training effect of the new launch tracks.

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

TRACK 01: STRENGTH 42; WARM-UP

TRACK 02: STRENGTH 42; TRACK 02 – EMOM 1

TRACK 03: SUPERSETS

TRACK 04: TRISETS

TRACK 05: STRENGTH; TRACK 05 – EMOM 2

TRACK 06: STRENGTH; TRACK 06 – CORE CHALLENGE



03. SUPERSETS

TRACK SET-UP: Supersets, 30 seconds each back-to-back on the floor then we progress those moves to the bench.

TRACK FOCUS: Download on the floor then dominate on the bench.

Exercise	
0:25	Set up and demonstrate first move: Barbell Clean to Lunge L&R
SET 1	
0:30	A: FLOOR: Barbell Clean to Lunge
0:30	B: FLOOR: Burpee with Jump
0:20	Recover and demonstrate moves A&B on bench
0:30	A: BENCH: Raised Barbell Clean to Lunge
0:30	B: BENCH: Burpee with Jump On/Off
0:25	Recover and set up Set 2
SET 2	
0:30	A: FLOOR: Barbell Lateral Squat with Overhead Press
0:30	B: FLOOR: Pushup with Frog Jump
0:20	Recover and demonstrate moves A&B on bench
0:30	A: BENCH: Offset Barbell Lateral Squat with Overhead Press
0:30	B: BENCH: Descend x1, Pushup with Frog Jump (option hands on bench)
0:25	Recover and set up Set 3
SET 3	
0:30	A: FLOOR: Barbell Drop Squat Clean
0:30	B: FLOOR: Switch Climber R&L with Tricep Pushup x1
0:20	Recover and demonstrate moves A&B on bench
0:30	A: BENCH: Barbell Drop Squat Clean
0:30	B: BENCH: Switch Climber R&L with Tricep Pushup x1
0:05	Recovery



03. KEEP IT MOVIN' / BOLLYWOOD BOUNCE / WOLF 8:21mins

COACHING TIP

Superset time! We hit 2 moves then follow up with progressions on the bench. Use the first set for clear Layer 1 cues so everyone can nail the basics. Coaching the foot position on the bench in the second round will allow everyone to feel confident and move safely.

CONNECTION

There are lots of moves and variations to set up in this track so spend most of your time at the front. Connect with eye contact and see what everyone needs. There are plenty of plate and without bench options to ensure everyone feels successful in this track.

DRIVE

The variation allows you to drive early on as the basics have been covered in the first set. Dominate on the bench by demonstrating explosive power with great control.

HIIT SCIENCE

Placing one foot on the bench in squat and lunge patterns is a great way to help people find depth in these exercises. The focus is on the side with the foot on the bench.

TECHNIQUE

BARBELL CLEAN TO LUNGE

- Feet hip-width apart
- Pull barbell to lower chest
- Lead with elbows
- Keep barbell close to body
- Catch barbell at bottom of Lunge
- Long step back
- Back knee towards floor
- Front thigh parallel to floor
- Front knee out tracking over foot
- Chest up

↓ OPTION: CLEAN THEN LUNGE

Layer 2: Think about dropping under the barbell fast to catch at the bottom of the Lunge. The big muscles of the legs and glutes act as breaks for some serious training

BURPEE

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

↓ OPTION: NO JUMP

Layer 2: Use the momentum of the Squat to drive the Jump

RAISED BARBELL CLEAN TO LUNGE

- Same cues as Barbell Clean to Lunge on floor
- Start with both feet on bench
- Lunge back foot off bench
- Step full foot back onto bench

↓ OPTION: PLATE

Layer 2: Drive hard out of the front foot to engage the glutes and power the body back onto the bench

BURPEE WITH BENCH JUMP

- Same cues as Burpee
- Jump on and off bench
- Full foot on bench to land

↓ OPTION: NO BENCH

Layer 2: Focus on precision in the landing. Both feet fully on bench and soft knees. This allows you to rebound into the next rep

BARBELL LATERAL SQUAT TO OVERHEAD PRESS

- Start feet together, barbell at collarbones
- Step laterally into Squat
- Knees out over toes
- Hips to 90 degrees
- Chest up, abs braced
- Step feet under hips and press barbell over head
- Barbell slightly forward at top of the movement
- Repeat R&L

↓ OPTION: PLATE

Layer 2: Simultaneously catch the barbell and load the legs. The eccentric contraction teaches the body how to absorb force



03. KEEP IT MOVIN' / BOLLYWOOD BOUNCE / WOLF 8:21mins

TECHNIQUE

PUSHUP WITH FROG JUMP

- Start in Plank, **hands outside shoulder-width**
- Jump knees under hips
- **Keep butt down**
- Jump feet out then Pushup
- **Chest to elbow height**
- **Abs braced**

↓ OPTION: PUSHUP ON KNEES

Layer 2: Drop straight into the Pushup to build more dynamic strength in the upper body

OFFSET BARBELL LATERAL SQUAT WITH OVERHEAD PRESS

- Start both feet together on bench, barbell at collarbones
- **Step one foot off bench into Squat**
- **90 degrees at knee of leg on the bench**
- **Knees out over toes**
- Press barbell out of Squat and step back onto bench
- **Abs braced, chest up**

↓ OPTION: NO BENCH

Layer 2: Working force production. Drive out of the floor to press the barbell over head

DESCEND PUSHUP WITH FROG JUMP

- Feet on bench, hands on floor
- Jump feet off bench under hips
- Jump feet back onto bench
- **Pushup, chest to elbow height**
- **Abs braced**
- **Back long and straight**

↓ OPTION: HANDS ON BENCH

Layer 2: The chest works harder with the feet inclined. Brace the core harder to stop the hips dropping and keep the load in the pushing muscles

BARBELL DROP SQUAT CLEAN

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

↓ OPTION: 1 CLEAN, 1 SQUAT

Layer 2: Keep the barbell close for better movement control. Efficiency makes you a better athlete!

SWITCH CLIMBERS

- Plank position
- **Abs braced**
- **Square the hips to the floor**
- **Back long and straight**
- Jump foot outside elbow
- Jump back to Plank
- Alternate sides

↓ OPTION: MOUNTAIN CLIMBER

ON BENCH

- Set up hands on narrow side of bench

Layer 2: Keep a solid core brace to minimize the bounce and maximize the efficiency

TRICEP PUSHUP

- **Hands under shoulders**
- **Back long and straight**
- **Abs braced**
- **Drop chest to elbow height**

↓ OPTION: DROP TO KNEES

ON BENCH

- Set up hands on narrow side of bench

Layer 2: Use the bench as a guide to keep the hands narrow. This is the gateway to a strong Pushup.



03. KEEP IT MOVIN' / BOLLYWOOD BOUNCE / WOLF 8:21mins

TECHNIQUE

BENCH BARBELL DROP SQUAT CLEAN

- Start with feet on bench
- **Jump feet wide onto floor**
- Clean barbell and catch at bottom of Squat
- **Knees out over toes, chest up**
- **Abs braced**
- **Soft landing**
- **Jump back onto bench**

↓ OPTION: PLATE

Layer 2: Control on the way down to catch then rapid explosion to get back on the bench!



04. TRISETS

TRACK SET-UP: Trisets – time to turn up the intensity and take our bench moves and turn them into a working set of 3 moves, 30 seconds each, back-to-back.

TRACK FOCUS: Longer working sets – the goal is to push and maintain intensity for longer.

Exercise	
0:25	Set up and demonstrate first moves: Raised Barbell Clean to Lunge
SET 1	
0:30	A: Raised Barbell Clean to Lunge
0:30	B: Burpee with Jump On/Off Bench
0:30	C: Descend Pushup x1, Frog Jump x1
0:30	Recover and set up Set 2
SET 2	
0:30	A: Barbell Lateral Squat with Overhead Press
0:30	B: Switch Climber R&L, Tricep Pushup x1
0:30	C: Barbell Drop Squat Clean
0:05	<i>Recovery</i>



04. GET UP GET OUT / MYTH 4:00mins

COACHING TIP

Trisets means a longer set! The good news is that everyone has already seen the moves. Quickly remind the class of the basics then see what needs reinforcing for people to move safely and effectively. This will allow the class to find intensity for longer.

CONNECTION

As the moves are repeated from Supersets, you have a chance to do some awesome floor coaching. Check out the Masterclass and see how Ben gets on the floor and spends time manipulating intensity so everyone pushes to their max. Script your floor-coaching times to ensure you can have the same effect on your participants.

DRIVE

In Trisets the energy can start to drop on the last move. Time to show excitement for the workout and physical movement to drive the energy and keep everyone on point until the countdown in both sets. No time for average!

HIIT SCIENCE

Options aren't just a "nice" addition to HIIT workouts. They generate feelings of autonomy (control) which we know is key to improving the quality of motivation.

The job of the coach is to get everyone feeling like they "belong" in each workout. This is key to increasing the likelihood that people will return to class.

TECHNIQUE

RAISED BARBELL CLEAN TO LUNGE

- Same cues as Barbell Clean to Lunge on floor
- Start with both feet on bench
- Lunge back foot off bench
- **Step full foot back onto bench**

↓ OPTION: PLATE

Layer 2: This is about force absorption. As you Clean the barbell, soak up the force in the legs as you lower into the range

BURPEE WITH BENCH JUMP

- Squat, jump feet back to Plank, jump back to Squat, jump on and off bench
- **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 on/off bench**
- **Full foot on bench**

↓ OPTION: NO BENCH

Layer 2: Explode out of the Burpee then decelerate into the power position. Every athlete needs to know how to start, stop and push

DESCEND PUSHUP WITH FROG JUMP

- Feet on bench, hands on floor
- **Jump feet off bench under hips**
- **Jump feet back onto bench**
- **Pushup chest to elbow height**
- **Abs braced**
- **Back long and straight**

↓ OPTION: HANDS ON BENCH

Layer 2: Squeeze the glutes and quads in the Pushup to keep the hips still. This will build stability, strength and athleticism



04. GET UP GET OUT / MYTH 4:00mins

TECHNIQUE

OFFSET BARBELL LATERAL SQUAT WITH OVERHEAD PRESS

- Start with both feet together on bench, barbell at collarbones
- **Step one foot off bench into Squat**
- **90 degrees at knee of leg on the bench**
- **Knees out over toes**
- Press barbell out of Squat and step back onto bench
- **Abs braced, chest up**

↓ OPTION: NO BENCH

Layer 2: We are creating elastic energy like a rubber band. Shorten in the Squat then stretch fast in the Press

SWITCH CLIMBER

- Plank position, hands on narrow end of bench
- **Abs braced**
- **Square the hips to the floor**
- **Back long and flat**
- Jump foot outside elbow
- Jump back to Plank
- Alternate sides

↓ OPTION: MOUNTAIN CLIMBER

Layer 2: Turn your elbows in to create torque and stabilize the upper body. This will allow the legs to move fast in the Climber

TRICEP PUSHUP

- **Hands under shoulders on narrow end of bench**
- **Back long and straight**
- **Abs braced**
- **Drop chest to elbow height**

↓ OPTION: DROP TO KNEES

Layer 2: How fast can you pop up from the Pushup? Like you've made a tackle in Rugby, you have to get back on your feet quickly to stay in the game!

BENCH BARBELL DROP SQUAT CLEAN

- Start with feet on bench
- **Jump feet wide onto floor**
- **Clean barbell and catch at bottom of Squat**
- **Knees out over toes, chest up**
- **Abs braced**
- **Soft landing**
- Jump back onto bench

↓ OPTION: PLATE

Layer 2: We store power as we lower the Squat. Then release it like a slingshot to jump onto the bench



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.

