

LES MILLS GRIT 45

GRIT STRENGTH

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03. TABATA 2

04. GIANT PYRAMID

05. TABATA 3

06. TABATA 4

07. CORE CHALLENGE

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LES MILLS GRIT 45

GRIT CARDIO

MUSIC AND CREDITS

01. WARM-UP

02. TABATA 1

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04. GIANT PYRAMID

05. TABATA 3

06. TABATA 4

07. CORE CHALLENGE – TRISET

GRIT ATHLETIC

MUSIC AND CREDITS

01. WARM-UP

02. GIANT PYRAMID

DECLARATION OF INTENT

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GRIT STRENGTH MUSIC

01.

No Choice (3:10)

Jim Junk

Courtesy of Les Mills Music Licensing Ltd.
Written by: Nasir
02.

A Milli (SIDEPIECE Remix) (2:32)

Lil Wayne

Courtesy of the Universal Music Group.
Written by: Hester, Carter, Crawford
03.

A Milli (SIDEPIECE Remix) (0:48)

Lil Wayne

Courtesy of the Universal Music Group.
Written by: Hester, Carter, Crawford
04.

Banga (2:15)

Dr. Fresch & FETISH

© 2022 House Call Records.
Written by: Fresch, Snyder
05.

Mork (3:20)

The Bloody Beetroots

© 2019 Fuzz O Rama.
Written by: Cogo, Ventimiglia
06.

The Pit (2:15)

Fabian Mazur x Snavs

© 2022 Actuation.
Written by: Holdø, Mazur
07.

Lights (2:04)

INF

Courtesy of Les Mills Music Licensing Ltd.
Written by: Tyson
- ALT 02.

My Friends Are Brutal (Instrumental Version) (3:20)

Paisley Pink

Courtesy of Epidemic Sound.
Written by: Unknown
- ALT 04.

Galaxy Bounce (1:54)

The Chemical Brothers

Courtesy of the Universal Music Group.
Written by: Rowlands, Simons
- Don't Panik (CloZee Remix) (1:36)

La Fine Equipe

© 2023 Nowadays Records.
Written by: Gibert, Luvisi, De Angelis, Leibovitz
- Next World (ZEKE BEATS Remix) (1:45)

KRANE & QUIX

© 2018 Dim Mak Records, Inc.
Written by: Krane, Schnell
- Day 'N' Nite (Crookers Remix) (2:06)

Kid Cudi

Courtesy of the Universal Music Group.
Written by: Omishore, Mescudi
- Next World (ZEKE BEATS Remix) (1:44)

KRANE & QUIX

© 2018 Dim Mak Records, Inc..
Written by: Krane, Schnell
- Don't Panik (CloZee Remix) (1:41)

La Fine Equipe

© 2023 Nowadays Records.
Written by: Gibert, Luvisi, De Angelis, Leibovitz
- Legacy (1:58)

Antoine Delvig

© 2022 Crash & Smile. Licensed courtesy of Central Station Records.
Written by: Geoffrey, Russo
- Don't Panik (1:36)

La Fine Equipe

© 2023 Nowadays Records.
Written by: Gibert, Luvisi, De Angelis, Leibovitz
- Next World (1:45)

KRANE & QUIX

© 2018 Dim Mak Records, Inc.
Written by: Krane, Schnell
- Sicko (2:06)

Jake And Jake

Courtesy of Epidemic Sound.
Written by: Unknown
- Next World (1:44)

KRANE & QUIX

© 2018 Dim Mak Records, Inc..
Written by: Krane, Schnell
- Don't Panik (1:36)

La Fine Equipe

© 2023 Nowadays Records.
Written by: Gibert, Luvisi, De Angelis, Leibovitz
- Legacy (1:58)

Antoine Delvig

© 2022 Crash & Smile. Licensed courtesy of Central Station Records.
Written by: Geoffrey, Russo
- OUTRO

High Key (1:08)

Chino Casino feat. Judah Kelley

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



GRIT STRENGTH 45



L-R: Billy Aw, Ben Main, Bas Hollander

LES MILLS GRIT Strength 45 is here! Sometimes all you need is a barbell and some awesome beats for an amazing workout! Tabata is in town as we hit 2 movements in the same working block to keep everyone on their toes. The highlight of the release is a Giant Pyramid, 5 exercises back to back! This challenges us to be stronger than ever. We go back to Tabata, repeating the tracks allowing intensity through simplicity. But you’re not quite off the hook yet, the Core Challenge does what it says with some cool barbell variations to keep it fresh.

Enjoy this epic workout to amazing tunes! See you on the other side.

Erin and the LES MILLS GRIT team

CLASS SET-UP

Moderate to heavy barbell. 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.

MIX and MATCH

For maximum member experience and format consistency, GRIT Strength and GRIT Cardio have not been designed to be combined. The only combination should include the format to make GRIT Athletic.

RELEASE FEEDBACK

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

PRESENTERS

Billy Aw (Singapore) is as LES MILLS GRIT and LES MILLS SPRINT Trainer/Presenter/Instructor, a BODYPUMP and RPM Presenter/Instructor and THE TRIP Instructor. He lives in Singapore.

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 he lives in Auckland.

Bas Hollander (The Netherlands) is a LES MILLS SPRINT, LES MILLS GRIT, LES MILLS THE TRIP and a BORN TO MOVE Ambassador. He is also a Director and Producer in the Production Team at LMI and is based in Auckland.

CREDITS

Creative Leads – Erin Maw and Ben Main

Chief Creative Officer – Dr. Jackie Mills

Technical Consultants – Bryce Hastings and Rob Lee

Program Coach – Ben Main

Production Coordinator – Sophie Anderson



01. WARM-UP

TRACK FOCUS: Accelerated Warm-up to set the vibe, loosen the muscles and lift the heart rate.

Exercise	
0:30	Barbell Squat + Heel Raise
0:30	Barbell Backward-Stepping Lunge L&R
0:30	Barbell Row x1, High Pull x1
0:30	Clean & Press
0:30	Renegade Pushup x2, Squat Jump x2
0:30	Power Lunge L&R
Recovery	

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Email: fit9@qq.com



01. NO CHOICE 3:10mins

CONNECTION

Let’s get the body warm and the team comfortable with the barbell. Keep the coaching super simple and check in on your team to ensure they are moving well from the ‘get go’. This will make driving intensity easier later on in the workout.

COACHING TIP

The Warm-up is all about connection. Intensity is low so make eye contact and show your enjoyment of what’s about to come. Using names is a great way to connect early on, especially for new members. Make them feel welcome and they will keep coming back!

TECHNIQUE

BARBELL SQUAT + HEEL RAISE

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

BARBELL BACKWARD-STEPPING LUNGE

- Barbell on meaty part of back
- Alternate Backward-Stepping Lunge
- Long step back
- Front thigh parallel to floor
- Front knee out over toes
- Chest lifted
- Abs braced

BARBELL ROW

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

HIGH PULL

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

BARBELL 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

RENEGADE PUSHUP

- Hands just outside shoulder-width
- Back long and straight
- Abs braced
- Drop chest to elbow height
- Pull elbow high as you push up
- Hips stay square to floor
- Alternate L+R

↓ OPTION: DROP TO KNEES

SQUAT JUMP

- Feet outside hip-width
- Sit hips back into Squat
- Knees out
- Jump up
- Soft knee landing
- Chest lifted
- Abs braced

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
- Front knee out over toes
- Chest lifted, abs braced

↓ OPTION: BACKWARD-STEPPING LUNGE



02. TABATA 1

TRACK SET-UP: Tabata begins the workout with 4 sets of 30-second working blocks – each block has 2x 15-second movements, MOVE A and MOVE B.

TRACK FOCUS: 4 quick 30-second bursts of maximum effort to kick the heart rate into max gear.

Please note: The original track contains explicit content. Please use the music from *My Friends Are Brutal (Instrumental)* in place of *A MILLI (Sidepiece Remix)* with the same choreography.

Exercise	
0:20	Track Set-up
SET 1	
0:15	MOVE A: Power Lunges
0:15	MOVE B: Power Burpee
0:15	Recovery
SET 2	
0:15	MOVE B: Power Burpee
0:15	MOVE A: Power Lunges
0:15	Recovery
SET 3	
0:15	MOVE A: Power Lunges
0:15	MOVE B: Power Burpee
0:15	Recovery
SET 4	
0:15	MOVE B: Power Burpee
0:15	MOVE A: Power Lunges
0:05	Outro



02. A MILLI (SIDEPIECE REMIX) 3:20mins

COACHING TIP

This is a great track with two different moves in the same Tabata round. The repetition of moves allows you to layer your coaching. Simple Layer 1 in the first set, then you can bring in Layer 2 cues in rounds 2 & 3.

CONNECTION

The simplicity of the track allows you to connect from the front and also get on the floor to coach your team. Think about using praise to finish every coaching interaction. This will add another level to your floor coaching and connection.

DRIVE

There is a real opportunity to drive the workout in sets 3 & 4. Use Layer 2 cues that drive intensity in set 3, then follow on with motivation in set 4. This will spike everyone’s heart rate and get them in the GRIT zone early on!

HIIT SCIENCE

Tabata sets are a great way to get us into the HIIT zone. Having a 2:1 work to rest ratio allows each set to build on the fatigue of the one before – with just enough rest to keep driving maximum output.

TECHNIQUE

POWER LUNGE

- **Big step back**
- **Bend knees, front thigh parallel to floor**
- Jump and switch legs
- Swing arms over head
- **Soft knee landing in the Lunge**
- **Front knee out over toes**
- **Chest lifted, abs braced**

↓ OPTION: BACKWARD-STEPPING LUNGE

Layer 2: Focus on keeping the front thigh parallel to the floor every rep to build leg strength

POWER BURPEE

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

↓ OPTION: WALK FEET IN AND OUT

Layer 2: Get full range by jumping into Plank to raise the intensity



03. TABATA 2

TRACK SET-UP: In this Tabata, there are 4x 20-second working blocks, each with 2x 10-second movements, MOVE A and MOVE B.
TRACK FOCUS: 4 quick 30-second bursts of maximum effort to kick up the heart rate into max gear.

Exercise	
0:20	Track Set-up
SET 1	
0:10	MOVE A: Burpee
0:10	MOVE B: Pushup Knee Tap
0:10	Recovery
SET 2	
0:10	MOVE B: Pushup Knee Tap
0:10	MOVE A: Burpee
0:10	Recovery
SET 3	
0:10	MOVE A: Burpee
0:10	MOVE B: Pushup Knee Tap
0:10	Recovery
SET 4	
0:10	MOVE B: Pushup Knee Tap
0:10	MOVE A: Burpee
0:05	Outro



03. BANGA 2:15mins

COACHING TIP

Similar format to Tabata 1 but the time is shorter, just 20-second blocks of work. People feel empowered when they know how long the sets are so emphasize this in the Track Set-up. The Knee Tap in the Pushup can be tricky so coach squaring your hips and the option to ensure people feel successful, and get the benefits of the movement.

CONNECTION

The sets are short so not much time to get on the floor to connect. If you leave the front have a specific person and focus in mind. This will allow you to make a meaningful connection with a clear purpose.

DRIVE

This is a tough little track so don't underestimate it. Go hard physically like the Presenting Team to drive intensity in the class.

HIIT SCIENCE

Focusing on keeping the hips and shoulders square in the Pushup Knee Tap stimulates a reactive core training response. This conditions our core muscles to react quickly to stabilise the trunk during athletic movement patterns.

TECHNIQUE

BURPEE

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

↓ OPTION: NO JUMP

Layer 2: Keep the range in the Plank for intensity and core strength

PUSHUP KNEE TAP

- Hands just outside shoulder-width
- Back long and straight
- Abs braced
- Drop chest to elbow height
- Bring knee towards chest and tap with opposite hand
- Keep hips square to floor

↓ OPTION: DROP TO KNEES

Layer 2: Focus on great range every rep. Chest to elbow height for awesome pushing power!



04. GIANT PYRAMID

TRACK SET-UP: Giant Pyramid, starting with 1 move, building to 5 moves back-to-back, then dropping back down to 1 move.

TRACK FOCUS: Brand new territory for LES MILLS GRIT! We have never built a pyramid of 5 exercises before. The first half of the Pyramid is about pushing to fatigue; the second half is about pushing further.

Please note: The original track contains explicit content. Please use the music from *Galaxy Bounce/Don't Panik/Next World/Sicko/Legacy* in place of *Galaxy Bounce/Don't Panic (CloZee Remix)/Next World (ZEKE BEATS Remix)/Day 'N' Nite (Crookers Remix)/Legacy* with the same choreography.

Exercise	
0:30	Track Set-up
SET 1	
0:25	Clean & Press
0:20	Recovery – Set up SET 2
SET 2	
0:25	Clean & Press
0:25	Backward-Stepping Lunge
0:20	Recovery – Set up SET 3
SET 3	
0:25	Clean & Press
0:25	Backward-Stepping Lunge
0:25	Barbell Row x1, High Pull x1
0:25	Recovery – Set up SET 4
SET 4	
0:20	Clean & Press
0:20	Backward-Stepping Lunge
0:20	Barbell Row x1, High Pull x1
0:20	Barbell Front Squat
0:25	Recovery – Set up SET 5
SET 5	
0:20	Clean & Press
0:20	Backwards-Stepping Lunge
0:20	Barbell Row x1, High Pull x1
0:20	Barbell Front Squat
0:20	Back Squat + Heel Raise
0:25	Recovery – Set up SET 6



04. GIANT PYRAMID

Exercise	
SET 6	
0:20	Backward-Stepping Lunge
0:20	Barbell Row x1, High Pull x1
0:20	Barbell Squat Press
0:20	Back Squat + Heel Raise
0:25	Recovery – Set up SET 7
SET 7	
0:25	Barbell Row x1, High Pull x1
0:25	Barbell Squat Press
0:25	Back Squat + Heel Raise
0:20	Recovery – Set up SET 8
SET 8	
0:25	Barbell Squat Press
0:25	Back Squat + Heel Raise
0:20	Recovery – Set up SET 9
SET 9	
0:25	Back Squat + Heel Raise
0:05	Outro



04. GALAXY BOUNCE / DON'T PANIC (CLOZEE REMIX) / NEXT WORLD (ZEKE BEATS REMIX) / DAY 'N' NITE (CROOKERS REMIX) / LEGACY 12:44mins

COACHING TIP

There are a lot of moves in this track so ensure you set them all up with great Layer 1 cues. Once you've done that you have the opportunity to drive intensity when the moves are repeated.

CONNECTION

This is a good time to check in on how far the team is into the workout. See how Erin does this on the Masterclass footage. Use the standing moves to see what's going on in the room. This will guide you on who needs your support for the second set of the moves.

DRIVE

There is enough variation to drive each move when you hit the second set. This track is all about riding the waves, set-up, then smash, then move onto the next block!

HIIT SCIENCE

Although we are training with a loaded bar - the goal is still to drive the heart rate into a HIIT zone. To do this safely we need precision in our movements. Most of these exercises require a vertical path of the bar. Seeing the bar deviate from vertical (apart from in the Barbell Row) is a good sign people need more Layer 1 coaching.

TECHNIQUE

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

Layer 2: Keep the bar close to maintain efficiency for the whole pyramid

BARBELL BACKWARD-STEPPING LUNGE

- Barbell on meaty part of back
- Alternate Backward-Stepping Lunge
- Long step back
- Front thigh parallel to floor
- Front knee out over toes
- Chest lifted and abs braced

Layer 2: Supercharge the core to flood the legs with intensity

BARBELL ROW

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

Layer 2: Think strong stable hips to keep the body still as you pull the bar to belly

HIGH PULL

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

Layer 2: Lift your chest as you pull to be as tall as you can. This maximises the muscle recruitment and power development

FRONT SQUAT

- Rack bar in front of collarbones
- Feet just outside hip-width
- Hips back and down
- Knees out over toes
- Hips to 90 degrees
- Squeeze glutes coming out of Squat
- Chest lifted
- Abs braced
- Push elbows forward

↓ OPTION: PLATE

Layer 2: Keep the chest lifted for more vertical drive. This brings efficiency to the Front Squat

BACK SQUAT + HEEL RAISE

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

Layer 2: Imagine you're trying to jump through the bar. This hits the lower body muscles hard to build explosive power!



04. GALAXY BOUNCE / DON'T PANIC (CLOZEE REMIX) / NEXT WORLD (ZEKE BEATS REMIX) / DAY 'N' NITE (CROOKERS REMIX) / LEGACY 12:44mins

TECHNIQUE

BARBELL SQUAT PRESS

- Front Squat
- **Hips back and down to 90 degrees**
- **Knees out over toes**
- **Chest lifted, abs braced**
- Press bar over head
- Drive through the legs
- **Elbows slightly forward of face in Press**
- **Catch at collarbones and drop back into the Squat**

Layer 2: Brace the core and drive out of the legs to get the energy transfer through the body. This will allow you to keep driving the bar over head



05. TABATA 3

TRACK SET-UP: Bringing in the last 4 sets from Track 02: 4x 30-second working blocks, each with 2x 15-second movements, MOVE A and MOVE B.
TRACK FOCUS: Bringing back the Tabata sets! The same exercises, so members can go straight into intensity and pushing every set to the top.

Exercise	
0:30	Track Set-up
SET 1	
0:15	MOVE A: Power Lunges
0:15	MOVE B: Power Burpee
0:15	Recovery
SET 2	
0:15	MOVE B: Power Burpee
0:15	MOVE A: Power Lunges
0:15	Recovery
SET 3	
0:15	MOVE A: Power Lunges
0:15	MOVE B: Power Burpee
0:15	Recovery
SET 4	
0:15	MOVE B: Power Burpee
0:15	MOVE A: Power Lunges
0:05	Outro



05. MORK 3:20mins

COACHING TIP

Everyone has already done the moves so there is an opportunity to ‘go hard’ early. Before coaching, think about how you script to ensure your coaching is fresh. It should feel different to the first time in the class now it’s later in the workout.

CONNECTION

There’s lots of time to connect with your team in this track. Get amongst them and get creative with connection. Think about your Initial Training, create a team within a team, or train on the floor with people to take connection to another level.

DRIVE

Your job is to keep everyone going for the full 45 seconds in the last set. Be the role-model at the front who is smashing the reps and showing enjoyment. Your team will feed off this and ‘go hard’ to the end of the track.

HIIT SCIENCE

Taking a long step back is key to keeping load in the muscles and out of the joints in a lunge pattern. This ensures our front knee stays stacked over our ankle so our glutes and quads can activate strongly without creating too much knee joint compression.

TECHNIQUE

POWER LUNGE

- **Big step back**
- **Bend knees front thigh parallel to floor**
- **Jump and switch legs**
- **Swing arms over head**
- **Soft knee landing in the lunge**
- **Front knee out over toes**
- **Chest lifted, abs braced**

↓ **OPTION: BACKWARD-STEPPING LUNGE**

Layer 2: Big arm swing to force height into every rep

POWER BURPEE

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

↓ **OPTION: WALK FEET IN AND OUT**

Layer 2: Focus on keeping the chest lifted as you jump in to keep a strong core



06. TABATA 4

TRACK SET-UP: Bringing in the last 4 sets from Track 02: 4x 30-second working blocks, each with 2x 15-second movements, MOVE A and MOVE B.
TRACK FOCUS: Bringing back the Tabata sets! The same exercises, so members can go straight into intensity and pushing every set to the top.

Exercise	
0:20	Track Set-up
SET 1	
0:10	MOVE A: Burpee
0:10	MOVE B: Pushup Knee Tap
0:10	Recovery
SET 2	
0:10	MOVE B: Pushup Knee Tap
0:10	MOVE A: Burpee
0:10	Recovery
SET 3	
0:10	MOVE A: Burpee
0:10	MOVE B: Pushup Knee Tap
0:10	Recovery
SET 4	
0:10	MOVE B: Pushup Knee Tap
0:10	MOVE A: Burpee
0:05	Outro



06. THE PIT 2:15mins

COACHING TIP

Having a clear Layer 2 focus will make this track simple and effective. Remember to ‘say and do’ to emphasize your coaching. This will allow your cues to land and everyone will feel the intensity.

CONNECTION

The last HIIT track of the workout is a great time to connect using positive motivators and challenging cues. When people are getting to their max keep them going with cues like ‘I know you’ve got this’, ‘Can you keep going until the end?’ This is where you earn your stripes as a GRIT coach.

DRIVE

This is the last chance to ‘go hard’! Notice how presenters bring energy and intensity right from the start. Show this in your language. You want to come out ‘all guns blazing’ and hang on until the end!

HIIT SCIENCE

Hitting a high intensity training zone in the last working track can transform our fitness. HIIT magnifies the training effect by generating biochemical responses that occur under fatigued states. The end of the workout provides the perfect platform to make use of this effect.

TECHNIQUE

BURPEE

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

↓ OPTION: NO JUMP

Layer 2: Land into the Squat to load the legs and keep the intensity in the reps

PUSHUP KNEE TAP

- **Hands just outside shoulder-width**
- **Back long and straight**
- **Abs braced**
- **Drop chest to elbow height**
- **Bring knee towards chest and tap with opposite hand**
- **Keep hips square**

↓ OPTION: DROP TO KNEES

Layer 2: Sharpen the move to increase intensity. Snap the knee to the hand and feel the core engage



07. CORE CHALLENGE

TRACK FOCUS: Using the barbell we keep the challenge high even in the final working set.

<i>Exercise</i>	
0:30	Track Set-up – Barbell, move to the floor
0:30	Held Chest Press Leg Lowers
0:30	Hip Thrusters
0:30	Held Chest Press Leg Lowers
0:05	<i>Outro</i>



07. LIGHTS 2:04mins

COACHING TIP

We have some cool variations of Leg Lowers and Hip Thrusters in this track. Encourage everyone to use the bar over the plate so they can really get the results of added load on the hip thrusts. Clearly coach the bar positions in both movements as they may be brand new to participants. This will give them confidence through the track.

CONNECTION

The Hip Thrusters are a great place to look around the room and see what’s going on. Keep the smiles even through gritted teeth as you keep everyone going through this awesome Core Challenge.

TECHNIQUE

HELD CHEST PRESS LEG LOWERS

- **Lying on back, hold barbell straight above chest**
- **Extend legs up, 90 degrees to torso**
- **Abs braced, lower back close to floor**
- Lower legs towards floor and lift back up

↓ OPTION: BEND KNEES TO 90 DEGREES

Layer 2: Slight tailbone lift at the top of the leg lift to add more intensity

HIP THRUSTERS

- Barbell on hips
- Feet grounded, close to butt
- **Squeeze glutes to drive hips into full extension**

Layer 2: Drive heels into the floor to engage the glutes more



GRIT CARDIO MUSIC

01.

Work It Out (3:05)

Bakermat

© 2022 Big Top Amsterdam.
Written by: Jordan
02.

LEFT TO RIGHT (JADED Remix)
(3:20)

Odd Mob

© 2023 Tinted Records.
Written by: Hope, Way
03.

Make U SWEAT! (2:14)

Knock2

© 2023 NIGHTMODE.
Written by: Singphiphat
04.

Ambush (1:50)

Eauki

© 2022 Eauki.
Written by: Bergé
- PYRO** (1:20)

Chester Young & Castion

Courtesy of Armada Music B.V. under exclusive license
from Darklight Recordings.
Written by: Castrillo, Dmitriy
- REWIND** (1:51)

Knock2

© 2023 NIGHTMODE.
Written by: Nakhonethap
- Hype** (1:09)

Dizzee Rascal & Calvin Harris

Courtesy of the Universal Music Group.
Written by: Harris, Mills
- REWIND** (1:50)

Knock2

© 2023 NIGHTMODE.
Written by: Nakhonethap
- PYRO** (1:31)

Chester Young & Castion

Courtesy of Armada Music B.V. under exclusive license
from Darklight Recordings.
Written by: Castrillo, Dmitriy
- Lullaby** (1:43)

BROHUG

© 2022 BROHOUSE.
Written by: C. Lunde, N. Lunde

05.

So Alive (3:21)

Memtrix

© 2014 We Are Lifted.
Written by: Rawlinson
06.

dashstar* (2:15)

Knock2

© 2023 NIGHTMODE.
Written by: Nakhonethap
07.

Big Bands (2:05)

Jim Junk

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

High Key (1:08)

Chino Casino feat. Judah Kelley

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



GRIT CARDIO 45



L-R: Joash Fahitua, Erin Maw, Levi Farrell

LES MILLS GRIT Cardio 45 brings an awesome workout plan with a blend of simple movements and fresh variations to spice up your training! We bring in the A-Tap to the Warm-up to set us up for some heat with 2 Tabata tracks back to back. Then we go big with a Giant Pyramid of 5 exercises, yes 5 exercises! A highlight is the Renegade Plank Jack, testing your members' co-ordination and core strength. We repeat the Tabata sets allowing for maximum motivation and drive giving everyone an incredible workout. The Core challenge doesn't ease up with a Triset that gets tougher each move (ouch!) Enjoy the music, enjoy the workout. Have fun and your members will love this one!

Erin and the LES MILLS GRIT team

CLASS SET-UP

Aim to be super inclusive and inviting. Welcome anyone new to the class and explain the workout and expectations. Always tell members at the start of the class that this workout is for them and they can dial up or down – whatever they need to. A great mindset to get into the start of each workout is to remember to teach to the whole team so everyone can feel successful.

MIX and MATCH

For maximum member experience and format consistency, GRIT Strength and GRIT Cardio have not been designed to be combined. The only combination should include the format to make GRIT Athletic.

RELEASE FEEDBACK

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

PRESENTERS

Joash Fahitua (New Zealand) is a LES MILLS GRIT™, LES MILLS CEREMONY™ and LES MILLS CONQUER™ Instructor. He is the Group Fitness Assistant at Les Mills Auckland City.

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, LES MILLS STRENGTH DEVELOPMENT™, and LES MILLS SHAPES™ and a Creative Consultant for LES MILLS CONQUER. She is a Marketing Coordinator at Les Mills International in Auckland.

Levi Farrell (New Zealand) is a LES MILLS GRIT Presenter and a BODYPUMP™, BODYCOMBAT, LES MILLS CEREMONY, LES MILLS SHAPES and STRENGTH DEVELOPMENT Instructor. He is based in Auckland and works as a litigation lawyer.

CREDITS

- Creative Leads** – Erin Maw and Ben Main
- Chief Creative Officer** – Dr. Jackie Mills
- Technical Consultants** – Bryce Hastings and Rob Lee
- Program Coach** – Ben Main
- Production Coordinator** – Sophie Anderson



01. WARM-UP

TRACK FOCUS: Accelerated Warm-up to set the vibe, loosen the muscles and lift the heart rate.

<i>Exercise</i>	
0:30	Butt Kicks
0:30	Squat Heel Raise – <i>Progress into</i> A-Tap
0:30	Lateral Shuffle
0:30	Renegade Pushup
0:30	Mountain Climber x8, Squat Jump x1
0:30	Sprint x8, Burpee x1
<i>Recovery</i>	



01. WORK IT OUT 3:05mins

COACHING TIP

High energy and good feels to get this Cardio session started. Spend time breaking down the A-Tap so people learn the move from the Warm-up. This allows them to push harder later in the workout.

CONNECTION

Lots of face time with the standing moves so give everyone a smile. Check in with your regulars and don't forget the new people. Let's make them feel welcome from the get go.

TECHNIQUE

BUTT KICK

- Kick heels towards butt
- **Chest lifted**
- **Abs braced**
- **Light on the balls of your feet**

SQUAT HEEL RAISE (Progress to A-Tap)

- **Feet outside hip-width**
- **Squat down, butt to knee height**
- Lift heels at top of Squat
- **Chest lifted, abs braced**
- Tap opposite thigh for A-Tap
- **Knee to hip height**
- Flex foot

LATERAL SHUFFLE

- **Feet stay wide**
- **Hips and shoulders square to front**
- **Chest lifted, abs braced**
- **On the balls of your feet**

RENEGADE PUSHUP

- **Hands just outside shoulder-width**
- **Back long and straight**
- **Feet outside shoulder-width**
- **Abs braced**
- **Drop chest to elbow height**
- **Pull elbow high as you Pushup**
- **Hips stay square**
- Alternate L+R

↓ 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**

SQUAT JUMP

- **Soft knee landing**
- **Chest lifted**
- **Abs braced**

SPRINT

- **Knees to hip height**
- **Chest lifted, abs braced**

BURPEE

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

↓ OPTION: WALK FEET IN AND OUT OF PLANK

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Email: fit9@qq.com



02. TABATA 1

TRACK SET-UP: Tabata begins the workout with 4 sets of 30-second working blocks – Each block has 2x 15-second movements, MOVE A, and MOVE B.
TRACK FOCUS: 4 quick 30 second bursts of maximum effort to kick the heart rate into max gear.

Exercise	
0:30	Track Set-up
SET 1	
0:15	MOVE A: Skater
0:15	MOVE B: Mountain Climbers
0:15	Recovery
SET 2	
0:15	MOVE B: Mountain Climbers
0:15	MOVE A: Skater
0:15	Recovery
SET 3	
0:15	MOVE A: Skater
0:15	MOVE B: Mountain Climbers
0:15	Recovery
SET 4	
0:15	MOVE B: Mountain Climbers
0:15	MOVE A: Skater
0:05	Outro

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Email: fit9@qq.com



02. LEFT TO RIGHT (JADED REMIX) 3:20mins

COACHING TIP

Everybody knows TABATA, making the set-up easy to understand. Spend time coaching the knee position and drive in the Skater. Strong knee alignment allows for maximum muscle work and minimizes injury risk.

CONNECTION

Spend time connecting during the Skaters as this is where you are upright and can see the class. You can connect so much with your face, show the enjoyment and also the intensity as you get deeper into the track.

DRIVE

Set 3 is an awesome opportunity to ‘go big’ physically and vocally. Everyone knows exactly what to do so; there’s nothing left to do – just do it!

HIIT SCIENCE

Tabata sets are a great way to get us into the HIIT zone. Having a 2:1 work to rest ratio allows each set to build on the fatigue of the one before - with just enough rest to keep driving maximum output.

TECHNIQUE

SKATER

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

Layer 2: Swing the arms side to side to add momentum to the leg drive

MOUNTAIN CLIMBERS

- 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: Keep the hips low and weight forward to fully utilize the core



03. TABATA 2

TRACK SET-UP: Dropset 2 – same formula, new moves: 45 / 35 / 25 seconds. First 45 seconds is a 3-move combo, over the working block we drop moves and time.
TRACK FOCUS: Aim to hit each working block with as much intensity as possible. During the sets we decreased complexity to dial up intensity.

Exercise	
0:20	Track Set-up
SET 1	
0:10	MOVE A: Burpee A-Tap
0:10	MOVE B: High Knee Sprint
0:10	Recovery
SET 2	
0:10	MOVE B: High Knee Sprint
0:10	MOVE A: Burpee A-Tap
0:10	Recovery
SET 3	
0:10	MOVE A: Burpee A-Tap
0:10	MOVE B: High Knee Sprint
0:10	Recovery
SET 4	
0:10	MOVE B: High Knee Sprint
0:10	MOVE A: Burpee A-Tap
0:05	Outro



03. MAKE U SWEAT! 2:14mins

COACHING TIP

Burpees and Sprints are a sure-fire way to get the heart rate up! Complexity is low so don't over complicate the coaching. Get people 'going hard' for 20 seconds and coach what you see in the room.

CONNECTION

Praise the efforts of your team when they are hitting their max. Using names when giving praise can be more authentic. Take the time to learn the names of your participants so they know you care.

DRIVE

Sprints are an awesome way to drive your class. Encourage your team to go as hard as they can as it's only for 20 seconds. Reaching max effort here will get the endorphins flying!

HIIT SCIENCE

Arm drive is a great way to get speed and precision out of our sprints. Cue "hips to lips" for the range and drive the hands and elbows through the sagittal plane to avoid energy leaks.

TECHNIQUE

BURPEE A-TAP

- Squat, Plank, Squat, A-Tap
- **Feet outside hip-width**
- **Butt down and back just above knee line**
- **Use the Squat to transition**
- **Chest lifted**
- **Abs braced as feet jump back**
- **Hands under shoulder-width**
- **Back long, strong, and straight**
- Tap opposite knee as you jump out of Squat

↓ OPTION: WALK FEET IN AND OUT OF PLANK

Layer 2: Drive the knee like a sprinter at the start of a race

HIGH KNEE SPRINT

- **Knees to hip height**
- **Chest lifted, abs braced**

*Layer 2: Can you maintain knee height to hips?
This drives intensity and power*



04. GIANT PYRAMID

TRACK SET-UP: Giant Pyramid, starting with 1 move, building to 5 moves back-to-back, then dropping back down to 1 move.

TRACK FOCUS: Brand-new territory for LES MILLS GRIT! We have never built a pyramid of 5 exercises before. The first half of the Pyramid is about pushing to fatigue; the second half is about pushing further.

Exercise	
0:30	Track Set-up
SET 1	
0:20	Speed Jack x1, 180° Jump x1
0:20	Recovery – Set up SET 2
SET 2	
0:20	Speed Jack x1, 180° Jump x1
0:20	Renegade Plank Jack x2, Pushup x2
0:20	Recovery – Set up SET 3
SET 3	
0:20	Speed Jack x1, 180° Jump x1
0:20	Renegade Plank Jack x2, Pushup x2
0:20	Double Power Lunge
0:30	Recovery – Set up SET 4
SET 4	
0:20	Speed Jack x1, 180° Jump x1
0:20	Renegade Plank Jack x2, Pushup x2
0:20	Double Power Lunge
0:20	Switch Climber
0:30	Recovery – Set up SET 5
SET 5	
0:20	Speed Jack x1, 180° Jump x1
0:20	Renegade Plank Jack x2, Pushup x2
0:20	Double Power Lunge
0:20	Switch Climber
0:20	Shuffle x3, Donkey Kick x1
0:30	Recovery – Set up SET 6
SET 6	
0:20	Renegade Plank Jack x2, Pushup x2
0:20	Power Lunge
0:20	Switch Climber
0:20	Shuffle x3, Donkey Kick x1
0:30	Recovery – Set up SET 7



04. GIANT PYRAMID

Exercise	
SET 7	
0:20	Power Lunge
0:20	Switch Climber
0:20	Shuffle x3, Donkey Kick x1
0:20	Recovery – Set up SET 8
SET 8	
0:20	Switch Climber
0:20	Shuffle x3, Donkey Kick x1
0:20	Recovery – Set up SET 9
SET 9	
0:20	Shuffle x3, Donkey Kick x1
0:05	Outro



04. AMBUSH / PYRO / REWIND / HYPE / LULLABY 12:14mins

COACHING TIP

Notice how Levi breaks down the move combination of the Speed Jack and 180° Jump. Slowing the combo down and using ‘say and do’ enables the class to understand the key points. Take this approach for each move to ensure people can ‘go hard’ early.

CONNECTION

On the way down the pyramid, everyone is super familiar with the moves. This allows you to connect with the people who need you. Who needs support? Who needs praise? Respecting where everyone is on their fitness journey is what being a great Coach is all about.

DRIVE

This track finishes with a Lateral Shuffle and Donkey Kick. Ouch! Drive the class with role-model intensity and energy in the vocals. You’ve come this far so don’t give up at the last set!

HIIT SCIENCE

Movement variety is a great way to maintain intensity. This track utilises different planes of motion as well as mixing upper and lower body moves. This allows active recovery as we repeatedly change the muscle and movement focus.

TECHNIQUE

SPEED JACK

- Jump feet in and out fast
- **Chest lifted**
- **Abs braced**
- **Light on feet**

Layer 2: Minimize the foot contact with the floor for a fast Jack

180° JUMP

- **Feet wide**
- **Core braced**
- **2 feet take-off and landing**
- **Soft knee landing**

↓ OPTION: 90° turn

Layer 2: Brace hard to turn the torso as one unit in the jump

RENEGADE PLANK JACK

- Plank position
- Jump feet out
- **Lift elbow up to shoulder height**
- **Keep hips square**
- **Abs braced**
- Jump feet in, place hand down
- Repeat with other arm

↓ OPTION: JACK FEET ONLY

Layer 2: Push the arm down hard through the floor to stabilize the body as you lift the elbow

PUSHUP

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

↓ OPTION: DROP TO KNEES

Layer 2: Arrow-shape the arms to lock in the upper body pushing muscles

DOUBLE POWER LUNGE

- **Big step back**
- Lunge, jump, lunge, switch
- **Front thigh parallel to floor**
- **Front knee out over toes**
- **Chest lifted, abs braced**

↓ OPTION: DOUBLE BACKWARD-STEPPING LUNGE

Layer 2: Unilateral Strength Training of the legs. A great way to iron out imbalances and make you a better athlete!

SWITCH CLIMBER

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

↓ OPTION: STEP FOOT TOWARDS ELBOW AND BACK

Layer 2: This is training core, hips and shoulders. Keep a rhythm to maximize the reps and the benefits



04. AMBUSH / PYRO / REWIND / HYPE / LULLABY 12:14mins

TECHNIQUE

LATERAL SHUFFLE

- Feet wide
- Chest lifted
- Hips and shoulders square to the front
- Light on balls of feet

DONKEY KICK

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

↓ OPTION: FROG JUMP

Layer 2: Stay low in the transitions to keep speed and drive heart rate



05. TABATA 3

TRACK SET-UP: Bringing in the last 4 sets from Track 02: 4x 30-second working blocks, each with 2x 15-second movements, MOVE A and MOVE B.
TRACK FOCUS: Bringing back the Tabata sets! The same exercises so members can go straight into intensity and pushing every set to the top.

Exercise	
0:30	Track Set-up
SET 1	
0:15	MOVE A: Skater
0:15	MOVE B: Mountain Climbers
0:15	Recovery
SET 2	
0:15	MOVE B: Mountain Climbers
0:15	MOVE A: Skater
0:15	Recovery
SET 3	
0:15	MOVE A: Skater
0:15	MOVE B: Mountain Climbers
0:15	Recovery
SET 4	
0:15	MOVE B: Mountain Climbers
0:15	MOVE A: Skater
0:05	Outro



05. SO ALIVE 3:21mins

COACHING TIP

Reinforce Layer 1 cues as people fatigue. Keeping great technique under fatigue will push your team members to their max and keep them safe and strong in the workout.

CONNECTION

Use the rest periods to connect with your class. This is your chance to engage and keep the energy and momentum. Everyone will feel like they are in it together and want to ‘go hard’ with you to the end of the track!

DRIVE

This is all about mindset. Use the Track set-up to ‘rally the troops’ and challenge them to keep the same energy from TABATA 1!

HIIT SCIENCE

When we drive side to side (Skaters) our primary muscles are much smaller than the muscles we use in the sagittal plane. This makes it even more important to coach movement precision as we are more prone to deviations under fatigue.

TECHNIQUE

SKATER

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

Layer 2: Drive hard from the outside foot to power the glutes and turbocharge your stride

MOUNTAIN CLIMBERS

- 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: Reactive and dynamic core training mixed with cardio conditioning!



06. TABATA 4

TRACK SET-UP: Bringing in the last 4 sets from Track 03: 4x 20-second working blocks, each with 2x 10-second movements, MOVE A and MOVE B.
TRACK FOCUS: The final blow out, again the same movements as track 3 so that there’s no barriers to pushing hard and giving this final massive challenge 10 out of 10 effort.

Exercise	
0:20	Track Set-up
SET 1	
0:10	MOVE A: Burpee A-Tap
0:10	MOVE B: High Knee Sprint
0:10	Recovery
SET 2	
0:10	MOVE B: High Knee Sprint
0:10	MOVE A: Burpee A-Tap
0:10	Recovery
SET 3	
0:10	MOVE A: Burpee A-Tap
0:10	MOVE B: High Knee Sprint
0:10	Recovery
SET 4	
0:10	MOVE B: High Knee Sprint
0:10	MOVE A: Burpee A-Tap
0:05	Outro



06. DASHSTAR* 2:15mins

COACHING TIP

Nothing new to learn here, this track is about going ‘hard out’! Short sharp coaching with moments of inspiration will help you keep your team working hard for all 4 sets.

CONNECTION

This is where people will be wanting to stop and rest. A great Coach takes people to a place they couldn’t get to on their own. To do this, praise the effort of the team and but keep them accountable. They’ll thank you later!

DRIVE

The last block is all about you. Like Erin says, don’t think about anyone else; what can you bring and how hard can you go? The feeling at the end of the track is worth it!

HIIT SCIENCE

Hitting a high intensity training zone in the last working track can transform our fitness. HIIT magnifies the training effect by generating biochemical responses that occur under fatigued states. The end of the workout provides the perfect platform to make use of this effect.

TECHNIQUE

BURPEE A-TAP

- Squat, Plank, Squat, A-Tap
 - Feet outside hip-width
 - Butt down and back just above knee line
 - Use the Squat to transition
 - Chest lifted
 - Abs braced as feet jump back
 - Hands under shoulders
 - Back long, strong, and straight
 - Tap opposite knee as you jump out of Squat
- ↓ OPTION: WALK FEET IN AND OUT OF PLANK

Layer 2: Drive the knee like a sprinter at the start of a race

HIGH KNEE SPRINT

- Knees to hip height
- Chest lifted, abs braced

*Layer 2: Can you maintain knee height to hips?
This drives intensity and power*



07. CORE CHALLENGE – TRISET

TRACK FOCUS: TRISET: The movements increase in intensity over the working sets, making this a spicy final challenge.

<i>Exercise</i>	
0:30	Track Set-up
0:30	Cross Crawl
0:30	Scissor Kick
0:30	Scissor Kick + Foot Tap
	<i>Outro</i>



07. BIG BANDS 2:05mins

COACHING TIP

A Triset with added intensity in each move. Challenge your team to keep up with you on the progressions but always give the options. Allow people to work to where their current level is. This track is a challenge for everyone. Let them know it's OK to miss a few reps but to come back strongly right until the end.

CONNECTION

The Core Challenge is a great time to praise the effort everyone has put into the class. Think about those who you haven't had much time within the workout. Now is a great time to acknowledge participants or give them a nod of approval.

TECHNIQUE

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: Push your foot further away to get even more lower ab and hip flexor engagement

SCISSOR KICK

- Straight legs
- **Rotate shoulder to opposite knee, drop other leg**
- Legs scissor as upper body rotates
- ADD FOOT TAPS
- **Reach hand to opposite foot**

↓ OPTION: CROSS CRAWL / TOE TAPS

Layer 2: Imagine your feet are axes chopping. Dropping fast increases the load on the core



GRIT ATHLETIC MUSIC

01.

Diamonds On My Wrist (3:05)

Jim Junk

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

02.

Delete (1:40)

Ape Drums feat. BEAM

© 2020 Vision Sound / Mad Decent.
Written by: Lopez, Thompson

Plymouth (1:21)

JJ Indecisive

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

Bashment (1:38)

Ape Drums

© 2014 Slow Roast Records.
Written by: Alberto-Lopez

Summer Of Love (Rave Remix)
(2:06)

Raito

© 2019 Boysnoize Records.
Written by: Martin

Bashment (1:54)

Ape Drums

© 2014 Slow Roast Records.
Written by: Alberto-Lopez

Velocity Shift (1:19)

Overseer

© 1997, 1999, 2000, 2001, 2003 Sony Music
Entertainment Inc.
Written by: Howes

Velocity Shift (0:55)

Overseer

© 1997, 1999, 2000, 2001, 2003 Sony Music
Entertainment Inc.
Written by: Howes

Summer Of Love (Rave Remix)
(0:47)

Raito

© 2019 Boysnoize Records.
Written by: Martin

03.

GIANT PYRAMID (2:34)

Use Strength Track 04 music

04.

CORE CHALLENGE (2:34)

Use Strength Track 07 music



GRIT ATHLETIC 45



L-R: Joash Fahitua, Levi Farrell

Here comes LES MILLS GRIT Athletic 45 and you don't want to miss it! This round, we mix with GRIT Strength to give you an amazing workout that challenges your power, speed and strength. An Athletic Warm-up allows everyone to get comfortable on the bench and a teaser of what's to come. The Giant Pyramid is an awesome blend of variations to maximise your Athletic potential. From Heisman's to Drop Pushups we are hitting the body from every angle!

If you're not already doing the Athletic block then now is the time to drop this into your classes. Enjoy!

Erin and the LES MILLS GRIT team

CLASS SET-UP

Bench with two risers

MIX and MATCH

For maximum member experience and format consistency, GRIT Strength and GRIT Cardio have not been designed to be combined. The only combination should include the format to make GRIT Athletic.

RELEASE FEEDBACK

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

PRESENTERS

Joash Fahitua (New Zealand) is a LES MILLS GRIT™, LES MILLS CEREMONY™ and LES MILLS CONQUER™ Instructor. He is the Group Fitness Assistant at Les Mills Auckland City.

Levi Farrell (New Zealand) is a LES MILLS GRIT Presenter and a BODYPUMP™, BODYCOMBAT™, LES MILLS CEREMONY, LES MILLS SHAPES™ and LES MILLS STRENGTH DEVELOPMENT™ Instructor. He is based in Auckland and works as a litigation lawyer.

CREDITS

Creative Leads – Erin Maw and Ben Main

Chief Creative Officer – Dr. Jackie Mills

Technical Consultants – Bryce Hastings and Rob Lee

Program Coach – Ben Main

Production Coordinator – Sophie Anderson



The Bonus Athletic Block is a different structure to Strength and Cardio: tracks 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):

- 1. GRIT ATHLETIC 45 (TRACK 01) WARM-UP
- 2. GRIT ATHLETIC 45 (TRACK 02) GIANT PYRAMID
- 3. **GRIT STRENGTH 45 (TRACK 04) GIANT PYRAMID**
- 4. **GRIT STRENGTH 45 (TRACK 07) CORE CHALLENGE**



01. WARM-UP

TRACK SET-UP: We start this GRIT Athletic off with a fun Warm-up using a bench.
TRACK FOCUS: Accelerated Warm-up to set the vibe, loosen the muscles and lift the heart rate.

Exercise	
0:30	U-Run
0:30	Heisman Combo
0:30	Mountain Climber x4, Pushup x2
0:30	Half Burpee Jump On/Off Bench
0:30	Speed Ladder
0:30	Power Lunge
0:05	Outro

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01. DIAMONDS ON MY WRIST 3:05mins

COACHING TIP

We want to bring effort and energy from the start in this Athletic release. The Track Set-up is easy, so focus on the coaching simple Layer 1 cues in the first set, to get your team moving safely and effectively. This will allow you to drive intensity quickly.

CONNECTION

Use the recoveries to check in with your team and challenge them for the next move. You have time to congratulate the work that’s been done and get everyone hyped for the next set.

DRIVE

As the timer runs out, bring that excitement in your voice. When everyone knows there’s not long to go they will push with everything they have. This will get your team into the HIIT zone and bring results.

TECHNIQUE

U-RUN

- Jog forward and backward in a U-shape around bench
- **Chest lifted**
- **Abs braced**

HEISMAN COMBO

- Run over bench laterally
- Land one foot off bench, other knee lifted
- Heisman back on/off bench
- Repeat other side
- **Hips square to front**
- **Chest lifted, abs braced**

MOUNTAIN CLIMBER

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

PUSHUP

- **Hands just outside shoulder-width on bench**
 - **Back long and straight**
 - **Abs braced**
 - **Drop chest to elbow height**
- ↓ OPTION: DROP TO KNEES

HALF BURPEE JUMP ON/OFF BENCH

- **Squat down**
- **Knees out over toes**
- **Chest lifted, abs braced**
- **Jump back to Plank**
- Hands on bench
- Jump back to Squat
- Jump on and off bench
- **Full foot on bench**
- **Soft knee landing**

SPEED LADDER

- Straddle bench
- Feet run on, on, off, off
- **Light on balls of feet**
- **Chest lifted, abs braced**
- **Soft knees**

POWER LUNGE

- **Front foot on bench**
- **Long stride back**
- **Front thigh parallel to floor**
- **Chest lifted, abs braced**
- Jump and switch legs
- **Ensure full foot lands on bench**



02. GIANT PYRAMID

TRACK SET-UP: Giant Pyramid, starting with 1 move, building to 5 moves back-to-back, then dropping back down to 1 move.

TRACK FOCUS: Brand new territory for GRIT, we have never built a Pyramid of 5 exercises before. The first half is about pushing to fatigue; the second half is about pushing further.

Exercise	
0:30	Track Set-up
SET 1	
0:20	Heisman Bench Combo: Double Heisman x1, Heisman x1
0:20	Recovery – Set up SET 2
SET 2	
0:20	Heisman Bench Combo: Double Heisman x1, Heisman x1
0:20	Mountain Climber
0:20	Recovery – Set up SET 3
SET 3	
0:20	Heisman Bench Combo: Double Heisman x1, Heisman x1
0:20	Mountain Climber or Kick Sit
0:20	180° Offset Bench Jump
0:20	Recovery – Set up SET 4
SET 4	
0:20	Heisman Bench Combo: Double Heisman x1, Heisman x1
0:20	Mountain Climber or Kick Sit
0:20	180° Offset Bench Jump
0:20	Drop Pushup
0:20	Recovery – Set up SET 5
SET 5	
0:20	Heisman Bench Combo: Double Heisman x1, Heisman x1
0:20	Mountain Climber or Kick Sit
0:20	180° Offset Bench Jump
0:20	Drop Pushup
0:20	Burpee Tuck Jump Off Bench
0:20	Recovery – Set up SET 6
SET 6	
0:20	Mountain Climber or Kick Sit
0:20	180° Offset Bench Jump
0:20	Drop Pushup
0:20	Burpee Tuck Jump Off Bench
0:25	Recovery – Set up SET 7



02. GIANT PYRAMID

Exercise	
SET 7	
0:20	180° Offset Bench Jump
0:20	Drop Pushup
0:20	Burpee Tuck Jump Off Bench
0:20	Recovery – Set up SET 8
SET 8	
0:20	Drop Pushup
0:20	Burpee Tuck Jump Off Bench
0:20	Recovery – Set up SET 9
SET 9	
0:20	Burpee Tuck Jump Off Bench
Outro	



02. DELETE / PLYMOUTH / BASHMENT / SUMMER OF LOVE (RAVE REMIX) / VELOCITY SHIFT 10:21mins

COACHING TIP

Like the Warm-up, get everyone comfortable with the movement patterns before driving intensity. We can move with speed and explosiveness only when we have nailed the basics.

CONNECTION

There are some really cool moves in this track and people will feel great when they are nailing them. Keep the energy up with lots of praise and check in on all 4 quadrants of the room.

DRIVE

Ben says you only get ‘one opportunity’ for each set so give it everything you’ve got. When your team knows it’s only one set for each move they can go that extra mile and get results!

HIIT SCIENCE

Movement variety is a great way to maintain intensity. This track utilises different planes of motion as well as mixing upper and lower body moves. This allows active recovery as we repeatedly change the muscle and movement focus.

TECHNIQUE

HEISMAN COMBO

- Run over bench laterally
- Land one foot off bench, other knee lifted
- Heisman back on/off bench
- Repeat to other side
- **Hips square to front**
- **Chest lifted, abs braced**

Layer 2: Speed x Power. Cut across the bench fast then use the inside leg to power into the knee!

MOUNTAIN CLIMBER

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

Layer 2: Use the strong core muscles to pull the legs in fast

KICK SIT (OPTION)

- **Bear position – hands on bench under shoulders, knees under hips**
- **Back long and straight**
- Kick leg to 3 o’clock, rotating hips
- Pull back to Bear position
- Kick leg to 9 o’clock, rotating hips
- **Abs braced**

Layer 2: Push hard through the hand as you kick for stability and strength in the move

180 DEGREE OFFSET BENCH JUMP

- Start one foot on bench
- 180° Jump, landing with other foot on bench
- **Soft knee landing, knees out over toes**
- **Chest lifted**
- **Abs braced**

↓ OPTION: NO BENCH

Layer 2: Sit the hips back and down, then drive out of the leg on the bench

DROP PUSHUP

- Start in Bear position
- **Hands on floor, knees under hips**
- Pounce forward into Pushup, hands on bench
- **Chest to elbow height**
- **Abs braced**
- **Walk hands off bench to Bear position**

↓ OPTION: WALK HANDS ON AND OFF BENCH

Layer 2: Use the core as a hand brake as you drop into the Pushup for control

BURPEE TUCK JUMP OFF BENCH

- **Squat down**
- **Knees out over toes**
- **Chest lifted, abs braced**
- **Jump back to Plank**
- Hands on bench
- **Jump back to Squat**
- Jump on bench
- **Tuck Jump off bench**
- **Soft knee landing**
- 180° turn

↓ OPTION: WALK HANDS ON AND OFF BENCH

Layer 2: Minimize the time on the bench to maximize the air time!



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.