

LES MILLS GRIT 46

GRIT STRENGTH

MUSIC AND CREDITS

01. WARM-UP

02. 1-1-2

03. 1-2-1 TRISET

04. SUPERSETS

05. LADDERS

06. CORE CHALLENGE

Les Mills' instructor resources are unique, valuable resources provided to you as a Les Mills' certified instructor to enable you to learn each new release and teach it in Les Mills' licensed clubs only. Do not share these resources. Copying, uploading or sharing files on the internet or selling Les Mills' instructor resources to other people is illegal, and rips off Les Mills, its distributors and other instructors. If you are engaging in any of these illegal activities, there may be serious consequences for you personally including legal action and the suspension or permanent withdrawal of your Les Mills certification. Your cooperation is much appreciated.

LES MILLS GRIT 46

GRIT CARDIO

MUSIC AND CREDITS

01. WARM-UP

02. 1-1-2

03. 1-1-2 TRISET

04. COACH CALLS

05. LADDERS

06. CORE CHALLENGE

GRIT ATHLETIC

MUSIC AND CREDITS

01. WARM-UP

03. GIANT SETS

DECLARATION OF INTENT

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GRIT STRENGTH MUSIC

01. **Behind The Sun** (3:07)
ODESZA
© 2022 Foreign Family Collective under exclusive license to Ninja Tune.
Written by: Knight, Mills

02. **I Feel Good** (1:55)
2 Chainz
Courtesy of the Universal Music Group.
Written by: Epps, Cannon, Harris

Stunt (1:48)
Jim Junk
Courtesy of Les Mills Music Licensing Ltd.
Written by: Nasir

They Follow (1:54)
Stanton Warriors feat. Stush & Foreign Beggars
© 2019 New State Music. Licensed courtesy of New State Music.
Written by: Yardley, Butler, McAlpin, Muhki, Graham

03. **International** (1:41)
Chase & Status
Courtesy of the Universal Music Group.
Written by: Kennard, Milton, Lane, Macgillivray, Thomas

Take A Step Back (1:29)
Dr. Fresch & Marten Hørger
© 2020 House Call Records.
Written by: Hoerger, Fresch

Beast Mode (1:31)
Y2
© 2021 Position Music.
Written by: Hansen, Robinson

International (1:30)
Chase & Status
Courtesy of the Universal Music Group.
Written by: Kennard, Milton, Lane, Macgillivray, Thomas

Take A Step Back (1:29)
Dr. Fresch & Marten Hørger
© 2020 House Call Records.
Written by: Hoerger, Fresch

Beast Mode (1:35)
Y2
© 2021 Position Music.
Written by: Hansen, Robinson

04. **Randy (WWW)** (3:21)
Justice
© 2018 Genesis under exclusive license to Ed Banger / Because Music.
Written by: Auge, de Rosnay, Phalen

RIOT (1:53)
Silque feat. Dizzee Rascal
© 2020 STMPD RCRDS.
Written by: de Vries, de Bruin, Silque, Mills

RIOT (1:21)
Silque feat. Dizzee Rascal
© 2020 STMPD RCRDS.
Written by: de Vries, de Bruin, Silque, Mills

05. **Mama Always Told Me** (2:51)
Mona San
© 2021 Sans Huile de Palme.
Written by: Perrigault

06. **All Week** (2:06)
Sunlay
Courtesy of Les Mills Music Licensing Ltd.
Written by: Naley

ALT 04. **Randy (WWW)** (3:21)
Justice
© 2018 Genesis under exclusive license to Ed Banger / Because Music.
Written by: Auge, de Rosnay, Phalen

SCAR FACE (3:14)
NOAM DEE
Courtesy of Les Mills Music Licensing Ltd.
Written by: Fairley

OUTRO **Church** (1:02)
Fas Fash
Courtesy of Les Mills Music Licensing Ltd.
Written by: McCarthy



GRIT STRENGTH 46



Back Row, L-R: Levi Farrell, Diego Ortiz, Will Lee, Anthony Oxford, Dimitris Kotsos, Erin Maw, Konsta Kossi
Front Row, L-R: Ann McArthur, Billy Aw, Ben Main, Savannah Palmer, Bree McElroy, Bronté Terrell, Mahmoud Abdulsamad

LES MILLS GRIT Strength 46 – Live from Downtown LA! An iconic setting for an iconic workout! There are some awesome feels in the Warm-up then we ‘go hard’ straightaway with a 1-1-2. Big compounds with the bar, and body weight exercises get us in the HIIT zone quick. We move to Trisets where the repetition makes this a serious challenge; Bolt Pushups and Lateral Hang Clean Squats are highlights to fire up the upper and lower body. Supersets hit the legs hard and the Overhead Plate Squat is an awesome chance to test core and mobility, tougher than it looks! The Ladder Challenge at the end gives you the chance to rally the troops and get the GRIT feels right up to Core. A 90-second Challenge with the plate is enough for anyone.

We hope you feel the LA vibe with this one. The team had a blast filming to a live audience. Bring the energy to your clubs and have fun!

Erin and the LES MILLS GRIT team x

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.

RELEASE FEEDBACK

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

PRESENTERS

- Ann McArthur** (United States)
- Anthony Oxford** (United Kingdom)
- Ben Main** (New Zealand)
- Billy Aw** (Singapore)
- Bree McElroy** (New Zealand)
- Bronté Terrell** (United Kingdom)
- Diego Ortiz** (Brazil)
- Dimitris Kotsos** (Greece)
- Erin Maw** (New Zealand)
- Konsta Kossi** (Finland)
- Levi Farrell** (New Zealand)
- Mahmoud Abdulsamad** (Bahrain)
- Savannah Palmer** (New Zealand)
- Will Lee** (United States)

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

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.



01. WARM-UP

TRACK FOCUS: This Warm-up is vibes on vibes. We set the tone for the workout in these first 3 minutes. Accelerated Warm-up means the energy and the heart rate are accelerated to physically and mentally get us into the HIIT zone.

<i>Exercise</i>	
0:30	Squat
0:30	Lunge + Rotation
0:30	Inchworm Pushup
0:30	Barbell Squat Heel Raise
0:30	Barbell Row x1, Clean & Press x1
0:30	Burpee Pushup
<i>Recovery</i>	



01. BEHIND THE SUN 3:07mins

CONNECTION

Set the scene for the workout ahead. Bring welcoming energy and coach clearly to allow everyone to feel confident with the movements. Check in with names and smiles so everyone feels part of the team.

COACHING TIP

The Accelerated Warm-up is designed to lift the heart rate quickly. Spend the first 15 seconds getting people moving well then bring a little more intensity to the move. The Clean & Press followed by Burpee should have everyone super warm!

TECHNIQUE

SQUAT

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

LUNGE + ROTATION

- Feet hip-width apart
- Long step back
- Front thigh parallel to floor
- Rotate towards front thigh
- Front knee out over toes
- Chest lifted, abs braced

INCHWORM PUSHUP

- Squat and walk out to Plank
- Pushup, chest to elbow height
- Walk back to Squat, then stand
- Knees out over toes, chest lifted in Squat
- Brace abs in Plank walk
- Hips square

↓ OPTION: PUSHUP ON KNEES

BARBELL SQUAT + 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 lifted, abs braced
- Elbows under bar

BARBELL ROW

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

BURPEE PUSHUP

- Squat, jump feet back to Plank, Pushup, 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
- Pushup, chest to elbow height
- Back long, strong, and straight

↓ OPTION: PUSHUP ON KNEES



02. 1-1-2

TRACK SET-UP: Move 1: 25 seconds. Move 2: 25 seconds. Then, we blend the two moves together for a 30-second combination to go ‘all out’.

TRACK FOCUS: Maximum effort for 50 seconds. Participants will need the 10-second recovery to then challenge intensity and complexity for a further 30 seconds, to push us into top-level fitness.

Exercise	
0:20	Track Set-up <i>Demonstrate first exercise</i>
SET 1	
0:25	Barbell Clean & Double Press
0:25	Barbell Double Pulse Front Squat
0:10	<i>Recovery and demonstration</i>
Combo:	
0:30	Clean & Double Press x1 + Double Pulse Front Squat x1
	<i>Recovery</i>
SET 2	
0:25	Burpee
0:25	Renegade Pushup
0:10	<i>Recovery and demonstration</i>
Combo:	
0:30	Burpee + Renegade Pushup
0:20	<i>Recovery</i>
SET 3	
0:25	Barbell Row x1, High Pull x1
0:25	Barbell Drop Squat
0:10	<i>Recovery and demonstration</i>
Combo:	
0:30	Row x1, High Pull x1, Drop Squat x1



02. I FEEL GOOD / STUNT / THEY FOLLOW 5:37mins

COACHING TIP

The key is to coach the individual moves clearly at the start of the track. This will allow you to drive intensity in the combo. Keep an eye on your class and notice any technique issues. This can help you to focus your Layer 2 cues in the combo.

CONNECTION

There's not much time to floor-coach in this track as you need to set up new moves for each set. To ensure you connect think about how you coach from the front of the room. Use the quadrants and names to let the team know you are with them in the workout.

DRIVE

There's a real opportunity to drive intensity in the combo. Set the standard from the front by working hard and using intrinsic motivators. This will help the class know that what they are feeling is good for them!

HIIT SCIENCE

Getting our participants into the HIIT zone is a priority for this track.

The combination of total body exercises under load will drive the heart rate to above 85% max which is the perfect start to unlocking rapid changes in our fitness.

TECHNIQUE

BARBELL CLEAN & DOUBLE PRESS

- Lead with elbows
- **Clean bar to collarbones**
- **Bar close to body**
- **Hips drop back to catch**
- **Brace abs to press bar over head x2**
- **Elbows slightly forward of face in Press**
- **Catch at collarbones then return to thighs**

Layer 2: Use vertical drive to power the bar over head. Extend through the legs and power out of the shoulders on the Double Press

BARBELL DOUBLE PULSE FRONT SQUAT

- **Clean barbell to collarbone rack position**
- **Feet just outside hip-width**
- **Elbows forward**
- **Chest lifted, core braced**
- **Hips back and down to 90 degrees**
- **Knees out in line with toes**
- 2x Pulse, then stand

Layer 2: Keep the Pulse low in the rep to maximize the load on the legs

BURPEE

- 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 lifted**
- **Abs braced as feet jump back**
- **Hands under shoulders**
- **Back long, strong, and straight**

↓ **OPTION: WALK FEET IN AND OUT OF PLANK**

Layer 2: Jump out of the Squat as soon as your feet touch the floor. Minimize contact time to maximize elastic energy

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 to floor**
- Alternate R+L

↓ **OPTION: DROP TO KNEES**

Layer 2: Take the feet wider than hips to help to keep the hips square in the Renegade Pushup



02. I FEEL GOOD / STUNT / THEY FOLLOW 5:37mins

TECHNIQUE

BARBELL ROW

- Tip forward from hips
 - Bar to knee height
 - Pull bar to belly
 - Abs braced and chest lifted
- Layer 2: Squeeze shoulder blades hard in the Row to engage the muscles*

HIGH PULL

- Pull bar to lower chest
 - Lead with elbows
 - Hips drive up
 - Bar close to body
 - Chest lifted
- Layer 2: Imagine you're trying to jump. Pulling the hips up will make the bar seem weightless*

DROP SQUAT CLEAN

- Feet under hips
 - Clean bar to collarbones as you jump into a Squat
 - Bar close to body
 - Lead with elbows
 - Hips back and down to 90 degrees
 - Feet outside hip-width in Squat
 - Knees out in line with toes
 - Chest lifted, abs braced
 - Jump feet back under hips, bar back to thighs
- Layer 2: Jump under the bar like an Olympic lifter. This brings efficiency and intensity to the movement*



03. 1-2-1 TRISET

TRACK SET-UP: 1-2-1 TRISET. 3 moves back-to-back for 1 minute and 20 seconds. 25 seconds at Move 1, 20 seconds at Move 2, then we repeat Move 1.

TRACK FOCUS: 1 minute and 20 seconds of maximum effort. Trisets are tough because there’s no break in between the exercises – the goal is to try to maintain as much intensity for as long as possible.

Exercise	
0:20	Track Set-up <i>Demonstrate first exercise</i>
SET 1	
0:25	Power Lunge
0:20	Bolt Pushup
0:25	Power Lunge
0:20	Recovery
SET 2	
0:25	Lateral Squat + Hang Clean L+R
0:20	Bolt Pushup
0:25	Lateral Squat + Hang Clean L+R
0:20	Recovery
SET 3	
0:25	Barbell Backward-Stepping Lunge
0:20	Bolt Pushup
0:25	Barbell Backward-Stepping Lunge
0:20	Recovery
SET 4	
0:25	Power Lunge
0:20	Mountain Climber
0:25	Power Lunge
0:20	Recovery
SET 5	
0:25	Lateral Squat + Hang Clean L+R
0:20	Mountain Climber
0:25	Lateral Squat + Hang Clean L+R
0:20	Recovery
SET 6	
0:25	Barbell Backward-Stepping Lunge
0:20	Mountain Climber
0:25	Barbell Backward-Stepping Lunge
0:05	Outro



03. INTERNATIONAL / TAKE A STEP BACK / BEAST MODE 9:15mins

COACHING TIP

See how Levi sets the track up in the Masterclass by letting everyone know it's the longest of the release and they need to bring the energy. Mentally setting up the class allows you to push this energy and mindset throughout the track when people are starting to feel it.

CONNECTION

The repetition in the track allows for some quality floor-coaching. Think about staying with someone for around 10 seconds to really make that lasting Connection. Always finish your floor-coaching with some praise to cement the good feels with your participants.

DRIVE

There's some awesome accumulation of fatigue in this track. Your team is gonna be in the 'hurt locker' so give them what they need. Do they need you to be engaging in the workout with them or do they need a war cry from their Coach? You know your classes best and now is the time to put that to the test.

HIIT SCIENCE

These Trisets alternate between the lower body and core / upper body. This is a great way to keep the intensity high as one group gets an active rest which provides just enough recovery to push hard in the third set.

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

↓ OPTION: BACKWARD-STEPPING LUNGE

Layer 2: Encourage the arm drive to get more explosive in the Lunge. Actively drive the arms up to get more height

BOLT PUSHUP

- Plank position, hands just outside shoulders
- Sit hips back towards heels
- Back long and straight
- Bolt forward to Plank
- Push up chest to elbow height
- Abs braced

↓ OPTION: Backward-Stepping Lunge

Layer 2: Use the legs like springs, load back then spring forward for reactive core training

LATERAL SQUAT + HANG CLEAN L+R

- Feet under hips
- Clean bar to collarbones while stepping wide to Squat
- Chest lifted, abs braced
- Bar close to body
- Knees out in line with toes
- Butt back and down to 90 degrees
- Step foot in and return bar to thighs
- Repeat on other side

Layer 2: Build strength in the legs through range of motion. Butt to knee height every rep will achieve this

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

Layer 2: When you've got the range, drive out of the front leg harder to increase force out of the Lunge

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: Pump your knees like pistons for speed in the Climber



04. SUPERSETS

TRACK SET-UP: Supersets: we bounce between loaded and unloaded exercises. 30 seconds in the loaded zone, quick recovery, then 30 seconds contrast with less load.

TRACK FOCUS: Blending the best of strength, speed and power into one track to keep building athleticism and enjoying the feeling an contrast of heavier strength then faster accelerated speed.

Please note: This track contains explicit content. The alternative song can be used in its place. Please use *Randy (WWW)* / *SCAR FACE* with the same choreography.

Exercise	
0:30	Track Set-up <i>Demonstrate exercises</i>
SET 1	
0:30	Barbell Back Squat
0:15	Recovery – Set up SET 2
SET 2	
0:30	Plate Squat Press x2, Plate Squat Jump x1
0:20	Recovery – Set up SET 3
SET 3	
0:30	Plate O/H Held Squat
0:15	Recovery – Set up SET 4
SET 4	
0:30	Squat Jump x2, Pushup x1
0:20	Recovery – Set up SET 5
SET 5	
0:30	Barbell Back Squat
0:15	Recovery – Set up SET 6
SET 6	
0:30	Plate Squat Press x2, Plate Squat Jump x1
0:20	Recovery – Set up SET 7
SET 7	
0:30	Plate O/H Held Squat
0:15	Recovery – Set up SET 8
SET 8	
0:30	Squat Jump x2, Pushup x1
0:05	Outro



04. RANDY (WWW) / RIOT 6:35mins

COACHING TIP

The Overhead Squat can be a very challenging movement due to the mobility aspect. Clearly coach the core brace so participants keep a neutral spine. If they start to arch their back, bringing the plate slightly forward or leaving out the plate is a great options to keep them safe and effective as they work on their mobility.

CONNECTION

There is repetition of each round in this track. This gives you plenty of opportunity to connect one on one with the class. Use this time to encourage people to stay in the work and praise their effort.

DRIVE

Set the Team up to go to their absolute max in the last set. As this is a unloaded move, people can work with speed to get a massive endorphin kick to finish the track! As a coach it's your role to take them there.

HIIT SCIENCE

Regardless of whether we are using load, light load or body weight - the objective is to drive our heart rate into a maximum training zone.

The loaded exercises achieve this through sustained pressure, range and time under tension. The unloaded exercises achieve this through speed and explosive contractions.

TECHNIQUE

BACK SQUAT

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

Layer 2: Maintain range for every rep to build stronger legs. Focus on consistent range before speed

PLATE SQUAT PRESS

- Plate at collarbones, feet outside hip-width
- **Hips back and down to 90 degrees**
- **Knees out tracking toes**
- **Push plate over head at top of Squat**
- **Plate slightly forward**
- **Abs braced**

Layer 2: Launch the plate into the air by driving out of the bottom of the Squat

PLATE SQUAT JUMP

- Plate at collarbones
- **Hips back and down to 90 degrees**
- **Chest lifted, abs braced**
- **Jump out of Squat, press plate over head**
- **Soft knee landing**
- Catch plate at collarbones at bottom of Squat

↓ OPTION: HEEL RAISE

OVERHEAD HELD SQUAT

- **Feet outside hip-width**
- Plate over head
- **Hips back and down to 90 degrees**
- **Arms straight, slightly forward of head**
- **Strong core brace throughout**

↓ OPTION: NO PLATE

Layer 2: Brace the core and lock the arms straight like iron bars. This tension builds a strong core cylinder



05. LADDERS

TRACK SET-UP: Ladders: 1 minute up, 1 minute down. 2 moves that increase in reps by 2 each time. We recover, then work our way back down the ladder trying to complete it before the time runs out.

TRACK FOCUS: Final push mentally and physically; the goal is to set a high target on the climb up to make the climb down even more epic.

Exercise

0:30

Track Set-up

Demonstrate Ladder exercises

	Ladder Up
1:00	Clean & Press + Squat Heel Raise
	Increase move rep by 2 with each rep (2x, 4x, 6x, 8x...)
0:20	Recovery
	Ladder Down
1:00	Clean & Press + Squat Heel Raise
	Decrease each move rep by 2, starting with the amount of reps you finished the Ladder Up on
0:15	Recovery



05. MAMA ALWAYS TOLD ME 2:51mins

COACHING TIP

Clearly coach that we go up in evens for 1 minute then work down. When the class understands the challenge they have the freedom to ‘go hard’ in the workout without thinking.

CONNECTION

This is a moment when you can bring the whole team together. One last go to get the most out of the workout. Look around the room and recognize who needs you. Eye contact and acknowledging that the workout is tough creates a genuine connection. That shared moment where people want to know that their coach has their back.

DRIVE

Set the bar from the start like in the Masterclass. Work hard to get a challenging number and make minute 2 interesting. The big challenge is to get back to zero. Positive motivators and challenging cues are great ways to personalize your coaching to who is in front of you. Challenge your regulars and use positive motivators for your newer members to help get everyone to their Personal Best!

HIIT SCIENCE

The last big working track allows us to build on the accumulated fatigue of the other tracks and push our last energy reserves. Its these intensities that deliver the HIIT response - significant fitness gains and changes in body composition.

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: Fast elbows under the bar to maintain speed up and down the ladder

SQUAT + 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 lifted**
- **Abs braced**
- **Elbows under bar**

Layer 2: Drive out of the bottom of the Squat like you're jumping. This keeps the reps quick and explosive!



06. CORE CHALLENGE

TRACK SETUP: One last 90-second AMRAP challenge for the core. Aim to complete as many rounds as possible; 2 or more rounds is the goal.
TRACK FOCUS: Final challenge with a big focus on the core to push hard all the way to the end of the workout.

Exercise	
0:20	Track Set-up <i>1x weight plate of your own preference</i>
AMRAP	
1:30	Pike Crunch + OH Plate Extension x10 Plate Cross Crawl x10 Plate C-Crunch x10
0:05	<i>Outro</i>



06. ALL WEEK 2:06mins

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

An AMRAP challenge gives you a great chance to connect on the floor by asking people what round they are on. They have just completed a huge workout so give credit that they are still going strong. Finish on a high with lots of praise and intrinsic motivators.

TECHNIQUE

PIKE CRUNCH + OVERHEAD PLATE EXTENSION

- Lie on back, plate in hands
- **Extend arms and legs to 45 degrees**
- **Brace abs tightly**
- **Keep back close to floor**
- Crunch up into Pike
- **Chin tucked in**
- **Ribs towards hips**
- **Arms and legs straight**

↓ OPTIONS: NO PLATE or BEND KNEES

Layer 2: Lift the shoulder blades even higher in the Crunch to challenge the upper abs

CROSS CRAWL

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

↓ OPTION: TAP TOES DOWN

Layer 2: Keep the plate tight and twist from the shoulder. This hits the obliques hard

C-CRUNCH

- **Knees above hips**
- **Plate to forehead**
- **Crunch ribs to hips**
- **Chin tucked in**
- **Extend arms and legs to 45 degrees**
- **Lower back towards floor**

↓ OPTION: TAP TOES DOWN

Layer 2: The longer you extend, the more load on the abs. How far can you lengthen before crunching?



GRIT CARDIO MUSIC

01.

Bet You (I Do) (3:08)

CHANEY

© 2022 Toolroom Productions Ltd. Licensed courtesy of Toolroom Productions.
Written by: Quezergue, Savoy, Altieri

02.

Bumba Bass (1:50)

TV Noise & Henry Fong

© 2023 STMPD RCRDS.
Written by: Gelderblom, Salomons, Hendriks, Fong, Webb

03.

Satisfying (1:49)

Curbi

© 2021 Heldeep Records.
Written by: Curwen-Bingley

04.

Bum Bum Tam Tam (Kura Remix) (1:12)

MC Fioti & Future

Courtesy of the Universal Music Group.
Written by: Aparecido

05.

Bum Bum Tam Tam (Kura Remix) (0:44)

MC Fioti & Future

Courtesy of the Universal Music Group.
Written by: Aparecido

06.

Save Me (1:31)

Keys N Krates feat. Katy B

© 2015 Dim Mak Records, Inc.
Written by: Dawson, Francois, Tune, O'Brien, Warren

07.

Love Me (1:32)

Sportus

© 2023 Les Mills Music Licensing Ltd.
Written by: Akinso, Crisp, Joseph

08.

When I'm Gone (Curbi Remix) (1:29)

PEEKABOO feat. XAELO

© 2023 NIGHTMODE.
Written by: Cunningham, Lucas, Ramirez

09.

Save Me (1:30)

Keys N Krates feat. Katy B

© 2015 Dim Mak Records, Inc.
Written by: Dawson, Francois, Tune, O'Brien, Warren

10.

Love Me (1:31)

Sportus

© 2023 Les Mills Music Licensing Ltd.
Written by: Akinso, Crisp, Joseph

11.

When I'm Gone (Curbi Remix) (1:32)

PEEKABOO feat. XAELO

© 2023 NIGHTMODE.
Written by: Cunningham, Lucas, Ramirez

12.

LEFT TO RIGHT (Subsonic Remix) (2:59)

Odd Mob

© 2023 Tinted Records. Licensed courtesy of Tinted Records.
Written by: Hope, Way

13.

Fool Me (2:55)

CHYL

© 2023 Monstercat.
Written by: Shi

14.

Rewind Reverse (Extended Mix) (2:55)

Mike Cervello & Curbi

© 2023 Seeing Is Believing.
Written by: Curwen-Bingley, Herssens

15.

Feed Your Soul (2:06)

NOAM DEE

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

ALT 02.

Bumba Bass (1:50)

TV Noise & Henry Fong

© 2023 STMPD RCRDS.
Written by: Gelderblom, Salomons, Hendriks, Fong, Webb

16.

Satisfying (1:49)

Curbi

© 2021 Heldeep Records.
Written by: Curwen-Bingley

17.

Bacilón (Instrumental Version) (1:56)

Lu-Ni feat. Don Bacilón

Courtesy of Epidemic Sound.
Written by: Unknown

18.

Church (1:02)

Fas Fash

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



GRIT CARDIO 46



L-R: Karola Schulz-Misic, Andrea Hateley, Jesus Betancourt, Serena Patel, Ben Main, Yale Qin, Erin Maw, Annette Perkins, Sara Green, Bas Hollander, Jackson Fuafiva Osborne

The team is bringing the heat to LA with LES MILLS GRIT Cardio 46!

This workout has everything. A ‘cool as’ Warm-up then we go 1-1-2 giving everyone a chance to hit intensity with each move before making it a combo for ultimate intensity. The Typewriter is back so get your coordination on point! Trisets bring some awesome Cardio feels with Skaters, Heismans and Pop Squats challenging your speed and agility. Coach Calls is back, bringing the fun and the challenge. Ladders give us the physical and mental challenge needed at the end of a great workout but we’re not quite done. Core gives us a rep challenge with the prize for finishing early being a Hover.

This international team brought the heat, so keep it cooking in your clubs!

Erin and the LES MILLS GRIT team x

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

- Andrea Hateley** (Australia)
- Annette Perkins** (United States)
- Bas Hollander** (Netherlands)
- Ben Main** (New Zealand)
- Erin Maw** (New Zealand)
- Jackson Fuafiva Osborne** (New Zealand)
- Jesus Betancourt** (Colombia)
- Karola Schulz-Misic** (Australia)
- Sara Green** (United States)
- Serena Patel** (New Zealand)
- Yale Qin** (China)

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: This Warm-up is vibes on vibes, where we set the tone for the workout in these first 3 minutes. Accelerated Warm-up means the energy and the heart rate are accelerated to physically and mentally get us into the HIIT zone.

<i>Exercise</i>	
0:30	Squat Heel Raise – <i>progress to</i> Pop Squat
0:30	Butt Kicks
0:30	Skater L+R
0:30	Mountain Climber x4, Plank Jacks x2
0:30	Power Lunge
0:30	Burpee Pushup
<i>Recovery</i>	



01. BET YOU (I DO) 3:08mins

COACHING TIP

Keep it simple and nail the safety cues. Coaching the knee position early in the Squats and Skaters will get everyone confident and set them up for an awesome workout ahead.

CONNECTION

Bring some fun and energy to this Warm-up. Let's get everyone excited! Use names to help build connections in class and keep people coming back for more.

TECHNIQUE

SQUAT HEEL RAISE – PROGRESS TO POP SQUAT

- **Feet outside hip-width**
- **Butt to 90 degrees**
- **Knees out over toes**
- **Chest lifted**
- Lift heels at top of Squat
- **Abs braced**

POP SQUAT

- Pop out of Squat and turn hips towards the front
- **Keep shoulders square to front**
- **Pop up onto toes**

BUTT KICK

- **Chest lifted**
- **Abs braced**
- Kick heels to butt
- Light on toes

SKATERS L+R

- Jumping side to side, shifting body weight, drawing knees together
- **Hips square to front**
- **Land softly, knee bent**
- **Knee out over toes on landing**
- **Chest lifted, abs braced**
- **Slight hip hinge forward**
- Push off outside foot to change direction

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

PLANK JACKS

- **Hands under shoulders**
- **Back long and straight**
- **Abs braced**
- Jack feet out and in
- **Keep hips square to floor**

POWER LUNGES

- **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**
- **Front knee out**
- **Chest lifted, abs braced**

↓ OPTION: BACKWARD-STEPPING LUNGE

BURPEE PUSHUP

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

↓ OPTION: KNEELING PUSHUP



02. 1-1-2

TRACK SET-UP: Move 1: 25-seconds. Move 2: 25-seconds. Then, we blend the two moves together for a 30-second combination to go all out.

TRACK FOCUS: Maximum effort for 50 seconds. Participants will need the 10-second recovery to then challenge intensity and complexity for a further 30-seconds, to push us into top level fitness.

Please note: This track contains explicit content. The alternative song can be used in its place. Please use *Bumba Bass / Satisfying / Bacilón (Instrumental Version)* with the same choreography.

Exercise	
0:20	Track Set-up <i>Demonstrate first move: Burpee</i>
SET 1	
0:25	Burpee
0:25	Broad Jump F, Jog B
0:10	<i>Recovery</i>
SET 2	
0:30	Burpee x1, Broad Jump x1
0:20	<i>Recovery</i>
SET 3	
0:25	Mountain Climber
0:25	Lateral Plank
0:10	<i>Recovery</i>
SET 4	
0:30	Typewriter
0:10	<i>Recovery</i>
SET 3	
0:25	Inchworm Jump
0:25	Lateral Squat Jump L+R
0:10	<i>Recovery</i>
0:30	Inchworm x1, Lateral Squat Jump x1 <i>Recovery</i>



02. BUMBA BASS / SATISFYING / BUM BUM TAM TAM 5:35mins

COACHING TIP

The structure of this track makes it easy to coach. We break down the moves before hitting the combo, allowing everyone to feel confident. The challenge will be the Typewriter as it needs some coordination. Remember to coach the options so people feel successful. Eventually they will get it if they don't in the first class.

CONNECTION

There are a lot of moves and combos in this track so spend the majority of the time at the front. Look out and see what people need to keep the connection high. Use the quadrants to ensure you are not missing anyone in the room.

DRIVE

This track is tough! 50 seconds' work with only a 10-second rest before hitting the combo. Challenge the class to keep that level of intensity in the combo to get the best results. If they do this they will feel awesome after every set!

HIIT SCIENCE

The first working track is key to an effective HIIT workout. The majority of these exercises focus on moving our center of mass at speed. This requires a fast rate of force development from our major muscle groups which is a great way to drive our heart rate.

TECHNIQUE

BURPEE

- 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 lifted and abs braced as feet jump back**
- **Hands under shoulders, back straight**

↓ OPTION: WALK FEET IN AND OUT OF PLANK

Layer 2: Scoop the hips under to drive in and out of the Burpee

BROAD JUMP FORWARD + JOG BACK

- **Feet outside hip-width**
- **Both feet take off and land with soft knees**
- **Knees out tracking toes**
- **Chest up, abs braced**
- Jog back and repeat

Layer 2: Use your arms like a pendulum; swing them right back to launch you forward

LES MILLS GRIT 46

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: Drive the knees like pistons for speed training

LATERAL PLANK

- **Hands under shoulders**
- **Long straight back**
- **Abs braced**
- Walk opposite arm and leg laterally x2
- **Keep hips square to floor**

Layer 2: Keep the core braced to stabilize the hips

TYPEWRITER

- Plank position
- Lateral Plank walk, Mountain Climber legs
- **Keep hips and shoulders square to floor**
- **Butt down**
- Run knees to chest

↓ OPTION: 2x LATERAL PLANK, 4x MOUNTAIN CLIMBER

Layer 2: Use your abs to pump the legs. We are training stability, speed and coordination in one move!

INCHWORM JUMP

- Squat, walk into Plank, walk back to Squat, Jump
- **Knees out over toes, chest lifted in Squat**
- **Brace abs in Walk**
- **Soft knee landing in Jump**

Layer 2: Race the hands out and chase them back in for speed

LATERAL SQUAT JUMP

- **Both feet take off and land in a Squat**
- **Knees out tracking toes**
- **Chest lifted, abs braced**

Layer 2: Use the Arm Swing for air time on the Jump



03. 1-2-1 TRISET

TRACK SET-UP: 1-2-1 TRISET. 3 moves back-to-back for 1 minute and 20 seconds. 25 seconds at Move 1, 20 seconds at Move 2, then we repeat Move 1.

TRACK FOCUS: 1 minute and 20 seconds of maximum effort. Trisets are tough because there’s no break in between the exercises – the goal is to try to maintain as much intensity for as long as possible.

Exercise

0:20

Track Set-up

Demonstrate first move

SET 1

0:25

Skater L x1 + Double Heisman R

0:20

Renegade Plank Jacks

0:25

Skater R x1 + Double Heisman L

0:20

Recovery

SET 2

0:25

Power Lunge

0:20

Renegade Plank Jacks

0:25

Power Lunge

0:20

Recovery

SET 3

0:25

Shuffle Pop Squat

0:20

Renegade Plank Jacks

0:25

Shuffle Pop Squat

0:10

Recovery

SET 4

0:25

Skater L x1 + Double Heisman R

0:20

Switch Climber x2, Pushup x1

0:25

Skater R x1 + Double Heisman L

0:10

Recovery

SET 5

0:25

Power Lunge

0:20

Switch Climber x2, Pushup x1

0:25

Power Lunge

0:10

Recovery

SET 3

0:25

Shuffle Pop Squat

0:20

Switch Climber x2, Pushup x1

0:25

Shuffle Pop Squat

Recovery



03. SAVE ME / LOVE ME / WHEN I'M GONE (CURBI REMIX) 9:05mins

COACHING TIP

The structure of this track allows for simple coaching. On the Masterclass footage, see how Erin is really clear with Layer 1 and gives options early on. This will give you the time and space to hit some great Layer 2 cues and drive intensity in the second round.

CONNECTION

Stay at the front for the first half of the track. Coach the movements and see the common mistakes. This will allow you to floor-coach with real purpose in the second half of the track.

DRIVE

We want intensity in every set so really drive the third move of each block. Remind people of the 20-second recovery coming to stop them checking out! Lift the vocals and bring some inspirational language to keep everyone's focus.

HIIT SCIENCE

These Trisets alternate between the lower body and core / upper body. This is a great way to keep the intensity high as one group gets an active rest which provides just enough recovery to push hard in the third set.

TECHNIQUE

SKATER

- Jumping to one side, shifting body weight, drawing knees together
- **Hips square to front**
- **Land softly, knee bent**
- **Knee out over toes on landing**
- **Chest lifted, abs braced**
- **Slight hip hinge forward**

Layer 2: Imagine there's a hurdle on the floor. Go high and wide to get over it. Explosive power through the legs!

DOUBLE HEISMAN

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

Layer 2: Pop the knee to hip height to produce more force in the Heisman

RENEGADE PLANK JACK

- Plank position
- Jump feet out sideways
- Lift alternating elbow up to shoulder height
- **Keep hips square to floor with abs braced**
- Jump feet in, place hand down
- **Back long, strong and straight**

↓ OPTION: JACK FEET ONLY, NO ARMS

Layer 2: Press into the floor super hard as you lift the arm to build strength in the core and shoulder

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

Layer 2: Land low in the Lunge to get maximum glute engagement driving you into the next rep!

SHUFFLE POP SQUAT

- **Feet outside hip-width**
- Shuffle laterally
- Twist hips to bring inside leg to the front
- **Keep shoulders square to front**
- **Light on balls of feet**

Layer 2: It's like you're on a turntable; keep the feet wide and twist quickly!

SWITCH CLIMBER

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

↓ OPTION: STEP FOOT TO ELBOW AND BACK

Layer 2: Push knee out to open hip in the Climber

PUSHUP

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

↓ OPTION: DROP TO KNEES

Layer 2: Push the floor away hard to keep speed in the Pushup



04. COACH CALLS

TRACK SET-UP: Coach Calls. First, we master the speed drill for 20 seconds, then we add in the call out for 30 seconds. 4 sets in total.

TRACK FOCUS: Reactive training; how fast can members get in and out of the call out?

Exercise	
0:30	Track Set-up <i>Demonstrate holding pattern</i> <i>Note: Moves with (Coach's Call) are performed whenever the Coach decides within the 30-second working block</i>
SET 1	
0:20	Holding Pattern: Low Piston – progress to F+B
0:15	<i>Recovery (add Coach's Call: "Drop")</i>
0:30	Low Piston + Drop Squat (Coach's Call)
0:20	<i>Recovery</i>
SET 2	
0:20	Holding Pattern: Speed Ladder – progress to F+B
0:15	<i>Recovery (add Coach's Call: "Drop")</i>
0:30	Speed Ladder F+B + Drop Squat (Coach's Call)
0:30	<i>Recovery</i>
SET 3	
0:20	Holding Pattern: Low Piston, F+B
0:15	Recovery <i>(add Coach's Call: "Jump")</i>
0:30	Low Piston F+B + Tuck Jump (Coach's Call)
0:20	<i>Recovery</i>
SET 4	
0:20	Holding Pattern: Speed Ladder
0:15	<i>Recovery (add Coach's Call: "Jump")</i>
0:30	Speed Ladder + Tuck Jump (Coach's Call)
0:05	<i>Outro</i>



04. LEFT TO RIGHT (SUBSONIC REMIX) / FOOL ME 5:54mins

COACHING TIP

For a great Coach Call everyone needs to be able to hear your call. After your initial set-up, leave enough silence before each 'call' so it is really clear to everyone. This will make the track fun and effective!

CONNECTION

Coach Calls can be really fun and playful. It's a game of cat and mouse as your class tries to guess when your next call is. Have fun with it and call out your regulars if they are slow to react. This can be a real contrast to other tracks in GRIT so take advantage.

DRIVE

Even though a Coach Call is fun it's still tough! Keep everyone in the workout by having a high standard for the Low Piston. This is a holding pattern and not a recovery. Keep everyone honest then the calls will bring the spikes needed to drive even more intensity.

HIIT SCIENCE

Keeping load in the muscles and out of the joints allows us to maintain safety and effectiveness during these training blocks.

Using a well controlled Squat position – a slight hip hinge with knees slightly bent and in line with the middle of the feet – reduces the chance of injury and keeps the load in the lower limb muscles.

TECHNIQUE

LOW PISTON

- Light fast feet in a run pattern
- Drive arms
- **Slight hip hinge forward**
- Knees stay low for speed
- Progress to F+B
- **Light on the balls of the feet**

Layer 2: Fast arms equals fast feet. Keep the arm drive fast for intensity

DROP SQUAT

- **Jump feet wide and Squat**
- **Hips back and down towards 90 degrees**
- **Chest lifted, abs braced**
- Reach arm towards floor
- Jump feet in quickly

↓ OPTION: 90-degree turn

Layer 2: Snap the feet in and out of the Squat to get back to the Low Piston faster

SPEED LADDER

- Feet in and out fast
- **Light on balls of feet**
- **Soft knees**
- **Abs braced**

Layer 2: Stay low and loaded to activate fast twitch fibers and intensity

TUCK JUMP

- Tuck Jump
- **Knees towards chest**
- **Soft knee landing**

↓ OPTION: JUMP, NO TUCK

Layer 2: Rip the knees up to your ribs at the apex of the Jump for awesome height!



05. LADDERS

TRACK SET-UP: Ladders: 1 minute up, 1 minute down. 2 moves that increase in reps by 2x each time. We recover, then work our way back down the ladder trying to complete it before the time runs out.
TRACK FOCUS: Final push mentally and physically; the goal is to set a high target on the climb up to make the climb down even more epic.

Exercise

0:30

Track Set-up

Demonstrate Ladder exercises

- Ladder Up

1:00

Skaters + Burpees

Increase move rep by 2 with each rep (2x, 4x, 6x, 8x...)

0:20

Recovery

Ladder Down

1:00

Skaters + Burpees

Decrease each move rep by 2, starting with the amount of reps of which you finished Ladder Up on

0:15

Recovery



05. REWIND REVERSE (EXTENDED MIX) 2:55mins

COACHING TIP

A clear set-up allows people to work hard in this track. Coach the Ladder and that we go up in evens. For the first few reps count and remind everyone that we are going up in evens. When people are fatigued they pay less attention to coaching. Repetition of the structure will ensure they get it and can focus on training.

CONNECTION

There's always the opportunity to check in on 'what number' the class is on. This leaves space for praise when people are 'smashing it' and encouragement when people need it to get one more in. Get on the floor and challenge in the Ladder Down by encouraging and motivating the class.

DRIVE

Set the standard in the Ladder Up. Work super hard and people will try to match your pace. This will guarantee they have a tough time to get all the way down the Ladder. The goal is to get to zero, so hustle the team to reach this.

HIIT SCIENCE

The last big working track allows us to build on the accumulated fatigue of the other tracks and push our last energy reserves. Its these intensities that deliver the HIIT response - significant fitness gains and changes in body composition.

TECHNIQUE

SKATER L+R

- 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**
- **Chest lifted, abs braced**
- **Slight hip hinge forward**
- Push off outside foot to change direction

Layer 2: This Skater is about speed so stay low and quick to build the reps in the Ladder

BURPEE

- 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 lifted and abs braced as feet jump back**
- **Hands under shoulders**
- **Back long, strong, and straight**

↓ **OPTION: WALK FEET IN AND OUT OF PLANK**

Layer 2: Whip the hips under to keep speed in the Burpee



06. CORE CHALLENGE

TRACK SET-UP: One last 90-second challenge for the core. Aim to complete 60 reps and make it into the Hover Hold before the end of the timer.

TRACK FOCUS: Final Challenge with a big focus on the core to push hard all the way to the end of class.

Exercise	
0:30	Track Set-up <i>Demonstrate exercises</i>
1:30	Cross Crawl L+R + Mountain Climbers L+R <i>Complete 30x reps of each move</i> <i>Once 60 reps are completed, spend the remainder of the track in:</i> Hover Hold



06. FEED YOUR SOUL 2:06mins

COACHING TIP

See how Ben demonstrates each move in the Masterclass footage and makes the point that each rep is 2 for 1. As you start give simple Layer 1 cues and a reminder of the 2 for 1 rep counts. Once your team has it, you can bring in some great Layer 2 cues for improved execution.

CONNECTION

As people start to move into the Hover it's time to celebrate. Everyone deserves a pat on the back for the work they have put in. Acknowledge their efforts and keep them coming back for more.

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: Drive opposite shoulder across to opposite knee for more oblique engagement

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: Drive the knees towards the chest to get more intensity in the core and shoulders

HOVER

- **Elbows under shoulders**
- **Back long and straight**
- **Brace abs**

↓ OPTION: ON KNEES

Layer 2: Push your forearms down hard into the floor to stabilize the shoulders



GRIT ATHLETIC MUSIC

01.

Rocket Fuel (3:12)

DJ Shadow feat. De La Soul

© 2019 Mass Appeal/Reconstruction Productions, Inc.
Written by: Davis, Decarlo, Frashuer, Jolicoeur, Leka, Mercer
02.

1-1-2

Use GRIT Strength 46 Track 02 music
03.

Renegade Master (Back Once Again) (2:19)

Deeperlove

© 2020 Central Station Records.
Written by: Castellanos, N. Reuter, M. Reuter

Policia (2:23)

Gentlemens Club

© 2022 ClubFriendlyUK.
Written by: Mountford, Haskins, Pittham

Blunt Saw (2:18)

NOAM DEE

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

Renegade Master (Back Once Again) (2:20)

Deeperlove

© 2020 Central Station Records.
Written by: Castellanos, N. Reuter, M. Reuter

Policia (2:22)

Gentlemens Club

© 2022 ClubFriendlyUK.
Written by: Mountford, Haskins, Pittham

Blunt Saw (2:23)

NOAM DEE

Courtesy of Les Mills Music Licensing Ltd.
Written by: Fairley
04.

LADDERS

Use GRIT Strength 46 Track 05 music
05.

CORE CHALLENGE (2:34)

Use GRIT Strength 46 Track 06 music
- OUTRO

Church (1:02)

Fas Fash

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



GRIT ATHLETIC 46



L-R: Ben Main, Savannah Palmer

Hybrid Training at its best is LES MILLS GRIT Athletic 46 in a nutshell! We make friends with the bench in the Warm-up to prep and prime the body for a massive Giant Sets track. The combination of strength and explosive movements brings an epic Training feel to this one. Squat Heel Raises mixed with Sumo Plyo Jumps will fire up the lower body. The upper body and core get hit with Plyo Pushups and a cool Commando / Donkey Kick combo.

Prepare to take your athleticism to the next level in this round team!

Erin and the LES MILLS GRIT team x

PRESENTERS

Ben Main (New Zealand)

Savannah Palmer (New Zealand)

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

CLASS SET-UP

Grab a bench, 2 risers, and a medium-heavy bar to kick your athletic workout into action!

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



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 46 (TRACK 01) WARM-UP
- 2. **GRIT STRENGTH 46 (TRACK 02) 1-1-2**
- 3. GRIT ATHLETIC 46 (TRACK 03) GIANT SETS
- 4. **GRIT STRENGTH 46 (TRACK 05) LADDERS**
- 5. **GRIT STRENGTH 46 (TRACK 06) CORE CHALLENGE**



01. WARM-UP

TRACK SET-UP: Set the vibes and energy in these first 3 minutes so your members feel mentally and physically prepared for an amazing HIIT workout ahead.

Exercise	
0:30	Butt Kicks – <i>progress to</i> Lateral High Knee Runs
0:30	Squat Heel Raise
0:30	Backward-Stepping Bench Lunge + Rotation L+R
0:30	Pushup x2, Mountain Climbers L+R (x2)
0:30	Ladder Run
0:30	Offset Lateral Squat Jump Over Bench L+R
0:05	Outro



01. ROCKET FUEL 3:12mins

COACHING TIP

Time to get everyone confident with the bench as we lift the heart rate. Clear coaching of the foot position on the bench will keep movements like Lunges and Ladder Runs safe and effective.

CONNECTION

Let's check in with positive energy to connect with the class. Bring your best smile and make eye contact around the room so everyone knows they're in safe hands for the next 30 minutes.

TECHNIQUE

BUTT KICKS

- Light on balls of feet
- Bring heels towards butt
- Chest lifted and abs braced

LATERAL HIGH KNEE RUN

- Knees to hip height
- Run side to side
- Hips square to the front
- Chest lifted, abs braced

SQUAT HEEL RAISE

- Squat butt down to 90 degrees
- Swing arms down and over head as you Squat
- Knees out over toes
- Chest lifted and abs braced

ON BENCH BACKWARD-STEPPING BENCH LUNGE + ROTATION L+R

- Standing on bench, feet under hips
- Long step back to Lunge
- Rotate towards front thigh, arms wide
- Front thigh parallel to floor
- Front knee out over toes
- Chest lifted and abs braced
- Keep front foot on bench

PUSHUP

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

↓ OPTION: DROP TO KNEES

MOUNTAIN CLIMBERS

- 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

LADDER RUNS

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

OFFSET LATERAL SQUAT JUMP OVER BENCH L+R

- One foot on bench, one foot on floor
- Lateral Jump over bench
- Swing arms
- Both feet take off and land
- Soft knee landing
- Knees out over toes
- Hips square to front
- Chest lifted
- Abs braced



03. GIANT SETS

TRACK SETUP: Giant Sets: 4 exercises back-to-back, moving between the barbell and the bench. 30 seconds on Strength and 25 seconds on Speed and Power, alternating between.

TRACK FOCUS: The Hybrid Giant Set blends Strength x Speed x Power for the ultimate HIIT challenge and efficient way to train the body.

Exercise	
0:30	Track Set-up
SET 1	
0:30	Barbell Squat Heel Raise
0:25	Plyo Sumo Jump
0:30	Squat Heel Raise
0:25	Speed Jacks
0:30	Recovery – Set up SET 2
SET 2	
0:30	Barbell Lunge
0:25	Power Lunge
0:30	Barbell Lunge
0:25	Speed Taps
0:20	Recovery – Set up SET 3
SET 3	
0:30	Barbell Row + High Pull
0:25	Plyo Pushup
0:30	Row + High Pull
0:25	Commando x1, Donkey Kick x1
0:20	Recovery
REPEAT SETS 1, 2, and 3	



02. RENEGADE MASTER (BACK ONCE AGAIN) / POLICIA / BLUNT SAW 14:05mins

COACHING TIP

This track is an awesome mix of strength, speed and power. When scripting, ensure you have some Layer 2 cues that manipulate the intensity in the correct training modality. Think strength with the bar, speed for the footwork in the Jacks and Taps. Then bring a power focus to the Jumps and Plyo Pushups. This will really enforce the Hybrid Training from the workout.

CONNECTION

The repetition of the whole block gives plenty of time to get out on the floor to be with your team. Check out the Masterclass and see how there was a big focus on floor-coaching in Set 2. Technique correction should always be front of mind and remember to praise the effort in the room!

DRIVE

Use intrinsic cues to help people feel the benefits of Hybrid Training. How good does it feel to jump high off a Sumo Plyo! Bring energy and excitement to your vocals to show your enjoyment for training hard in GRIT.

HIIT SCIENCE

Kicking the bench away when landing, improves jump height in the Plyo Sumo Jumps.

This stiffens the tendinous elements at the knee and ankle unlocking free elastic energy to drive jump height.

TECHNIQUE

BARBELL SQUAT HEEL RAISE

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

Layer 2: Drive out of the bottom of the Squat to generate more power

PLYO SUMO BENCH JUMP

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

↓ OPTION: JUMP BEHIND BENCH

Layer 2: Spring off the bench to get maximum air time in the Plyo Jump

SPEED JACK

- Straddle bench
- Jump both feet onto bench
- **Light on balls of feet**
- **Chest up, abs braced**
- Jump off bench
- **Knees out, land softly**

Layer 2: Stay light on the balls of the feet to move fast

BARBELL LUNGES

- Both feet on step
- **Bar meaty part of upper back**
- **Long step backwards**
- **Front thigh parallel to floor**
- **Front knee out over toes**
- **Chest lifted**
- **Abs braced**

Layer 2: Drive the front foot hard into the bench. This generates force from the glutes and legs

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**

↓ OPTION: ON FLOOR

Layer 2: Use the arms to create momentum and keep you in the workout for longer



02. RENEGADE MASTER (BACK ONCE AGAIN) / POLICIA / BLUNT SAW 14:05mins

TECHNIQUE

SPEED TAPS

- Start on floor, end of bench
- Tap toes on bench in running motion
- **Stay light on feet**
- **Abs braced**
- **Chest lifted**

Layer 2: Brace the core and pump the arms for full body training in the Speed Taps

BARBELL ROW

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

↓ OPTION: JUMP BEHIND BENCH

Layer 2: Sit the hips back to stabilize the body in the Row

HIGH PULL

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

Layer 2: Use the momentum of the hips from the Row position to drive the bar up to chest

PLYO PUSHUP

- **Hands on floor either side of bench**
- **Drop chest to elbow height**
- Explode off floor landing hands on bench
- **Brace abs tightly**
- **Back long and straight**
- **Walk hands down to floor**

↓ OPTION: KNEES ON FLOOR

Layer 2: Drive fast out of the Pushup to generate the power to get up to the bench

COMMANDO

- Start with hands on bench
- Walk hands down to floor and back onto bench
- **Brace abs**
- **Keep hips square**

↓ OPTION: KNEES ON FLOOR

Layer 2: Keep the core super tight to stabilize the hips in the move

DONKEY KICK

- **Hands on bench**
- **Jump knees towards chest**
- **Kick legs out to plank**
- **Brace abs**

↓ OPTION: FROG JUMP

Layer 2: Corkscrew the hands into the bench stabilizing the shoulders. This will create a solid base for the Donkey Kick



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.

