

NANO

LES MILLS GRIT CARDIO

MUSIC

01. WARM-UP

02. GIANT CIRCUIT

03. 1 MINUTE CHALLENGE

04. SUPERSET DROPSET

05. 1 MINUTE CHALLENGE

06. TABATA

07. 1 MINUTE CHALLENGE

08. CORE CHALLENGE

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GRIT CARDIO MUSIC

01. **Great** (2:31)
Swimnaked
© 2020 Les Mills Music Licensing Ltd.
Written by: Price

02. **Partly Equal** (2:41)
NOAM DEE
© 2020 Les Mills Music Licensing Ltd.
Written by: Fairley

Basit Low (5:25)
Eastern Bloc
© 2020 Les Mills Music Licensing Ltd.
Written by: Aldridge

03. **Get Rekt** (1:31)
St Urbain
© 2020 Les Mills Music Licensing Ltd.
Written by: Yeh

04. **Hit It** (4:16)
Akira
© 2020 Les Mills Music Licensing Ltd.
Written by: Evans

05. **Get Rekt** (1:31)
St Urbain
© 2020 Les Mills Music Licensing Ltd.
Written by: Yeh

06. **Takeover** (1:00)
PAM
© 2020 Les Mills Music Licensing Ltd.
Written by: Noble, Hobbs

SMANG (0:45)
Fas Fashion
© 2020 Les Mills Music Licensing Ltd.
Written by: McCarthy

Takeover (0:45)
PAM
© 2020 Les Mills Music Licensing Ltd.
Written by: Noble, Hobbs

SMANG (0:45)
Fas Fashion
© 2020 Les Mills Music Licensing Ltd.
Written by: McCarthy

Takeover (0:33)
PAM
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Written by: Noble, Hobbs

SMANG (0:31)
Fas Fashion
© 2020 Les Mills Music Licensing Ltd.
Written by: McCarthy

Takeover (0:31)
PAM
© 2020 Les Mills Music Licensing Ltd.
Written by: Noble, Hobbs

SMANG (0:36)
Fas Fashion
© 2020 Les Mills Music Licensing Ltd.
Written by: McCarthy

07. **Get Rekt** (1:31)
St Urbain
© 2020 Les Mills Music Licensing Ltd.
Written by: Yeh

08. **I've Got The Feeling** (2:08)
NOAM DEE
© 2021 Les Mills Music Licensing Ltd.
Written by: Fairley

OUTRO
09. **You Are Alive** (1:00)
Borrowed CS
© 2020 Les Mills Music Licensing Ltd.
Written by: Champion



L-R: Desmond Helu, Erin Maw, Ben Main

The LES MILLS GRIT Cardio Nano Series 3 workout is a high intensity mix of classic moves, LES MILLS GRIT staple exercises and fresh combinations that will keep you on your toes. In just 30 minutes this exclusive HIIT workout will get your heart pumping hard, put your fitness to the test, drive a fast fitness response and help you improve overall athletic performance.

Erin and the LES MILLS GRIT crew

CLASS SET-UP

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

CREDITS

Creative Director – Les Mills Jnr

Lead Creative – Erin Maw

Chief Creative Officer – Dr. Jackie Mills

Technical Consultants – Rob Lee

PRESENTERS

Desmond Helu is a LES MILLS BARRE, BODYPUMP, BORN TO MOVE, LES MILLS TONE, LES MILLS THE TRIP and SH’BAM Instructor and a LES MILLS GRIT Coach/Presenter. He is based in Auckland where he is also a personal trainer.

Erin Maw is a LES MILLS GRIT, BODYCOMBAT, BODYJAM, LES MILLS BARRE and LES MILLS TONE Trainer/Presenter, a CXWORX Instructor/Presenter and a BODYPUMP Instructor. She is a Choreographer at Les Mills International in Auckland and is also a Les Mills Ambassador for BODYCOMBAT, BODYJAM and LES MILLS GRIT.

Ben Main is a BODYPUMP, BODYATTACK and LES MILLS GRIT Trainer and is also a Les Mills Ambassador for all three programs. He is based in Auckland.

RELEASE FEEDBACK

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



01. WARM-UP GREAT

<i>Exercise</i>	
0:00	Jog OTS
0:18	Squats & Rotation L&R
0:32	Squat Pulses
0:40	Lateral Shuffle L&R
0:54	Half Burpee
1:09	Half Burpee Jump
1:16	Lateral Shuffle L&R
1:31	Lateral Skaters L&R
1:45	Pushups
2:00	Mountain Climbers
2:15	Lateral Shuffle L&R
2:29	<i>Recovery</i>



02. GIANT CIRCUIT

PARTLY EQUAL / BASIT LOW

TRACK SET-UP: GIANT SETS, 3 2 minute rounds of work, each block has 4 moves for 30 seconds with 5 second recoveries in between each set.

Exercise	
0:00	Set up and demonstrate Set 1, Double Hop x2 Run x2 SET 1
0:24	Double Hop x2 Run x2
0:55	Recovery
1:00	Mountain Climbers
1:30	Recovery
1:35	Lateral Lunge x1 Block Jump x1
2:05	Recovery
2:10	Lateral Pushup L&R
2:40	Recover and repeat SET 1 with added intensity SET 2
3:05	Lateral Double Hop x2 Run x2
3:34	Recovery
3:39	Lateral Mountain Climbers
4:09	Recovery
4:14	45 Degree Lateral Lunge x1 Block Jump x1
4:44	Recovery
4:49	Narrow Wide Pushup
5:18	Recover and repeat SET 2
5:44	Repeat SET 2
7:59	Recovery



03. 1 MINUTE CHALLENGE

GET REKT

TRACK SET-UP: 1 minute kicker to challenge the body and keep lifting the heart rate.

<i>Exercise</i>	
0:00	Set up and demonstrate moves, Halo Slam x1, Squat Jump x1, Inch Worm x1
0:25	Halo Slam x1, Squat Jump x1, Inch Worm x1
1:25	<i>Recovery</i>



04. SUPERSET DROPSET HIT IT

TRACK SET-UP: Two moves 40 seconds each back to back, alternating from lower to upper body. 3 working blocks total, working time shorter each block.

Exercise	
0:00	Set up and demonstrate first move, Grid Squat Jump (clockwise and anti-clockwise) SET 1
0:30	Grid Squat Jump (clockwise and anti-clockwise)
1:08	Lateral Plank Walk x1 Donkey Kick x1
1:48	Recovery, repeat SET 1 minus 10 seconds each set
2:08	Repeat SET 1 30/30 Seconds
3:09	Recovery, repeat SET 2 minus 10 seconds each set
3:28	Repeat SET 2 20/20 Seconds
4:09	Recovery



05. 1 MINUTE CHALLENGE

GET REKT

TRACK SET-UP: 1 minute kicker with added move to keep challenging the body

Exercise	
0:00	Set up and demonstrate moves, Halo Slam x1, Squat Jump x1, Butt Kick x1 Inch Worm x1
0:25	Set up and demonstrate moves, Halo Slam x1, Squat Jump x1, Butt Kick x1 Inch Worm x1
1:25	Recovery
1:24	Recover and set up SET 2
1:44	SET 2: repeate SET 1
2:45	Recover and set up SET 3
3:04	SET 3: repeate SET 1
4:05	Recovery



06. TABATA TAKEOVER / SMANG

TRACK SET-UP: 8 rounds of work, first 4 sets are 30 seconds on 15 seconds recovery, final 4 sets are 20/10. Each set aiming for maximum effort.

<i>Exercise</i>	
0:00	Set up and demonstrate Tabata moves, Power Lunge x2 L&R 180 Squat Jump x1
0:30	Power Lunge x2 L&R 180 Squat Jump x1
1:00	<i>Recover</i>
1:14	Power Burpee x2 Lateral Shuffle x1 L&R
1:45	<i>Recover</i>
2:00	Power Lunge x2 L&R 180 Squat Jump x1
2:30	<i>Recover</i>
2:44	Power Burpee x2 Lateral Shuffle x1 L&R
3:16	<i>Recover</i>
3:29	Power Lunge
3:50	<i>Recover</i>
4:00	Lateral Shuffle
4:20	<i>Recover</i>
4:30	180 Squat Jump
4:50	<i>Recover</i>
5:00	Power Burpee
5:19	<i>Recovery</i>



07. 1 MINUTE CHALLENGE

GET REKT

TRACK SET-UP: Final 1 minute challenge with the most intensity and complexity to hit that final challenge hard.

Exercise	
0:00	Set up and demonstrate moves, Halo Slam x1, Squat Jump x1, Butt Kick x1 Tuck Jump x1 Inch Worm x1
0:25	Set up and demonstrate moves, Halo Slam x1, Squat Jump x1, Butt Kick x1 Tuck Jump x1 Inch Worm x1 demonstrate
1:25	Recovery
1:17	Recovery
1:28	Spider Hover
1:58	Huntsman
2:25	Recovery

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08. CORE CHALLENGE

I’VE GOT THE FEELING

TRACK SET-UP: Tri set core kicker to finish off the abs.

<i>Exercise</i>	
0:00	Set up and demonstrate Move 1, Cross Crawls
0:20	Cross Crawl L&R
0:53	Diamond Crunch
1:31	Flutter Kick L&R
2:02	<i>Recovery</i>
1:58	Huntsman
2:25	<i>Recovery</i>

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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 practise 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, i.e. 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
- Practise saying your script while you practise 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 honoring 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 Les Mills.

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.

