

LES MILLS GRIT **UNITED**

GRIT STRENGTH

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02. SUPERSET REVERSE DROP SET

03. 1-MINUTE CHALLENGE

04. PYRAMID

05. REACTIVE POWER

06. TABATA 2.0

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GRIT CARDIO

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06. CORE CHALLENGE

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LES MILLS GRIT **UNITED**

GRIT ATHLETIC

MUSIC AND CREDITS

02. PACER TEST – SPEED

03. BEEP TEST

04. PURE POWER AND STRENGTH TEST

05. PACER TEST 2 – SPEED

06. TABATA 2.0

07. CORE CHALLENGE

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GRIT STRENGTH MUSIC

01. **Hey Lupe** (3:06)
Lupe Fiasco
© 2019 1st & 15th Productions.
Written by: White

02. **Watch How Mi Dweet** (1:01)
DJ Tess & Logan
© 2019 More Time.
Written by: Unknown

Anything You Want (1:00)
Fas Fashion & Tilde Key & INF
© 2020 Les Mills Music Licensing Ltd.
Written by: McCarthy, Key, Tyson

Watch How Mi Dweet (0:55)
DJ Tess & Logan
© 2019 More Time.
Written by: Unknown

Anything You Want (1:00)
Fas Fashion & Tilde Key & INF
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Written by: McCarthy, Key, Tyson

03. **Calling All Dancers** (1:25)
DJ Shub
© 2020 Shub Music.
Written by: General

04. **King Of You** (3:00)
NOAM DEE
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Written by: Fairley

Calling All Dancers (1:40)
DJ Shub
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Written by: General

Rumble (3:05)
Zayde Wolf
© 2019 Morning Routine Collective LLC, Lyric House LLC.
Written by: Unknown

05. **Bomb A Drop** (0:56)
Garmiani
© 2016 Dim Mak Records, Inc.
Written by: Garmiani, Johnson, Ottey, Pairt

Let It Ride (0:47)
Adam McInnis
© 2019 Position Music.
Written by: McInnis, Shrieve, Ofir

Bomb A Drop (0:51)
Garmiani
© 2016 Dim Mak Records, Inc.
Written by: Garmiani, Johnson, Ottey, Pairt

Let It Ride (0:56)
Adam McInnis
© 2019 Position Music.
Written by: McInnis, Shrieve, Ofir

06. **Carnival** (6:40)
4B feat. Bunji Garlin
© 2016 Mad Decent.
Written by: Alvarez, McKeon Jr

07. **Daddy Fat Sax** (2:02)
Big Boi
© Courtesy of the Universal Music Group.
Written by: Patton, Sheats

08. **I'll Fall For You** (1:01)
Wells
© 2020 Les Mills Music Licensing Ltd.
Written by: Naley



GRIT STRENGTH UNITED

Geared up and ready to rock this GRIT Strength United release! This release is super unique and special for us, it represents how we can unite together through fitness even under the hardest circumstances. So, what can you expect this round? Of course the usual! Another challenging, slightly crazy, fun workout packed with a few new moves and twists on some of our favorite structures! The Warm-up gets you in the zone and the tracks that follow will keep you working to your maximum threshold every set to get the fitness results we want. Athletic performance is the key outcome to any GRIT workout so explore ways to coach your participants to tap into that zone!

Thanks for all your hard work team! Hope you love this release as much as we do!

Enjoy!

Erin and the LES MILLS GRIT crew

CLASS SET-UP

Moderate to heavy barbell and two free weight plates of the same size. Anyone new to GRIT should use lighter plates first; 2.5kg is recommended.

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. The bar can be switched out for the plate or body weight at any time. A great mindset to get into at the start of each workout is to remember to teach to the whole team so everyone can feel successful.

CREDITS

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Sei Key Kong (Malaysia)

RELEASE FEEDBACK

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



01. WARM-UP

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

Exercise	
0:09	Squat
0:30	Backward-Stepping Lunge with Rotational Twist (L+R)
0:52	Scissor Lunge (L+R)
1:13	Plate Squat Press
1:35	Pushup
1:57	1x Barbell Row, 1x Barbell Clean & Press
2:19	Squat with Heel Raise (with or without barbell)
2:40	AMRAP
	2x Power Lunge (L+R)
	4x Squat Jump
3:05	Recovery



01. HEY LUPE 3:06mins

COACHING TIP

At the beginning of the class ensure to demonstrate the new move in Track 2 – Scissor Lunge with Double Plate Press. Previewing how the plates will be used will allow participants to select the correct weight.

CONNECTION

The Warm-up is all about excitement and energy for the workout and challenge ahead. Always tell participants it's an individual workout and modifications will be offered if anyone is new.

DRIVE

There is always an element of drive in the Warm-up because the heart rate needs to lift towards the end once the body is warm. In this release the AMRAP is designed for this purpose – to lift the heart rate. Encourage participants to go for high reps during these 25 seconds of work.

TECHNIQUE

AIR SQUAT

- Feet just outside hip-width
- Hips back and down, knees out
- Knees and hips to 90 degrees
- Chest lifted, abs braced

BACKWARD-STEPPING LUNGE WITH ROTATIONAL TWIST

- Feet under hips
- Long step back
- Back knee towards floor
- Twist from centre of the chest
- Front thigh parallel to floor
- Front knee in line with toes
- Chest lifted, abs braced

SCISSOR LUNGE

- Split the feet, big step back
- Bend knees, front thigh parallel to floor
- Jump feet together and switch legs
- Soft knee landing in the lunge
- Chest lifted, abs braced

PLATE SQUAT PRESS

- Feet outside hips, plate at collarbone
- Squat down butt to knee height
- Butt back and down, knees out
- Triple extend to lift and push plate overhead
- Squeeze glutes to extend, plate slightly forward
- Abs braced

PUSHUP

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

↓ OPTION: ON KNEES

BARBELL ROW

- Tip from hips
- Bar to knees
- Pull bar to belly
- Chest lifted, abs braced

BARBELL CLEAN & PRESS

- Lead with elbows
- Clean bar to collarbone
- Brace abs to press bar overhead
- Elbows slightly forward of face in press
- Catch at collarbone then return to thighs
- Soft knees
- Keep bar close to body

POWER LUNGE

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

↓ OPTION: BACKWARD-STEPPING LUNGE

SQUAT JUMP

- Feet outside hips, knees out
- Bend knees then jump
- Arms overhead in jump
- Chest lifted, abs braced
- Soft knee landing

↓ OPTION: SQUAT WITH HEEL RAISE



02. SUPERSET REVERSE DROP SET

TRACK SET-UP: 4 rounds of Supersets, load to explode. The kicker is the reverse drop set – recovery time gets shorter to keep intensity high.

Exercise	
SET 1:	
0:00	Set up and demonstrate first move: Barbell Clean Front Squat
0:20	Barbell Clean Front Squat
0:40	1x Broad Jump over bar, 1x 180° turn
1:00	<i>Recovery</i>
SET 2:	
1:00	Set up and demonstrate first move: Double Hang Squat Jump
1:19	Double Hang Squat Jump
1:40	Scissor Lunge with Double Plate Press (L+R)
2:00	<i>Recovery</i>
SET 3:	
2:15	Repeat SET 1
2:55	<i>Recovery</i>
SET 4:	
3:05	Repeat SET 2
3:45	<i>Recovery</i>



02. WATCH HOW MI DWEET / ANYTHING YOU WANT 3:56mins

COACHING TIP

Ensure you demonstrate the moves quickly in the set up as the recovery time gets shorter. Demonstrate the new move Scissor Lunge with Double Place Press with a side profile – this is the best way to show members the correct movement.

CONNECTION

Two moves are familiar in this set and two moves are new. We want our participants to feel successful straight away so demonstrate and explain how to do the two new moves clearly like Ben does in the Masterclass.

DRIVE

The drive comes in the final set – fatigue is high, the legs are loaded and the heart rate is up. The class will have entered the perfect heart rate threshold at this point so encourage everyone to work as hard as they can to ensure the desired HIIT effect is achieved by the end of this track.

HIIT SCIENCE

Achieving a maximum training zone at this phase of the class sets up the rest of the workout. This track uses explosive motor patterns coupled with compound exercises that demand power output from the upper and lower body. This is a great combination to drive the heart rate.

TECHNIQUE

BARBELL CLEAN FRONT SQUAT

- **Lead with elbows**
- **Feet just outside hip-width**
- **Pull bar to lower chest**
- **Keep the bar close**
- **Drop elbows under bar to catch**
- Bar at collarbone
- **Hips back and down**
- **Knees out**
- **Butt to 90 degrees**
- **Chest up, abs braced**

↓ OPTION: USE A PLATE

Layer 2: Focus on the hip extension to get under the bar quickly

BROAD JUMP OVER BAR 180° TURN

- **Feet just outside hip-width**
- Two foot take-off and landing
- **Jump forward over barbell**
- **Land soft**
- **Brace abs to turn 180 degrees**
- Swing arms to jump

↓ OPTION: SQUAT JUMP OR BROAD JUMP WITH NO BARBELL

Layer 2: Drive the hips forward for an explosive jump

DOUBLE HANG SQUAT JUMP

- Feet start underneath hips, plates to the outside
- Jump feet into Wide Squat, plates switch inbetween legs
- Plates and legs move opposite direction
- **Stay low with hips back**
- **Chest up, abs braced**
- **Land softly**

Layer 2: Staying low and loaded will create greater tension in the legs and prime the muscles more

SCISSOR LUNGE WITH DOUBLE PLATE PRESS

- 2 plates either side of hips
- **Jump back into a long Lunge**
- **Bend back knee towards the floor**
- Plates clean up and press above head
- **Elbows slightly forward of face**
- **Front thigh parallel**
- Both knees at 90 degrees
- **Chest up, abs braced**
- Jump feet back together and clean plates down at the same time

↓ OPTION: REMOVE PRESS AND KEEP PLATES LOW

Layer 2: Tap into your core to generate fluid motion and maintain a quick rhythm, moving with intensity



03. 1-MINUTE CHALLENGE

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

Exercise	
0:00	Set up and demonstrate moves: 1x Nordic Shuffle (plate in R hand) (R+L), 1x Scissor Lunge with Plate Press (R leg back)
0:19	1x Nordic Shuffle (plate in R hand) (R+L), 1x Scissor Lunge with Plate Press (R leg back)
0:50	1x Nordic Shuffle (plate in L hand) (L+R), 1x Scissor Lunge with Plate Press (L leg back)
1:19	Recovery



03. CALLING ALL DANCERS 1:25mins

COACHING TIP

Get the class to join you in the demonstration so when the countdown hits they can go hard straight away.

CONNECTION

This combo is fun, fresh and requires a bit of coordination. The track is a great way to tap into the mind body connection that an athlete goes through in order to perform movements and shows how this training style is beneficial.

DRIVE

Give participants the first 15 seconds on both the left and right side to feel out the movement and adapt. The last 10 seconds should be focused on pushing for intensity and layering benefits.

HIIT SCIENCE

One of the ways we keep intensity high in HIIT training is mixing up muscle recruitment. The Nordic Shuffle combines frontal plane movements in the side shuffle with sagittal plane recruitment in the Scissor Lunge.

TECHNIQUE

NORDIC SHUFFLE

- **Set up feet outside hips and plate in the right hand at collarbone**
- Double shuffle to the right side then back to centre
- **Keeping the plate close to body**, clean the plate down on shuffle away from centre and back to collarbone moving back to centre
- **Knees out and soft**
- **Hips square to the front**
- **Chest up**

↓ OPTION: PLATE STAYS AT COLLARBONE

Layer 2: Engaging the glutes in the Shuffle and Lunge will help maintain solid technique and intensity for the whole set

SCISSOR LUNGE WITH PLATE PRESS

- After one set of Nordic Shuffle
- **Split the feet, big step back with right leg**
- At the same time press right plate to ceiling
- **Bend knees, front thigh parallel to floor**
- Jump feet together bringing plate back to collarbone
- **Soft knee landing in the lunge**
- **Chest lifted, abs braced**

↓ OPTION: NO PLATE PRESS OVERHEAD



04. PYRAMID

TRACK SET-UP: 1 move for 30 seconds, adding reps, moves and time working up to 1-minute, then dropping back to 30 seconds.

Exercise	
0:00	Set up and demonstrate first move: Barbell Clean and Press
0:20	Barbell Clean and Press
0:50	Recovery
0:50	Set up and demonstrate moves: 2x Barbell Clean and Press , 2x Barbell Row
1:10	2x Barbell Clean and Press 2x Barbell Row
1:50	Recovery
1:50	Set up and demonstrate moves: 3x Barbell Clean and Press , 3x Barbell Row , 3x Pushup with Knee Tap (L+R)
2:10	3x Barbell Clean and Press 3x Barbell Row 3x Pushup with Knee Tap (L+R)
2:59	Recovery
2:59	Set up and demonstrate moves: 4x Barbell Clean and Press , 4x Barbell Row , 4x Pushup with Knee Tap (L+R), 4x Power Lunge (L+R) (1 for 1)
3:19	4x Barbell Clean and Press 4x Barbell Row 4x Pushup with Knee Tap (L+R) 4x Power Lunge (L+R) (1 for 1)
4:20	Recovery
4:20	Set up and demonstrate moves: 3x Barbell Row , 3x Pushup with Knee Tap (L+R), 3x Power Lunge (L+R) (1 for 1)
4:40	3x Barbell Row 3x Pushup with Knee Tap (L+R) 3x Power Lunge (L+R) (1 for 1)
5:30	Recovery
5:30	Set up and demonstrate moves: 2x Pushup with Knee Tap (L+R), 2x Power Lunge (L+R) (1 for 1)
5:50	2x Pushup with Knee Tap (L+R) 2x Power Lunge (L+R) (1 for 1)
6:30	Recovery
6:30	Set up and demonstrate move: Power Lunge (L+R)
6:49	Power Lunge (L+R)
7:19	Recovery



04. KING OF YOU / CALLING ALL DANCERS / RUMBLE 7:45mins

COACHING TIP

Explain how pyramid training works at the beginning of the track so the class knows what to expect and can mentally prepare for the big working set ahead.

CONNECTION

Now is the time to tap into athletic performance! Provide your class with lots of benefits behind HIIT and how high reps and intensity are going to get the desired results.

DRIVE

Every set is maximum effort – from the first 30 seconds to the final 30 seconds. Adding intensity and then taking away time and moves will enable participants to push past the point they would usually tap out.

HIIT SCIENCE

Again we are using movement variety to drive intensity. This track combines a mix of weighted load and dynamic bodyweight training to keep the body guessing. When the mind focuses on the sequence, we forget how hard we're working.

TECHNIQUE

BARBELL CLEAN & PRESS

- **Lead with elbows**
- **Clean bar to collarbones**
- **Brace abs to press bar overhead**
- **Elbows slightly forward of face in press**
- **Catch at collarbone then return to thighs**
- **Soft knees**
- **Keep bar close to body**

BARBELL ROW

- **Tip from hips**
- **Bar to knees**
- **Pull bar to belly**
- **Chest lifted, abs braced**

Layer 2: For more power, pull the bar hard around the body like you are trying to bend it

PUSHUP WITH KNEE TAP

- **Hands just outside shoulders**
- **Back long, strong and straight**
- **Push up, chest to elbow height**
- Press out from bottom and tap opposite hand to knee
- **Brace abs to keep hips square**
- Alternating sides of knee tap in between each Pushup

↓ **OPTION: PUSHUP ON KNEES, PLANK FOR KNEE TAP**

Layer 2: Brace the abs hard to maintain speed and control even with compromised balance

POWER LUNGE

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

↓ **OPTION: BACKWARD-STEPPING LUNGE**



05. REACTIVE POWER

TRACK SET-UP: 4 30-second sets alternating between reactive training with coach calls and eccentric power training.

Exercise	
0:00	Set up and demonstrate coach calls Holding pattern – Shuttle Call out – Tuck Jump or Squat Jump ‘UP’
0:25	Begin coach calls Holding pattern – Shuttle Call out – Tuck Jump or Squat Jump ‘UP’
0:55	Recovery
0:55	Set up and demonstrate move: Barbell Squat Press (3 counts down, 1 count up)
1:14	Barbell Squat Press (3 counts down, 1 count up)
1:44	Recovery
1:44	Set up and demonstrate coach calls Holding pattern – Shuttle Call out – Tuck Jump or Squat Jump ‘UP’
2:04	Begin coach calls Holding pattern – Shuttle Call out – Tuck Jump or Squat Jump ‘UP’
2:34	Recovery
2:34	Set up and demonstrate move: Barbell Squat Pulse Press (3 counts down, 1 count up)
2:55	Barbell Squat Pulse Press (3 counts down, 1 count up)
3:24	Recovery



05. BOMB A DROP / LET IT RIDE 3:30mins

COACHING TIP

Fatigue is high after Track 4 and your participants attention will be short. Keep the set up simple – focus on clear explanation of the coach calls. There’s plenty of recovery time before the second set to demonstrate the Barbell Squat Press later. Avoid over complicating this track setup.

CONNECTION

There’s a very cool contrast between the reactive coach calls and the eccentric power loading. Both are two great sets to train HIIT but have a different focus and feel. Explore the difference between the quick upbeat reactive training versus the powerful explosive barbell loading.

DRIVE

Both of these sequences have an intensity focus on power. Power in the Tuck Jump and power out of the Barbell Squat Press to drive the barbell up. Use this correlation to get the most out of your participants.

HIIT SCIENCE

Vertical drive is a key component when training athletic power. The Barbell Squat Press in this track combines triple extension of the ankles, knees and hips with an explosive upper body press. This is a great combo to improve vertical drive.

TECHNIQUE

SHUTTLE

- **Feet wide outside hips**
- **Knees bent and hips back**
- **Light on balls of feet**
- **Chest up, abs braced**

Layer 2: Bend knees and sink hips lower to stay loaded and engaged in the legs, this is how we work the lower body harder

TUCK JUMP

- Jump and bring knees towards chest
- **Soft knee landing**
- **Chest up, abs braced**

↓ OPTION: SMALL TUCK (ANY KNEE BEND IS PROGRESSION) OR SQUAT JUMP

Layer 2: Tap into core strength and hip flexors to maintain power in the Tuck Jump

BARBELL SQUAT PRESS

- **Feet start just outside hips and barbell at collarbone**
- **Hips sit back into a Squat, hips just above knee height**
- Push bar from collarbone overhead
- **Keep bar slightly forward of shoulders**
- **Drive from the legs**
- **Chest up, abs braced**
- Stay in the bottom range for the Pulse

↓ OPTION: PLATE PUSH PRESS

Layer 2: Drive out of the legs for more muscle recruitment



06. TABATA 2.0

TRACK SET-UP: 12 sets, 20 seconds work, 10 seconds rest focusing on Speed and Power. Intensity increases throughout the sets.

Exercise	
SET 1:	
0:00	Set up and demonstrate moves: 4x Hang Clean , 1x Burpee
0:25	4x Hang Clean 1x Burpee
0:45	Recovery
0:55	3x Hang Clean 2x Burpee
1:15	Recovery
1:24	2x Hang Clean 3x Burpee
1:45	Recovery
1:54	1x Hang Clean 4x Burpee
2:14	Recovery
SET 2:	
2:14	Set up and demonstrate moves: 4x Pushup , 1x Power Burpee
2:34	4x Pushup 1x Power Burpee
2:55	Recovery
3:04	3x Pushup 2x Power Burpee
3:25	Recovery
3:33	2x Pushup 3x Power Burpee
3:55	Recovery
4:03	1x Pushup 4x Power Burpee
4:23	Recovery
SET 3:	
4:43	Repeat SET 1
6:34	Recovery



06. CARNIVAL 6:40mins

COACHING TIP

Say and do. Count reps out for the first 2 sets of the first 2 rounds so your class understands how the reps change every 20 seconds.

CONNECTION

Leading the pack and bringing your own heat to this track will help inspire and keep participants motivated if they see you are doing the same.

DRIVE

This is a massive and intense finisher – Tabata intervals are one of the best ways to train HIIT. Explore new benefits and find fresh ways to motivate members though these 12 massive sets. Encourage them to find the next level and keep pushing through that threshold to get results.

HIIT SCIENCE

One of the most effective elements of Tabata training is the 2:1 work to rest ratio. Heart rate testing of Les Mills GRIT demonstrates that each successive block goes up in intensity. This is due to the fact that the recovery period is long enough to drive the next block but not long enough to reduce heart rate.

TECHNIQUE

HANG CLEAN

- Lead with elbows
- **Extend through hips**
- **Pull bar to lower chest**
- **Keep the bar close**
- **Bend knees and drop elbows under bar to catch**

↓ OPTION: USE A PLATE

Layer 2: Strong grip on the bar to help give extra pull power

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

↓ OPTION: NO JUMP

Layer 2: Snap the knees in and out to maintain speed, intensity and high heart rate

PUSHUP

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

↓ OPTION: ON KNEES

POWER BURPEE

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

↓ OPTION: WALK FEET IN AND OUT

Layer 2: Strong pull power through the hip flexors to feel a strong reactive core



07. CORE CHALLENGE

TRACK SET-UP: 1 Pyramids, 2 moves. Using the Tabata reps formula we are going to try complete the ladder before 2 minutes is up.

Exercise	
0:00	Set up and demonstrate moves: 4x C-Crunch Extension with Plate, 1x Marching Plank (this should be done within the first 30 seconds of the track) 4x C-Crunch Extension with Plate, 1x Marching Plank 3x C-Crunch Extension with Plate, 2x Marching Plank 2x C-Crunch Extension with Plate, 3x Marching Plank 1x C-Crunch Extension with Plate, 4x Marching Plank Recover if needed or continue back down the ladder 4x Marching Plank, 1x C-Crunch Extension with Plate 3x Marching Plank, 2x C-Crunch Extension with Plate 2x Marching Plank, 3x C-Crunch Extension with Plate 1x Marching Plank, 4x C-Crunch Extension with Plate
2:01	Recovery



07. DADDY FAT SAX 2:02mins

COACHING TIP

Say and do – just like the Tabata. This is the most complex track to set up, demonstrate and explain. Give participants the most amount of time possible to complete the ladder up and down before the music ends.

CONNECTION

Linking the benefits of a strong core to improving form and intensity in GRIT is the key to keep your class working hard right to the end of this set.

DRIVE

Simple – encourage participants to try finish the ladder up and down before the music ends. Ensure good technique remains throughout.

TECHNIQUE

C-CRUNCH EXTENSION WITH PLATE

- Lying on back, plate at forehead, knees in-line with hips
- **Crunch ribs to hips**
- **Slight chin tuck**
- **Arms and legs extended out, lower back presses towards the floor**
- Slight tail bone lift in crunch

↓ OPTION: NO PLATE

MARCHING PLANK

- **Begin in hover position, elbows under shoulders**
- **Back long and straight**
- Walk up into plank, altering arms then back to hover
- **Hands under shoulders**
- **Core braced**
- **Hips square**
- **Maintain long straight back throughout movement and minimize rocking**

↓ OPTION: ON KNEES



GRIT CARDIO MUSIC

01. **Let The Beat Kick** (3:56)
FDEL
© 2005 Invada Records Australia
Written by: Hamilton

02. **Family Affair** (1:00)
Disco Fries
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Written by: Bradford, Young, Elizondo, Kambon, Lodge, Blige, B. Miller, P. Miller

Bomb A Drop (1:00)
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© 2016 Dim Mak Records, Inc.
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03. **LASSAYE** (3:04)
NOAM DEE
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Written by: Fairley

Meditjin (1:42)
Baker Boy feat. JessB
Courtesy of the Universal Music Group.
Written by: Farah, Baker, Brownfield, Woods, Bourke

Break It Down (3:05)
Big Dope P
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Written by: Unknown

04. **Jump In The Line** (0:55)
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Go Stoopid (0:51)
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Written by: Unknown

Jump In The Line (0:49)
Pink Lemon
© 2020 Les Mills Music Licensing Ltd.
Written by: Fong, Butt

Go Stoopid (0:55)
JSTJR & Rawtek
© 2019 Group Chat.
Written by: Unknown

05. **Monster** (6:41)
Sunnery James & Ryan Marciano & Magnificence
© 2019 Musical Freedom Label Ltd.
Written by: Harris, Klaver, James, Marciano, Harvey, Kuiper

06. **Playin' Yourself (Director's Cut Mix)** (2:01)
BadBoe
© 2019 Breakfast Paradise Recordings.
Written by: Unknown

07 **OUTRO**
Use Strength Track 08 music



GRIT CARDIO UNITED

Geared up and ready to rock this GRIT Cardio United release! This release is super unique and special for us, it represents how we can unite together through fitness even under the hardest circumstances. So, what can you expect this round? Of course the usual! Another challenging, slightly crazy, fun workout packed with a few new moves and twists on some of our favorite structures! The Warm-up gets you in the zone especially with that AMRAP and the tracks that follow will keep you working to your maximum threshold every set to get the fitness results we want. Athletic performance is the key outcome to any GRIT workout so explore ways to coach your participants to tap into that speed and power zone!

Thanks for all your hard work team! Hope you love this release as much as we do!

Enjoy!

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

Creative Consultants – Corey Baird and Ezra Fantl

Chief Creative Officer – Dr. Jackie Mills

Technical Consultants – Bryce Hastings, Andrew Newmarch and Rob Lee

Production Coordinator – Ashlee Young

PRESENTER

Erin Maw (New Zealand) 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.

SHADOWS

Amandine Mendiela (France)

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Chris Papakyrizis (Greece)

Diego Ortiz (Brazil)

Emelie Orosz (Sweden)

Everton Pereira (Brazil)

Fagner Pinto (Brazil)

Georgia Ioannou (Cyprus)

Iana Shargorodskaya (Russia)

Kenshin Tani (Japan)

Lyndsey Morrison (United Kingdom)

Marc Downey (United Arab Emirates)

Margarita Antonova (United Arab Emirates)

Melroy Oostra (Netherlands)

Miroslava Radeta (Serbia)

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Pamela Sepúlveda (Chile)

Roger Zwingli (Switzerland)

Sara Green (United States)

Sydnee Weinberg (United States)

Tristan Duverger (France)

Will Lee (United States)

RELEASE FEEDBACK

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



01. WARM-UP

Exercise	
0:12	Air Squat with Overhead Reach
0:27	Butt Kick OTS
0:42	High Knee Run OTS
0:57	Shuttle
1:04	3x Lateral Shuffle (L+R)
1:33	Burpee
1:48	1x Burpee Jump, 1x Lateral Shuffle (L+R)
2:21	Lateral Skater (L+R)
2:36	High Knee Run OTS
2:58	AMRAP
	2x Lateral Shuffle (L+R)
	4x Burpee Pushup Jump
	2x Lateral Skater (L+R)
3:52	Recovery



01. LET THE BEAT KICK 3:56mins

COACHING TIP

This is a long Warm-up – 4 minutes. There’s plenty of time to space out cues and let everything land so your class is set up to succeed.

CONNECTION

The Warm-up is all about vibes and energy. The mood is excitement for the workout and challenge ahead. Always tell participants it’s an individual workout and modifications will be offered if anyone is new.

DRIVE

This Warm-up is a good opportunity to show the contrast between front half and back half Warm-up focuses. During the front half we warm the muscles whereas in the back half we want to spike the heart rate. The AMRAP provides a great opportunity to accelerate the Warm-up and get into those high heart rate zones early.

TECHNIQUE

AIR SQUAT WITH OVERHEAD REACH

- Feet just outside hip-width
- Hips back and down as arms reach straight overhead
- Knees out
- Butt to 90 degrees
- Chest up, abs braced
- Thumbs to the back of the room in arm reach

BUTT KICK

- Chest up, abs braced
- Heels kick up towards butt

HIGH KNEE RUN

- Chest up, abs braced
- Knees up to waist height

SHUTTLE

- Shuttle feet fast on the spot
- Keep knees soft
- Feet just off the floor
- Chest up, abs braced

SHUFFLE

- Double shuffle to the side then back to centre
- Knees out and soft
- Hips square to the front
- Reach towards floor
- Chest up

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 up
- Abs braced as feet jump back
- Hands under shoulders
- Back long, strong and straight
- Soft knee landing

↓ OPTION: NO JUMP

LATERAL SKATER

- Jump to left side, shifting body weight with knee lift
- Hips square to front
- Land softly with knee bent
- Push off outside foot to change direction

PUSHUP

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

↓ OPTION: ON KNEES



02. SUPERSET

TRACK SET-UP: 4 rounds, 2 sets of 20 seconds back to back. Start at Level 1 working up to Level 3. The extra kicker is descending drop sets – recovery time gets shorter as intensity gets higher.

Exercise	
0:00	Set up and demonstrate Level 1 moves: 1x Twist , 1x Broad Jump, Shuttle B
0:19	Begin Level 1 1x Twist (alternating L+R) 1x Broad Jump Shuttle B
0:39	1x Donkey Kick 1x Knee Tap (alternating L+R)
0:59	Recovery
0:59	Set up and demonstrate Level 2 moves: 1x Twist , 1x Broad Jump with Butt Kick, Shuttle B
1:19	Begin Level 2 1x Twist (alternating L+R) 1x Broad Jump with Butt Kick Shuttle B
1:39	1x Donkey Kick 1x Jumping Single Knee Switch Climber (alternating L+R)
1:59	Recovery
1:59	Set up and demonstrate Level 3 moves: 1x Twist , 1x Broad Jump with Tuck Jump, Shuttle B
2:14	Begin Level 3 1x Twist (alternating L+R) 1x Broad Jump with Tuck Jump Shuttle B
2:34	1x Donkey Kick 1x Jumping Single Knee Switch Climber with Knee Tap (alternating L+R)
2:55	Recovery
3:05	Repeat SET at either Level 1, 2 or 3
3:44	Recovery



02. FAMILY AFFAIR / BOMB A DROP 3:50mins

COACHING TIP

The recovery times get shorter between each set, making this a reverse drop set as well as a superset. Pre-plan the quickest way to convey the level changes so there is no confusion before the countdown.

CONNECTION

We have 3 levels built into this track. Be super encouraging and allow participants to feel comfortable with whatever level they chose. Level 3 will be complex for a lot of participants. There's no pressure to try Level 3, but anyone that gives it a go be sure to give them kudos!

DRIVE

This is the first track after the Warm-up so we want to get our heart rate into high training zones. Coach intensity, especially in the last set. Encourage your participants to push to their maximum this early in the class to set the standard for the workout ahead.

HIIT SCIENCE

Previous Les Mills research indicates that quality motivation comes from finding a sense of enjoyment while training. The Les Mills GRIT coaching model focuses on celebrating intensity versus a bootcamp style delivery. Keeping the energy up and finding moments to have some fun will increase the likelihood that participants will make this type of training a regular feature in their exercise routine.

TECHNIQUE

TWIST

- Twist lower body to bring one foot forward
- Twist back to front
- **Keep knees soft and feet wide**

BROAD JUMP

- Two foot take-off and landing
- Jump forward
- **Land soft**
- **Brace abs**
- Swing arms to jump

ADD: BUTT KICK

- **Chest up, abs braced**
- Heels kick up towards butt

ADD: TUCK JUMP

- **Chest up, abs braced**
- Heels kick up towards butt

↓ OPTION: LEVEL 1 BROAD JUMP FOR ALL 3 SETS

Layer 2: Big arm swings for momentum and explosive power in the Broad Jump. Fire up through the hip flexors to get a big knee drive in the Butt Kick and Tuck Jump and lift the intensity

SHUTTLE

- Shuttle feet fast on the spot
- **Keep knees soft**
- On your toes
- **Chest up, abs braced**

DONKEY KICK KNEE TAP

- **Hands under shoulders**
- **Back long and strong**
- **Abs braced**
- Drive knees towards chest
- Extend legs back out to plank
- Tap the opposite hand to knee
- **Hips stay low and square to the ground**

ADD: JUMPING SINGLE KNEE SWITCH CLIMBER

- After 1 Donkey Kick – alternate legs with Jumping Single Knee Switch Climber
- Drive one knee towards chest – the other leg extends straight behind
- Land in Plank position

ADD: JUMPING SINGLE KNEE SWITCH CLIMBER WITH TAP

- **Hand taps the opposite knee coming forward in Single Knee Switch Climber**
- **Hips stay square**

↓ OPTION: FROG JUMP INSTEAD OF DONKEY KICK, LEVEL 1 KNEE TAP FOR ALL 3 SETS

Layer 2: Press palms hard into the floor to help maintain stability and allow for more speed in the movement



03. PYRAMID

TRACK SET-UP: 1 move for 30 seconds, adding reps, moves and time working up to 1-minute, then dropping back to 30 seconds.

Exercise	
0:00	Set up and demonstrate first move: Power Lunge (L+R)
0:25	Power Lunge (L+R)
0:55	Recovery
0:55	Set up and demonstrate moves: 2x Power Lunge (1 for 1) (L+R), 2x Squat Jump
1:15	2x Power Lunge (1 for 1) (L+R) 2x Squat Jump
1:55	Recovery
1:55	Set up and demonstrate moves: 3x Power Lunge (1 for 1) (L+R), 3x Squat Jump , 3x Pushup with Shoulder Tap (L+R)
2:15	3x Power Lunge (1 for 1) (L+R) 3x Squat Jump 3x Pushup with Shoulder Tap (L+R)
3:05	Recovery
3:05	Set up and demonstrate moves: 4x Power Lunge (1 for 1) (L+R), 4x Squat Jump , 4x Pushup with Shoulder Tap (L+R), 4x Air Jack
3:23	4x Power Lunge (1 for 1) (L+R) 4x Squat Jump 4x Pushup with Shoulder Tap (L+R) 4x Air Jack
4:27	Recovery
4:27	Set up and demonstrate moves: 3x Squat Jump , 3x Pushup with Shoulder Tap (L+R), 3x Air Jack
4:44	3x Squat Jump 3x Pushup with Shoulder Tap (L+R) 3x Air Jack
5:33	Recovery
5:33	Set up and demonstrate moves: 2x Pushup with Shoulder Tap (L+R), 2x Air Jack
5:55	2x Pushup with Shoulder Tap (L+R) 2x Air Jack
6:34	Recovery
6:34	Set up and demonstrate move: Air Jack
6:55	Air Jack
7:24	Recovery



03. LASSAYE / MEDITJIN / BREAK IT DOWN 7:51mins

COACHING TIP

Say and do. This is key in helping your class understand how reps are counted in these sets.

CONNECTION

Long sets, fast fatigue and highly challenging makes this a physical and mental challenge. So what are the benefits of longer sets with higher reps whilst trying to maintain intensity? Now is a great time to give our members lots of juicy education about the benefits of pyramid training.

DRIVE

Like Erin said in the intro “fast fatigue and high challenge” – these sets are designed to be really challenging. From 1-minute onwards (the top of the pyramid) you should be reaching one of the peak anaerobic threshold moments in this class. Maintaining high reps and maximum effort is essential to get the results so high motivation to keep the class working hard is the key driver in the back section of this set.

HIIT SCIENCE

Body weight exercises that propel your center of gravity away from the floor are a great way to maximize output from our power house muscles. This requires a high rate of force development from our glutes, quads and calves which drives our heart rate.

TECHNIQUE

POWER LUNGE

- **Feet hip-width apart, big step back**
- **Bend knees, front thigh parallel to floor**
- Jump and switch legs
- Swing arms overhead
- **Soft knee landing in the lunge**
- **Hips and shoulders stay square**
- **Chest lifted, abs braced**

↓ OPTION: BACKWARD-STEPPING LUNGE

Layer 2: Drive out of the base of the Lunge to generate greater leg power

SQUAT JUMP

- **Feet outside hips, knees out**
- Bend knees then jump
- Arms overhead in jump
- **Chest lifted, abs braced**
- **Soft knee landing**

↓ OPTION: SQUAT HEEL RAISE

Layer 2: In the peak of the Squat shift your force up and out of the ground to tap into extra leg power

PUSHUP WITH SHOULDER TAP

- Feet or knees wide
- **Chest to elbow height**
- **Back long and straight**
- **Abs braced**
- Opposite hand lifts off and taps opposite shoulder
- **Hips stay square to the ground**

↓ OPTION: ON KNEES

Layer 2: Focus on snapping out of the Pushup, that momentum will enable quick shoulder taps and high reps

AIR JACK

- Jump and extend arms and legs high and wide
- Pull arms and legs back in to land
- **Soft knee landing**
- **Abs braced**

↓ OPTION: JUMP JACK

Layer 2: Rebound off the floor and into the air like a basketball to keep the reps and intensity high



04. REACTIVE POWER

TRACK SET-UP: 4 30-second sets alternating between reactive speed training with coach calls and reactive core power training.

Exercise	
0:00	Set up and demonstrate coach calls Holding pattern – Lateral Fire Feet (L+R) Call out – Lateral Jump (R) ‘RIGHT’ or Lateral Jump (L) ‘LEFT’
0:23	Begin coach calls Holding pattern – Lateral Fire Feet (L+R) Call out – Lateral Jump (R) ‘RIGHT’ or Lateral Jump (L) ‘LEFT’
0:54	Recovery
0:55	Set up and demonstrate move: Halo Slam
1:14	Halo Slam
1:45	Recovery
1:45	Set up and demonstrate coach calls Holding pattern – Fire Feet (F+B) Call out – Vertical Jump (F) ‘FORWARD’ or Vertical Jump (B) ‘BACK’
2:04	Begin coach calls Holding pattern – Fire Feet (F+B) Call out – Vertical Jump (F) ‘FORWARD’ or Vertical Jump (B) ‘BACK’
2:34	Recovery
2:34	Set up and demonstrate move: Halo Slam
2:55	Halo Slam
3:24	Recovery



04. JUMP IN THE LINE / GO STOOPID 3:30mins

COACHING TIP

Halo Slam! Our new fresh move in GRIT Cardio. Demonstrate it well in the recovery with clear explanation of 'how to'.

CONNECTION

There is such a cool contrast in music and movements between the fast twitch upbeat reactive training and the super powerful new move – Halo Slam. Now is the time to tap into the mind set of two different athletes achieving one outcome – to move faster and with more power. Two feels, two vibes, two styles and the same outcome.

DRIVE

Intensity is the key to any great HIIT workout. This track is a perfect way to set up, explain and aim to achieve intensity through both speed and power.

HIIT SCIENCE

For the core to contribute to athletic strength it must be able to react quickly during 3 dimensional movements. Exercises like the Halo Slam trains this mechanism to increase the responsiveness of these muscles.

TECHNIQUE

LATERAL FIRE FEET

- Feet under hips
- **Staying light on balls of feet**
- **Soft knees**
- Quick single lateral bounces
- **Chest lifted, abs braced**

Layer 2: Sink deeper into the legs to load through the lower body muscles to hit fast fatigue in the leg muscles

VERTICAL JUMP

- Feet under hips
- Jump and reach hands up to block
- **Soft knee landing**

Layer 2: Use the core power for quick dynamic shifts across the floor

HALO SLAM

- Feet wide outside hips
- Hands clasped together in the centre
- Half circle the arms around the right side
- **Elbows forward of face**
- When fists are behind head, crunch the top of the ribs to hips, then slam them down the front of the body in between legs
- **Bend knees to slam and brace core hard**
- **Land soft out of Squat Jump**
- **Keep knees tracking out the whole time**

ADD: V-TAP

- **Two feet take off and land soft**
- Opposite hand reaches across and taps opposite foot

↓ OPTION: NO V-TAP

Layer 2: Imagine you have a heavy sledge hammer in your hands. Use all of your core power to bring the hammer down with force and speed to add intensity into the movement



05. TABATA 2.0

TRACK SET-UP: 12 sets, 20 seconds work, 10 seconds rest focusing on speed and power. Intensity increases throughout the sets.

Exercise	
SET 1:	
0:00	Set up and demonstrate moves: 4x Speed Ladder (R leg leads), 1x Tuck Jump
0:24	4x Speed Ladder (R) 1x Tuck Jump
0:45	Recovery
0:54	3x Speed Ladder (R) 2x Tuck Jump
1:15	Recovery
1:24	2x Speed Ladder (R) 3x Tuck Jump
1:45	Recovery
1:54	1x Speed Ladder (R) 4x Tuck Jump
2:14	Recovery
SET 2:	
2:14	Set up and demonstrate moves: 4x Mountain Climber (L+R), 1x Jack Pushup
2:34	4x Mountain Climber (L+R) 1x Jack Pushup
2:54	Recovery
3:04	3x Mountain Climber (L+R) 2x Jack Pushup
3:24	Recovery
3:34	2x Mountain Climber (L+R) 3x Jack Pushup
3:55	Recovery
4:05	1x Mountain Climber (L+R) 4x Jack Pushup
4:25	Recovery
SET 3:	
4:44	Repeat SET 1 (L leg leads)
6:34	Recovery



05. MONSTER 6:41mins

COACHING TIP

Say and do and always count the reps for the first couple of sets like Erin does on the Masterclass to ensure the class understands how the rep counting works in this track.

CONNECTION

Say as little as possible as your class will be internally counting their reps. Show them you are there physically struggling and pushing hard with them.

DRIVE

The last set in this track is a beast! It's all about digging deep and bringing your personal best. By this point in the class it isn't pretty but these sets are the most effective in achieving fitness goals.

HIIT SCIENCE

One of the most effective elements of Tabata training is the 2:1 work to rest ratio. Heart rate testing of Les Mills GRIT demonstrates that each successive block goes up in intensity. This is due to the fact that the recovery period is long enough to drive the next phase but not long enough to reduce heart rate.

TECHNIQUE

SPEED LADDER

- Feet start under hips
- **Light on the balls of the feet**
- **Knees soft**
- **Hips back**
- **Chest up, abs braced**
- Feet go out, out, in, in – that is one rep
- Lead with the right leg for the first 4 sets, lead with the left leg for the final 4 sets

Layer 2: Padlock your core to tense the whole upper body. This allows the legs to move with more speed

TUCK JUMP

- Bend knees and jump, drive knees towards chest
- **Land soft**
- **Chest up, abs braced**

↓ OPTION: AIR TAP

Layer 2: Zip the knees up towards the chest to get more explosive power in the Tuck

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: Switch your knees as fast as you can. The greater the speed the better reactive core training

JACK PUSHUP

- Elbows pivot out slightly from Plank to set the Pushup
- Lowering down into Pushup, feet jack out
- Pressing back into Plank, feet jack together
- **Chest to elbow height**
- **Back long and straight**
- **Abs braced**

↓ OPTION: PUSHUP ON KNEES, JACK HANDS INSTEAD OF FEET

Layer 2: Explode from the bottom of the Pushup to recruit more muscle fibres



06. CORE CHALLENGE

TRACK SET-UP: 1 Pyramid, 2 moves. Using the Tabata reps formula we are going to try complete the ladder before 2 minutes is up.

Exercise	
0:00	Set up and demonstrate moves: 4x C-Crunch Extension, 1x Marching Plank (this should be done within the first 30 seconds of the track) 4x C-Crunch Extension, 1x Marching Plank 3x C-Crunch Extension, 2x Marching Plank 2x C-Crunch Extension, 3x Marching Plank 1x C-Crunch Extension, 4x Marching Plank Recover if needed or continue back down the ladder 4x Marching Plank, 1x C-Crunch Extension 3x Marching Plank, 2x C-Crunch Extension 2x Marching Plank, 3x C-Crunch Extension 1x Marching Plank, 4x C-Crunch Extension
1:59	Recovery



06. PLAYIN' YOURSELF 2:01mins

COACHING TIP

Say and do – just like the Tabata. This is the most complex track to set up, demonstrate and explain. Give your class the most amount of time possible to complete the ladder up and down before the music ends.

CONNECTION

Linking the benefits of a strong core to improving form and intensity in GRIT is the key to keep members working hard right to the end of this set.

DRIVE

Simple – encourage members to try finish the ladder up and down before the music ends. Ensure good technique remains throughout.

TECHNIQUE

C-CRUNCH EXTENSION

- Lying on back, knees in line with hips
- **Crunch ribs to hips**
- **Slight chin tuck**
- **Arms and legs extended out, lower back presses towards the floor**
- Slight tail bone lift in crunch

↓ OPTION: TAP FEET DOWN

MARCHING PLANK

- Begin in Hover position
- **Elbows in line with shoulders**
- **Back long and straight**
- Walk up into plank, alternating arms, then back to hover
- **Hands under shoulders**
- **Abs braced**
- **Hips square**
- **Maintain long straight back throughout movement and minimize rocking**

↓ OPTION: ON KNEES



GRIT ATHLETIC MUSIC

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

02. **Turnt Up** (2:01)
Big Dope P
© 2013 Move!traxx.
Written by: Big Dope P

03. **BEEP TEST LMO** (3:26)
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Written by:

04. **Meshwork** (1:30)
Loxar
© Black Lotus 2016
Written by: Langeveld, van de Geer

OOMPH (0:45)
Bobby Weaving
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Written by: Arts

Meshwork (1:20)
Loxar
© Black Lotus 2016
Written by: Langeveld, van de Geer

OOMPH (0:45)
Bobby Weaving
© 2020 Les Mills Music Licensing Ltd.
Written by: Arts

Meshwork (1:10)
Loxar
© Black Lotus 2016
Written by: Langeveld, van de Geer

OOMPH (0:51)
Bobby Weaving
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Written by: Arts

05. **TABATA 2.0**
Use Cardio Track 05 music

06. **Turnt Up** (1:57)
Big Dope P
© 2013 Move!traxx.
Written by: Big Dope P

07. **Playin' Yourself (Director's Cut Mix)**
(3:06)
BadBoe
© 2019 Breakfast Paradise Recordings.
Written by: Unknown

08. **OUTRO**
Use Strength Track 08 music



GRIT ATHLETIC UNITED

Who remembers in school when the P.E teacher would tell you it’s time for a fitness test? Well guess what – this Bonus Athletic Block is called The Fitness Test! 3 words, bring it on!

Simple and challenging, we test speed, reactive training, pure power, strength and stamina. We have even included an alternative Athletic Tabata that you can use should you wish to really light it up! The bonus Tabata was not filmed and is an option to the GRIT Cardio Tabata – just use the same music and switch the moves. All moves have been done in previous GRIT releases and in the notes you’ll see the tracks referenced where you’ll find the moves. Your GRIT trainers will also receive a video in the education sessions for this release.

So... who’s excited for another beep test?!

Enjoy!

Erin and the LES MILLS GRIT crew

CLASS SET-UP

Bench with 2 risers on each end and 1 small to medium plate.

CREDITS

- Creative Director** – Les Mills Jnr
- Lead Creative** – Erin Maw
- Creative Consultants** – Corey Baird and Ezra Fantl
- Chief Creative Officer** – Dr. Jackie Mills
- Technical Consultants** – Bryce Hastings, Andrew Newmarch and Rob Lee
- Production Coordinator** – Ashlee Young

PRESENTER

Erin Maw (New Zealand) 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.

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- Filip Vujadinović** (Montenegro)
- Jorge Scott Neyra** (Norway)
- Kevin Mansuy** (Morocco)
- Lyndsey Morrison** (United Kingdom)
- Mai Sato** (Japan)
- Marc Downey** (United Arab Emirates)
- Margarita Antonova** (United Arab Emirates)
- Melroy Oostra** (Netherlands)
- Nichola Smiles** (United States)
- Rodrigo Ampuero** (Chile)
- Roman Truttmann** (Switzerland)
- Sei Key Kong** (Malaysia)
- Stelios Angelis** (Greece)
- Tal Sherman** (Israel)
- Thiago Vieira** (Brazil)
- Travis Standiford** (United States)
- Tristan Duverger** (France)
- Zenonas Aristidou** (Cyprus)

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: 5 or 6 tracks that are mixed together with GRIT Cardio to create a **GRIT Athletic** workout. GRIT Athletic is the name of any class that incorporates the 'Bonus Athletic Block'. If you would like to teach a **GRIT Athletic** class, here's the format (for workshops and club launches, please make sure you are following this format):

TRACK 1: CARDIO UNITED – WARM-UP

BONUS ATHLETIC BLOCK

TRACK 2: PACER TEST – SPEED

TRACK 3: BEEP TEST

TRACK 4: PURE POWER AND STRENGTH TEST

TRACK 5: PACER TEST 2 – SPEED

TRACK 6: TABATA 2.0 (PLEASE NOTE THIS IS AN ALTERNATIVE TO GRIT CARDIO TRACK 5 TABATA 2.0)

TRACK 7: CORE CHALLENGE



02. PACER TEST – SPEED

TRACK SET-UP: 2-minute speed test, time decreases, speed increases. Always aiming for 18 reps L+R (2 for 1) in each time set.

<i>Exercise</i>	
0:00	Set up and demonstrate move: 18x High Knee Sprint with Knee Tap (L+R) (2 for 1)
0:20	20 seconds: 18x High Knee Sprint with Knee Tap (L+R) (2 for 1)
0:40	18 seconds: 18x High Knee Sprint with Knee Tap (L+R) (2 for 1)
0:58	16 seconds: 18x High Knee Sprint with Knee Tap (L+R) (2 for 1)
1:15	14 seconds: 18x High Knee Sprint with Knee Tap (L+R) (2 for 1)
1:28	12 seconds: 18x High Knee Sprint with Knee Tap (L+R) (2 for 1)
1:40	10 seconds: 18x High Knee Sprint with Knee Tap (L+R) (2 for 1)
1:50	<i>Recovery</i>



02. TURNT UP 2:01mins

COACHING TIP

Explain 2 for 1 well during track set up. Left leg and right leg is 1 rep so 18 reps is actually 36 single High Knees.

CONNECTION

Straight out the gate this track gives a sense of what the Bonus Athletic Block is about. Every track is challenging and about mental and physical stamina. Aim to set a high standard in this first test and follow this through throughout the rest of the test.

DRIVE

The drive comes in the challenge of the time decreasing whilst trying to maintain 18 reps. Allow your participants to focus on counting reps throughout the track. This track is highly internal – the motivation comes in trying to hit the reps.

HIIT SCIENCE

Driving into a maximum training zone in the first working track is key in a HIIT workout. This creates a level of fatigue that we build off in each subsequent block, challenging people to push into their anaerobic threshold.

TECHNIQUE

HIGH KNEE SPRINT WITH KNEE TAP

- **Chest up, abs braced**
- Knees up to waist height
- Use the arms to set a bench mark for knee height

Layer 2: Engage your glutes and core for more power



03. BEEP TEST

TRACK SET-UP: 6 sets, 30 seconds each. Every time you hear the beep complete one Burpee with Single Leg Squat on/off bench. 6 levels, each level gets faster with additional Burpees. Aim to hit every rep.

Exercise	
0:00	Set up and demonstrate move: Burpee (x1), Single Leg Squat on/off bench (alternating L+R) (x1)
0:20	Level 1: 6x Burpee (x1), Single Leg Squat on/off bench (alternating L+R) (x1)
0:49	Level 2: 7x Burpee (x1), Single Leg Squat on/off bench (alternating L+R) (x1)
1:20	Level 3: 8x Burpee (x1), Single Leg Squat on/off bench (alternating L+R) (x1)
1:50	Level 4: 9x Burpee (x1), Single Leg Squat on/off bench (alternating L+R) (x1)
2:20	Level 5: 10x Burpee (x1), Single Leg Squat on/off bench (alternating L+R) (x1)
2:50	Level 6: 11x Burpee (x1), Single Leg Squat on/off bench (alternating L+R) (x1)
3:20	Recovery



03. BEEP TEST LMO 3:26mins

COACHING TIP

Demonstrate all the Burpee options early so participants can decide how they want to attack the beep test to the best of their ability.

CONNECTION

An oldie but a goodie – bringing the beep test back! We know our participants love a beep challenge and get excited for the anticipation of hitting reps and keeping up with the beep. Play on the excitement that the challenge brings and be super encouraging regardless of whether members do or do not hit all the reps.

DRIVE

As time increases so do the reps. As a little sweetener the creative team have added an extra round which means more reps than we have ever done in previous GRIT beep tests. High motivation especially in the final two levels is essential to keep your class focused and fighting.

HIIT SCIENCE

Using a Squat to transition in and out of a Burpee reduces joint stress in the lower back. The secret to success with any HIIT training is keeping the load out of the joints and in the target muscles.

TECHNIQUE

BURPEE WITH SINGLE LEG SQUAT

- Start at the end of the bench
- Squat, jump feet back to Plank, hands on bench, jump back to Squat, jump on/off bench with Single Leg Squat, hands behind head
- **Feet outside hip-width**
- **Use the Squat to transition**
- **Chest up when arms come up behind head**
- **Abs braced as feet jump back**
- **Hands under shoulders on bench**
- **Back long, strong and straight**
- **Land soft on bench in Single Leg Squat**

↓ OPTION: TWO FEET JUMP ON/OFF BENCH

Layer 2: Explode out of the Squat onto the bench to active athletic leg power



04. PURE POWER AND STRENGTH TEST

TRACK SET-UP: 3 rounds of Broad Jumps and Pushups. Use jump 1 to set the bench mark and try to complete one Broad Jump every 7 seconds.

Exercise	
SET 1:	
0:00	Set up and grab a light weight plate. Use the first jump to place the weight on the ground, and mark the distance. This is the bench mark for the next 9 jumps in set 1 and remaining jumps for set 2 and 3.
0:20	10x Broad Jump (1 every 7 seconds)
1:30	Recover, set up and demonstrate move: Pushup (knees, toes, hands on/off bench)
1:44	Pushup
2:13	Recovery
SET 2:	
2:33	10x Broad Jump (1 every 6 seconds)
3:33	Recovery
3:49	Pushup (aiming for same number of reps as Set 1)
4:18	Recovery
SET 3:	
4:39	10x Broad Jump (1 every 5 seconds)
5:28	Recovery
5:44	Pushup (aiming for same number of reps as Set 1)
6:13	Recovery



04. MESHWORK / OOMPH 6:21mins

COACHING TIP

You do not need a heavy plate to set the first Broad Jump. Keep the weight light like Erin, she uses a 2.5kg weight plate. Light weight ensures better stability and less gravity working against you in the first jump.

CONNECTION

This test is new and completely unique to GRIT Athletic and there's some great coaching opportunities to talk to pure power.

DRIVE

There are two peak moments to push in these tracks, within the last two sets – 5-second Broad Jumps and trying to hit that final round of max Pushups. During these two sets, heart rate and fatigue will be at it highest therefore motivation and encouragement will be key.

TECHNIQUE

BROAD JUMP

- **Two foot take-off and landing**
- Jump forward
- **Land soft**
- **Abs braced**
- Swing arms to jump

Layer 2: Tap into triple extension to get more drive in the jump and activate more explosive lower body power

PUSHUP

- **Hands under shoulders**
- **Back long, strong and straight**
- **Push up, chest to elbow height**

↓ **OPTION: ON KNEES, HANDS ON BENCH**

Layer 2: Open and close the chest as fast as possible to get high reps and keep intensity up



05. PACER TEST 2 – SPEED

TRACK SET-UP: 2-minute speed test, time decreases, speed increases. Always aiming for 14 reps L+R (2 for 1) in each time set.

Exercise	
0:00	Set up and demonstrate move: 14x On/Off Bench Run (L+R) (2 for 1)
0:20	20 seconds: 14x On/Off Bench Run (L+R) (2 for 1)
0:40	18 seconds: 14x On/Off Bench Run (L+R) (2 for 1)
0:58	16 seconds: 14x On/Off Bench Run (L+R) (2 for 1)
1:15	14 seconds: 14x On/Off Bench Run (L+R) (2 for 1)
1:28	12 seconds: 14x On/Off Bench Run (L+R) (2 for 1)
1:40	10 seconds: 14x On/Off Bench Run (L+R) (2 for 1)
1:50	Recovery



05. TURNT UP 1:57mins

COACHING TIP

Round 2 – this test has already been set up previously. Be sure to clearly demonstrate and explain 14 reps not 18 as per the previous pacer test.

CONNECTION

By this point of the class fatigue is high – full reps might not be hit and that's ok! The purpose of all of these tracks is to set a bench mark so each time your participants come back to this work out they get closer and closer to achieving their goals!

DRIVE

From the first test the class know that this will be challenging and will push their max efforts. Keep them focused and aiming for those reps. Big focus on driving speed under fatigue and pushing that maximum effort right to the end of the set.

HIIT SCIENCE

Focusing on a forefoot landing (on the balls of the feet) helps train sprint technique. The faster we run, the further up the foot toward the toes we tend to land.

TECHNIQUE

ON/OFF BENCH RUN

- Set up facing the bench
- **Staying light on the balls of the feet run feet on, on, off, off bench**
- **Chest up, abs braced**
- **Knees stay soft**

Layer 2: Try to stay weightless. Think light, feel light to help maintain speed and intensity throughout the set



06. TABATA 2.0

Please note this track has not been filmed. It is an alternative to Track 5 Tabata 2.0 in GRIT Cardio and uses the same music. Either track can be used in the GRIT Athletic format.

TRACK SET-UP: 12 sets, 20 seconds work, 10 seconds rest focusing on speed and power. Intensity increases throughout the sets.

Exercise	
SET 1:	
0:00	Set up and demonstrate moves: 4x Speed Jack On/Off Bench , 1x Plyo Sumo Bench Jump
0:24	4x Speed Jack On/Off Bench 1x Plyo Sumo Bench Jump
0:45	Recovery
0:54	3x Speed Jack On/Off Bench 2x Plyo Sumo Bench Jump
1:15	Recovery
1:24	2x Speed Jack On/Off Bench 3x Plyo Sumo Bench Jump
1:45	Recovery
1:54	4x Speed Jack On/Off Bench 1x Plyo Sumo Bench Jump
2:14	Recovery
SET 2:	
2:14	Set up and demonstrate moves: 4x Donkey Kick , 1x Power Burpee on bench
2:34	4x Donkey Kick 1x Power Burpee on bench
2:55	Recovery
3:04	3x Donkey Kick 2x Power Burpee on bench
3:25	Recovery
3:33	2x Donkey Kick 3x Power Burpee on bench
3:55	Recovery
4:03	1x Donkey Kick 4x Power Burpee on bench
4:23	Recovery
SET 3:	
4:43	Repeat SET 1
6:34	Recovery



06. MONSTER 6:41mins

COACHING TIP

Watch the Cardio Tabata to see how this track is best set up. The moves have all been used in previous GRIT Athletic releases.

CONNECTION

Say as little as possible as your class will be internally counting their reps. Show them you are there physically struggling and pushing hard with them.

DRIVE

The last set in this track is a beast! It's all about digging deep and bringing your personal best. By this point in the class it isn't pretty but these sets are the most effective in achieving fitness goals.

HIIT SCIENCE

One of the most effective elements of Tabata training is the 2:1 work to rest ratio. Heart rate testing of Les Mills GRIT demonstrates that each successive block goes up in intensity. This is due to the fact that the recovery period is long enough to drive the next phase but not long enough to reduce heart rate.

TECHNIQUE

SPEED JACK ON/OFF BENCH

Refer to *GRIT Athletic 28* Track 3 for move

- Straddle bench, both feet on floor
- Bend knees, jump on/off bench
- **Land straddling bench, knees out wide**
- **Soft knee landing**
- **Chest up, abs braced**
- **Light on balls of feet**

↓ OPTION: SPEED JACK ON FLOOR

Layer 2: Stay low and loaded to work the lower body muscle fibres harder and build strong athletic legs

SUMO PLYO BENCH JUMP

Refer to *GRIT Athletic 32* Track 1 for move

- 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 up, abs braced**

↓ OPTION: JUMP BEHIND BENCH

Layer 2: Use the bench like a spring board to tap into even more explosive power

POWER BURPEE ON BENCH

Refer to *GRIT Athletic 32* Track 1 for move

- Plank position to start
- **Hands under shoulders on bench**
- Jump feet forward outside hands into squat on bench
- **Chest up, abs braced**

↓ OPTION: ON FLOOR

Layer 2: Pull the knees through fast to snap the body onto the bench and lift intensity

DONKEY KICK ON BENCH

Refer to *GRIT Cardio United* Track 2 for move – only difference is hands are on the bench

- **Hands under shoulders on bench**
- **Back long and strong**
- **Abs braced**
- Drive knees towards chest
- Extend legs back out to plank
- **Hips stay low and square to the ground**

↓ OPTION: ON FLOOR

Layer 2: Shoot your knees in and out like a cannon to maintain high intensity for the core and upper body



07. CORE CHALLENGE

TRACK SET-UP: 2 and a half minutes to test core strength and stamina through a hover challenge that gets pregressively harder every 30 seconds.

Exercise	
0:00	Set up and demonstrate: Hover
0:29	Hover
1:00	Marching Hover
1:29	Hover with Alternating Leg Extension (pause 1 second)
2:01	Hover with Alternating Arm Extension (pause 1 second)
2:31	Hover with Opposite Arm and Leg Extension (pause 1 second)
2:59	<i>Recovery</i>



07. PLAYIN’ YOURSELF 3:06mins

COACHING TIP

This is a tough track! Refer to the knees option at the beginning of the track and revisit throughout the set if your class needs it.

CONNECTION

Highlighting the key benefits that come from having a strong core is what will keep your class working hard with determination throughout this track.

DRIVE

This is a reverse drop set – so the drive is already in the workout with the core exercises progressively getting harder. As a coach the best thing we can do is encourage our participants and positively motivate them to give this final challenge their best effort.

TECHNIQUE

HOVER

- **Begin in hover position, elbows in line with shoulders**
- **Back long and straight**
- **Abs braced**

ADD: ARM EXTENSION/LEG EXTENSION

- **Hips stay square to the ground**
- **Super strong ab brace**
- **Arms and legs no higher than hip and shoulder height**

↓ OPTION: ON KNEES



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.

