

WORK OUT #LIKENINA

LES MILLS GRIT CARDIO

BONUS RELEASE

01. WARMUP

02. TABATA

03. ON THE BEAT

04. DROP SETS

05. EVENS

06. RELAY

07. TABATA

08. CORE

MUSIC

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WORK OUT #LIKENINA – LES MILLS GRIT CARDIO BONUS RELEASE

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WORK OUT #LIKENINA

Let's kick start 2018 with something pretty cool! Together with Reebok and Nina Dobrev; an actress with 14 million Instagram followers, we've created an exclusive LES MILLS GRIT Cardio workout that anyone can do. Featuring all the moves Nina loves, along with some of our favorites, this new release gives everyone the chance to experience what LES MILLS GRIT is all about. This workout has been designed to get people trying LES MILLS GRIT across the world and into your live classes.

We're giving this to you free to say thanks for your hard work, an extra fun workout to throw in the mix so we hope you'll give it a go. The moves are simple and the workout is easy to coach, but that's what makes it surprisingly tough – in fact some say it could be the most challenging yet! You're welcome!

The LES MILLS GRIT team.



01. WARMUP

DOWN THE RABBIT HOLE 3:06 mins

CLASS SETUP

Keep it simple; this workout is going to get your class moving with speed – getting them fit, fast. Have fun with it!

Exercise	
0:00	Jog OTS
0:18	High Knee Run
0:41	Squat Burpee
1:00	Pushup
1:18	Switch Climber (L+R)
1:36	High Knee Run
1:41	Shuffle Tap (L+R)
2:08	Backward-Stepping Lunge (L+R)
2:13	Jump Lunge (L+R)
2:40	Squat Jump
2:49	Squat Jump with Floor Tap (L+R)
2:58	Air Tap with Floor Tap (L+R)
3:05	Recovery



02. TABATA

FUMES IN FLOWER 3:30 mins

TRACK SETUP

Tabata: 6 rounds of work, 20 seconds on, 10 seconds off.

Set	Exercise
1	0:00 Set up track and demo first exercise: High Knee Run
	0:30 High Knee Run
	0:49 Recovery
2	0:59 Switch Climber (L+R)
	1:19 Recovery
3	1:29 Air Tap with Floor Tap (L+R)
	1:49 Recovery
1	1:59 REPEAT SET 1
	2:19 Recovery
2	2:29 REPEAT SET 2
	2:49 Recovery
3	2:59 REPEAT SET 3
	3:19 Recovery



03. ON THE BEAT

WALK WITH ME 1:26 mins

TRACK SETUP

On The Beat: 1 combo, 4 counts, 1 minute.

Exercise	
0:00	Set up track and demo exercise: Speed Jack (x3), Snowboarder (x1) (L+R)
0:20	Speed Jack (x3), Snowboarder (x1) (L+R)
0:42	Speed Jack (x3), Snowboarder (x1) (L+R) (F+B)
1:20	Recovery



04. DROP SETS

HYPE/ CONTROLLED DROP

5:41 mins

TRACK SETUP

Drop Sets: 4x 1 minute rounds of work. 3 moves per set, becoming easier each move to keep intensity high.

Set	Exercise
1	0:00 Set up track and demo first exercise: 180° Squat Jump
	0:29 180° Squat Jump
	0:50 Squat Jump
	1:10 Squat Jump, Inchworm
	1:29 Recovery. Set up second set: Lateral Leap (x1), Tuck Jump (x1) (L+R)
2	1:49 Lateral Leap (x1), Tuck Jump (x1) (L+R)
	2:09 Lateral Leap (x1), Block Jump (x1) (L+R)
	2:29 Lateral Leap (L+R)
	2:48 Recovery
1	3:09 REPEAT SET 1
	4:08 Recovery
2	4:28 REPEAT SET 2
	5:28 Recovery



05. EVENS

NEVER BACKIN’ DOWN/ALL DAY

5:10 mins

TRACK SETUP

Evens: Reps ascend in even numbers from 2 to 10 in set 1, then descend from 10 to 2 in set 2.

Set	Exercise
1	0:00 Set up track and demo first exercise: Burpee with Clap O/H (x2), Pushup (x2)
	0:30 Burpee with Clap O/H (x2), Pushup (x2) (ascending in even numbers)
	Recovery. Set up second set and demo exercise: Burpee with Clap O/H
	2:30 (x10), Jump Lunge (L+R) (x10)
2	2:59 Burpee with Clap O/H (x10), Jump Lunge (L+R) (x10) (descending in even numbers)
	4:59 Recovery



06. RELAY

FOR THE HARD CORE

3:00 mins

TRACK SETUP

Relay: 2 teams, 2 moves, 30 seconds each back to back.

Set	Exercise
1	0:00 Split room in half, set up track and demo exercises: Shuffle Tap, Sprint Tap
	0:29 TEAM A: Shuffle Tap , TEAM B: Sprint Tap
	0:59 TEAM A: Sprint Tap , TEAM B: Shuffle Tap
	1:29 Recovery
2	1:49 TEAM A: Shuffle Tap , TEAM B: Sprint Tap
	2:19 TEAM A: Sprint Tap , TEAM B: Shuffle Tap
	2:49 Recovery



07. TABATA –

RUN TILL YOU DROP/ BLYMPIC

5:02 mins

TRACK SETUP

Tabata: 6 rounds of work, 30 seconds on, 15 seconds off.

Set	Exercise	
1	0:00	Set up track and demo first exercise: Air Jack
	0:29	Air Jack (↓ OPTION: High Knee Run)
	0:59	Recovery
2	1:14	Mountain Climber (L+R) (↓ OPTION: Switch Climber (L+R))
	1:43	Recovery
3	1:58	Squat Tuck Jump (x1), Tuck Jump (x1) (↓ OPTION: Air Tap with Floor Tap (L+R))
	2:28	Recovery
1	2:43	REPEAT SET 1
	3:15	Recovery
2	3:30	REPEAT SET 2
	4:00	Recovery
3	4:14	REPEAT SET 3
	4:44	Recovery



08. CORE VIBESS 2:04 mins

TRACK SETUP

Core: 2 minutes of core conditioning.

Exercise	
0:00	Set up track and demo first exercise: Triple Knee Swing (L+R)
0:14	Triple Knee Swing (L+R)
0:32	Hover
0:53	Plank
0:55	Triple Knee Swing (L+R)
1:17	Cross Crawl (bent legs)
1:33	Cross Crawl (straight legs)
2:01	Recovery



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 frame of mind:

1. PRACTISE. 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 setups 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
- 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 flipchart, 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 straightforward tracks such as short Challenges – simply write the name of the track, eg 2-Minute Challenge: Beep Test
- This doesn’t apply to the Warmup 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!

CREDITS

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Workout – Erin Maw

Technical Consultant – Bryce Hastings

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Program Planner – Hannah Brooking

Music – Erin Maw

Thanks to – Jo Perkins



MUSIC

- 01

Down The Rabbit Hole (3:06)

Not On A Monday

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Written by: Fairley
- 02

Fumes In Flower (3:30)

Tokyo Haze

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Written by: Newport, Langeveld, van de Geer
- 03

Walk With Me (1:26)

Wydez

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Written by: Newport, Mathieson, Langeveld, van de Geer
- 04

Hype (1:30)

Not On A Monday

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Written by: Fairley
- Controlled Drop** (1:19)

TAG

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Written by: Newport, Langeveld, van de Geer
- Hype** (1:20)

Not On A Monday

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Written by: Fairley
- Controlled Drop** (1:32)

TAG

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Written by: Newport, Langeveld, van de Geer
- 05

Never Backin’ Down (2:31)

Robyn King

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Written by: Dyer, van de Geer, Langeveld
- All Day** (2:39)

Bounty Hunter

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Written by: Langeveld, Hansen, van de Geer
- 06

For The Hard Core (3:00)

Van Jones

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Written by: Newport, Berryman
- 07

Run Till You Drop (1:00)

Summer Dazing

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Written by: Newport, Berryman, van de Geer, Langeveld
- Blympic** (0:44)

Bounty Hunter

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Written by: Newport, Langeveld, van de Geer
- Run Till You Drop** (0:45)

Summer Dazing

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Written by: Newport, Berryman, van de Geer, Langeveld
- Blympic** (0:46)

Bounty Hunter

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Written by: Newport, Langeveld, van de Geer

- Run Till You Drop** (0:46)

Summer Dazing

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Written by: Newport, Berryman, van de Geer, Langeveld
- Blympic** (1:01)

Bounty Hunter

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Written by: Newport, Langeveld, van de Geer
- 08

Vibess (2:04)

Yagger

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Written by: Gainsford, Langeveld, van de Geer
- 09

Faffeine (0:42)

Not On A Monday

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Written by: Fairley



OUR DECLARATION OF INTENT

The Les Mills global family is made up of 17,500 fitness clubs, 130,000 instructors and millions of participants from 100 countries around the globe.

Separated by geography, religion, race, color and creed, we are united in our love of movement, music and the pursuit of healthy living, both for ourselves and our planet.

At Les Mills we believe in the dignity of each individual within our community and strive to respect the rights and freedoms of all.

In our choice of role models, music and movements we understand that different people and societies have different standards for dress, popular culture and dance.

We also know that what is considered appropriate in some contexts can be seen as inappropriate in others.

As a company that leads group fitness experiences for millions of people every day, we walk a fine line between delivering cutting-edge, innovative products and ensuring that accepted norms are upheld and respected.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen the music we use and try to avoid language and references that may cause offense. If we can, 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 differences of opinion can be expressed, and compromises reached.

Above all, we are passionate about delivering life-changing fitness experiences, every time, everywhere.

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