

HIIT BEYOND LES MILLS GRIT

MUSIC AND CREDITS

01. WARM-UP

02. LEVEL UP MARKER DRILLS

03. COACH CALLS

04. RELAY

05. ALPHABET DRILLS

06. CORE CHALLENGE

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HIIT BEYOND MUSIC

01. **Free Love** (4:05)
Not On A Monday
© 2020 Les Mills Music Licensing Ltd.
Written by: Fairley

02. **Substance In Time** (2:25)
Not On A Monday
© 2020 Les Mills Music Licensing Ltd.
Written by: Fairley

Buckeye (2:36)
Downward Years
© 2020 Les Mills Music Licensing Ltd.
Written by: Newport, Langveld, van de Geer

03. **Sprint** (2:42)
Not On A Monday
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LM Whip (1:09)
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Sprint (2:40)
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LM Whip (1:12)
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04. **Feelin’ It Funky** (2:04)
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Rapturous (0:40)
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Feelin’ It Funky (2:00)
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Rapturous (0:47)
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05. **Cluster Drum** (4:57)
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06. **The Come Up** (2:02)
Tilde Key, Not On A Monday
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Written by: Fairley

07. **45 seconds** (0:48)
Not On A Monday
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Written by: Fairley



L–R: Erin Maw, Ben Main.

We are kick starting 2020 with something exciting! LES MILLS GRIT and Reebok have teamed up to bring you an exclusive cardio workout to highlight key features of Reeboks first HIIT shoe.

This workout has been designed to get people trying LES MILLS GRIT across the world and into your live classes. To say thank you for constantly being the pillars of this program, we are giving you this workout free for you to enjoy! This workout is super creative and completely unique, I hope you enjoy the challenge and feel free to learn and teach to your members.

Enjoy!

Erin & the LES MILLS GRIT crew

HIIT BEYOND CREDITS

Creative Team – Erin Maw and Ben Main

Chief Director – Les Mills Jnr

Technical Consultant – Bryce Hastings, Andrew Newmarch and Rob Lee

Program Coach – Erin Maw

Production Coordinator – Ashlee Young

Special thanks to Bas Hollander

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 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 class so everyone feels successful.



01. WARM-UP

FREE LOVE 4:05mins

Exercise	
0:00	Bounce OTS (L+R)
0:23	Lateral Lunge with Rotation (L+R)
0:45	x1 Lateral Lunge Calf Tap , x1 Block Jump (L+R)
1:00	x1 Lateral Lunge Floor Tap , x1 Block Jump (L+R)
1:27	Bounce OTS (L+R)
1:41	x2 Bounce , Single Leg Catch (L+R)
1:56	x2 Bounce , x1 Lateral Skater
1:56	x2 Lateral Hop , x1 Lateral Skater
2:12	Air Squat
2:15	Squat Burpee
2:29	Squat Burpee Jump
2:41	Single Leg Bounce (L)
2:50	Single Leg Bounce (R)
3:09	High Knee Run
3:12	x1 Speed Ladder
	x1 Shuffle F+B (R)
	x2 Speed Ladder
	x1 Shuffle F+B (L)
	x3 Speed Ladder
	Climb the Ladder for the remainder of the Warm-Up
3:58	<i>Recovery</i>



02. LEVEL UP MARKER DRILLS

SUBSTANCE IN TIME / BUCKEYE 5:01mins

TRACK SET-UP: 2 rounds, 4 moves each round. Begin with each exercise on the spot then level up by moving off the spot in Set 2.

Exercise	
SET 1:	
0:00	Set up and demonstrate move: Double Heisman (L+R)
0:25	Double Heisman (L+R)
0:51	Lateral Skater (L+R)
1:14	x6 Swivel (L+R) (1 for 1), x1 Squat Burpee
1:41	Power Burpee
2:03	Recovery
SET 2:	
2:03	Recover and demonstrate move: Double Heisman
2:25	5 markers: x4 Double Heisman F+B
2:53	Recovery
3:06	4 markers: x3 Lateral Skater with touchdown F+B
3:34	Recovery
3:45	2 markers: x6 Swivel (L+R) (1 for 1), 1x Squat Burpee F+B
4:13	Recovery
4:25	1 marker: 1x Power Burpee , 1x 90° Turn OTS Clockwise 360° then anticlockwise 360°
4:54	Recovery



03. COACH CALLS

SPRINT / LM WHIP 7:43mins

TRACK SET-UP: 4 working blocks of reactive training. Begin by learning the fundamentals of reactive training then take it to the field and drill.

NOTE: Be mindful of how many times you call out changes. Allow members to gain a clear understanding of how reactive training works.

Exercise

SET 1:

0:00	Set up and demonstrate base move: Shuttle and first call out move: Shuffle (R) 'RIGHT' or Shuffle (L) 'LEFT'
0:23	Begin coach calls Base move – Shuttle Call out move – x2 Shuffle (R) 'RIGHT' or x2 Shuffle (L) 'LEFT'
0:48	Recover and demonstrate second call out move: Squat Burpee 'DROP'
1:05	Begin coach calls Base move – Shuttle Call out move – x2 Shuffle (R) 'RIGHT', x2 Shuffle (L) 'LEFT' or Drop 'DROP'
1:40	Recover and demonstrate third call out move: Step F, Block Jump, Step B 'LINE'
1:56	Begin coach calls Base move – Shuttle Call out move – x2 Shuffle (R) 'RIGHT', x2 Shuffle (L) 'LEFT', Drop 'DROP' or Step F, Block Jump, Step B 'LINE'
2:39	Recovery

SET 2:

2:39	Set up and demonstrate base move: Cross Over Sprint and call out moves: 'STOP' or 'GO'
3:04	Begin coach calls Base move – Cross Over Sprint Call out – 'STOP' or 'GO'
3:50	Recovery

SET 3:

3:50	Set up and demonstrate base move: Mountain Climber and call out moves: Bear Crawl (R) 'RIGHT' or Bear Crawl (L) 'LEFT'
4:14	Begin coach calls Base move – Mountain Climber Call out move – Bear Crawl (R) 'RIGHT' or Bear Crawl (L) 'LEFT'
4:39	Recover and demonstrate second call out move: Squat, Jump F, Shuffle B 'PLAY'
4:54	Begin coach calls Base move – Mountain Climber Call out move – Bear Crawl (R) 'RIGHT', Bear Crawl (L) 'LEFT' or Squat, Jump F, Shuffle B 'PLAY'
5:29	Recover and demonstrate third call out move: x2 180° Squat Jump 'SWITCH'
5:44	Begin coach calls Base move – Mountain Climber Call out move – Bear Crawl (R) 'RIGHT', Bear Crawl (L) 'LEFT', Squat, Jump F, Shuffle B 'PLAY' or 2x 180° Squat Jump 'SWITCH'
6:28	Recovery



03. COACH CALLS

SPRINT / LM WHIP 7:43mins

Exercise

SET 4:	
6:28	Set up and demonstrate base move: Cross Over Sprint and call out moves: ‘STOP’, ‘GO’ or ‘SWITCH’
6:53	Begin coach calls Base move – Cross Over Sprint Call out – ‘STOP’, ‘GO’ or ‘SWITCH’
7:38	Recovery



04. RELAY

FEELIN’ IT FUNKY / RAPTUROUS 5:31mins

TRACK SET-UP: Split the room into 2 groups. 2 blocks of work, 2 teams alternating moves between Power and Stability with a Strength Kicker at the end of each set.

Exercise

SET 1:

0:00	Set up and demonstrate moves: Single Leg Dead Lift with Jump (R) and x1 Slip (R), x1 Block Jump , x1 Slip (L), x1 Block Jump
0:29	Begin Relay Side A: Single Leg Dead Lift with Jump (R) Side B: x1 Slip (R), x1 Block Jump , x1 Slip (L), x1 Block Jump
0:51	Change moves Side A: Single Leg Dead Lift with Jump (L) Side B: x1 Slip (R), x1 Block Jump (Advanced Option: Tuck Jump), x1 Slip (L), x1 Tuck Jump
1:08	Recovery
1:08	Recover and demonstrate moves (sides swap moves): Single Leg Dead Lift with Jump (R) and x1 Slip (R), x1 Block Jump , x1 Slip (L), x1 Block Jump
1:25	Begin Relay Side A: x1 Slip (R), x1 Block Jump , x1 Slip (L), x1 Block Jump Side B: Single Leg Dead Lift with Jump (R)
1:46	Change moves Side A: x1 Slip (R), x1 Block Jump (Advanced Option: Tuck Jump), x1 Slip (L), x1 Tuck Jump Side B: Single Leg Dead Lift with Jump (L)
2:03	Recovery
2:03	Recover and demonstrate move: Renegade Pushup
2:24	Side A and B, Renegade Pushup
2:43	Recovery

SET 2:

2:43	Set up and demonstrate moves: Single Leg Dead Lift with Jump , hands overhead (R) and x1 Block Jump , Sprint F , Jog B
3:09	Begin Relay Side A: Single Leg Dead Lift with Jump , hands overhead (R) Side B: x1 Block Jump , Sprint F , Jog B
3:31	Change moves Side A: Single Leg Dead Lift with Jump , hands overhead (L) Side B: x1 Block Jump (Advanced Option: Tuck Jump), Sprint F , Jog B
3:48	Recovery
3:48	Recover and demonstrate moves (sides swap moves): Single Leg Dead Lift with Jump , hands overhead (R) and x1 Block Jump , Sprint F , Jog B
4:03	Begin Relay Side A: x1 Block Jump , Sprint F , Jog B Side B: Single Leg Dead Lift with Jump , hands overhead (R)
4:25	Change moves Side A: x1 Block Jump (Advanced Option: Tuck Jump), Sprint F , Jog B Side B: Single Leg Dead Lift with Jump , hands overhead (R)
4:42	Recovery



04. RELAY

FEELIN’ IT FUNKY / RAPTUROUS 5:31mins

Exercise	
4:42	Recover and demonstrate move: Renegade Pushup (Advanced Option: Renegade Pushup with Opposite Leg Lift)
5:04	Side A and B, Renegade Pushup
5:23	<i>Recovery</i>



05. ALPHABET DRILLS

CLUSTER DRUM 4:57mins

TRACK SET-UP: 2 rounds, round 1 is four moves – 20 seconds on, 10 seconds off. Round 2 is the same four moves repeated with more intensity– 25 seconds on, 10 seconds off.

Exercise

SET 1:	
0:00	Set up and demonstrate move: Snap Squat
0:24	Capital W: Snap Squat
0:44	Recover and demonstrate move: x5 High Knees (L), Run F , Run B , x5 High Knees (R), Run F , Run B
0:56	Capital U: x5 High Knees (L), Run F , Run B , x5 High Knees (R), Run F , Run B
1:14	Recover and demonstrate move: x1 Jump Lunge (R), x1 Lateral Jump (L), x1 Jump Lunge (L), x1 Lateral Jump (R)
1:26	Capital H: x1 Jump Lunge (R), x1 Lateral Jump (L), x1 Jump Lunge (L), x1 Lateral Jump (R)
1:45	Recover and demonstrate move: x1 Jump F , x1 Lateral Jump (L), x1 Lateral Jump (R), x1 Lateral Jump (L), x1 Jump B
1:57	Capital T: x1 Jump F , x1 Lateral Jump (L), x1 Lateral Jump (R), x1 Lateral Jump (L), x1 Jump B
2:15	Recovery

SET 2:	
2:15	Recover and demonstrate move: Snap Squat with Touch Down
2:40	Capital W: Snap Squat with Touch Down
3:05	Recover and demonstrate move: x5 High Knees (L), Hop , Run F , Run B , x5 High Knees (R), Hop , Run F , Run B
3:17	Capital U: x5 High Knees (L), Hop , Run F , Run B , x5 High Knees (R), Hop , Run F , Run B
3:40	Recover and demonstrate move: x1 Jump Lunge (R), x1 Lateral Butt Kick (L), x1 Jump Lunge (L), x1 Lateral Butt Kick (R)
3:51	Capital H: x1 Jump Lunge (R), x1 Lateral Butt Kick (L), x1 Jump Lunge (L), x1 Lateral Butt Kick (R)
4:14	Recover and demonstrate move: x1 Jump F , x1 Lateral Jump (L), x1 Lateral Tuck Jump (R), x1 Lateral Jump (L), 1x Jump B
4:26	Capital T: x1 Jump F , x1 Lateral Jump (L), x1 Lateral Tuck Jump (R), x1 Lateral Jump (L), x1 Jump B
4:50	Recovery



06. CORE CHALLENGE

THE COME UP 2:02mins

TRACK SET-UP: 2 minutes of reactive training and integrated core.

Exercise	
0:00	Set up and demonstrate moves. Tell the class to move around the entire space. Base move – Bear Crawl Call out moves – Back Extension ‘FLIP’, two points of stability ‘TWO’, three points of stability ‘THREE’ Begin Coach Calls
2:00	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 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,
 - e.g. 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 THE LES MILLS TRIBE

We are a global family of leaders, passionately devoted to creating a healthy planet.

We fearlessly inspire others to discover their true potential by falling in love with exercise.

Exercise is our global movement. Millions of us bind together every day to unite through sweat. Our movement shakes the world.

Music is our soul. It drives us, focuses us, gives us passion.

We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement. 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 the Les Mills Tribe.

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.

