

LES MILLS GRIT™ STRENGTH

1

Accelerated Warmup

SET UP

- 1x heavy plate

| MUSIC | EXERCISE | REPS |
|-------|---|------|
| 0.00 | Set up Squat | |
| 0.10 | Squat | 13x |
| 0.30 | Set up Plate Clean and Press | |
| 0.33 | Plate Squat Clean and Press – slow | 4x |
| 0.59 | Plate Squat Clean and Press – fast | 4x |
| 1.13 | Plate Squat Clean and Press + Heel Lift | 4x |
| 1.26 | Pushup | |
| 2.07 | 1x Squat, 1x Squat Jump | 10x |

High With Me > 2.41 mins

COACHING TIP

The Accelerated Warmup is where you will have the most attention from your team before the faster tracks start. Use this time to set your team up with the equipment they need for the workout. Explain how the competition element works and which tracks it applies to. This is also the perfect time to setup all the movement patterns and give some explanation of why technique is important. Reagan does this well.

CONNECTION

The Accelerated Warmup is the perfect time to connect with your team. Talk them through what they can expect from the workout and let them know that you'll be there every step of the way.

DRIVE

There's a great variety of high intensity interval training tracks in this release which are guaranteed to work your team to their max. Get your team working right from the Warmup so that their muscles are primed and ready for the explosive workout ahead, making every second count!

WARMUP SCIENCE

One of the key aims of an Accelerated Warmup is to engage our stabilizing muscles. The muscles that stay still are just as important as the ones that move. Keeping the chest up and the abs braced throughout these moves will stabilize the spine allowing us to hit the power button safely when we lift the intensity.

PLATE SQUAT CLEAN AND PRESS

- Feet outside hip-width
- Chest up – abs braced
- Butt drops down and back to just above knee-height
- Knees out and tracking forward over toes
- Clean the plate up – keeping it close to the body
- Plate to collarbones
- Elbows under plate
- Press plate above head – keeping elbows slightly forward
- Brace abs

PLATE SQUAT CLEAN AND PRESS + HEEL LIFT

- Lift up on toes to warm up calf muscles

SQUAT

- Feet outside hip-width
- Chest up – abs braced
- Butt drops down and back just above knee-height
- Knees out and tracking forward over toes

SQUAT JUMP

- Elbows towards thighs
- Hands reach up and overhead at top
- Jump out of the bottom of the Squat
- Bent knee landing

PUSHUP

- Hands slightly wider than shoulders
- Chin tucked
- Chest to elbow-height
- Abs braced
- Back long, strong and straight

↓↓ OPTION: ON KNEES

2

Double Super Sets

SET UP

- A heavy bar and 1x heavy plate

| MUSIC | EXERCISE |
|-------|---|
| 0.00 | Set up Set 1 moves – Clean and Press + Squat Jump |
| 0.20 | Set 1: Clean and Press |
| 0.40 | Set 1: Squat Jump |
| 1.00 | Recovery. Set up Set 2 moves – Push Press and Plyo Plate Pushup |
| 1.19 | Set 2: Push Press |
| 1.37 | Set 2: Plyo Plate Pushup |
| 1.59 | Recovery |
| 2.19 | Repeat Set 1 |
| 2.59 | Recovery |
| 3.19 | Repeat Set 2 |
| 3.59 | Recovery |
| 4.19 | Repeat Set 1 |
| 4.59 | Recovery |
| 5.19 | Repeat Set 2 |
| 5.59 | Recovery |

International/Revolution > 6.20 mins

COACHING TIP

Setup time is short so be succinct. Double Super Sets – equipment needed, time of work and recovery, number of exercises in each block, 3 rounds and you're off! Cover off all the compulsory technique cues in the first round so that your team are working to the full extension of each move from the beginning of the track. You can then spend the second round developing their technique and encouraging speed. Reagan shows a good example of this when he coaches the Clean + Press in round 2. Be on cue with your transitions so your team doesn't miss a beat.

CONNECTION

Reagan starts to drive his team with his voice, urging more intensity and speed from them without screaming at them. Be encouraging and make your team believe that they can work harder, faster and smarter and unlock their athletic potential.

DRIVE

Introduce some challenge for your team – can they out-perform themselves from the previous set? The blocks of work are short and fast so drive your team to go for speed and intensity in every working set so that they really need their recovery.

CLEAN AND PRESS

- Pull bar up and close to body
- Bend knees to get under the bar
- Catch bar in front of collarbones in a Half Squat
- Use legs to drive bar up
- Brace abs and press bar above head
- Elbows slightly forward and slightly bent at the top of the Press
- Double Squat every time
- Bend and drive

SQUAT JUMP

- Elbows towards thighs
- Feet wide
- Chest up – abs braced
- Bent knee landing
- Hands reach up and overhead at top
- Jump out of the bottom of the Squat

PUSH PRESS

- Feet hip-width
- Hips down and back – knees out in line with toes
- Chest up – abs braced
- Use your legs to drive the bar up
- Drive the bar overhead – elbows slightly forward and slightly bent
- Abs braced as the bar goes over your head

PLYO PLATE PUSHUP

- Abs braced
- Back straight
- Hands outside shoulder-width
- Chest to elbow-height
- Bend elbows on landing
- Drive body out of ground, hands move to plate

↓↓ **OPTION: ON KNEES**

3

Drop Sets

SET UP

- A heavy bar and 2x heavy plates

| MUSIC | EXERCISE |
|-------|---|
| 0.00 | Set up Block 1, Exercise 1 |
| 0.29 | Exercise 1: Wide Grip Row |
| 0.43 | Recovery. Demo Exercise 2 |
| 0.48 | Exercise 2: Narrow Grip Row |
| 1.02 | Recovery. Demo Exercise 3 |
| 1.06 | Exercise 3: Plate Row |
| 1.21 | Recovery. Set up Block 2, Exercise 1 |
| 1.36 | Exercise 1: Plyo Clap Pushup |
| 1.50 | Recovery. Demo Exercise 2 |
| 1.55 | Exercise 2: Plyo Pushup |
| 2.09 | Recovery. Demo Exercise 3 |
| 2.14 | Exercise 3: Pushups |
| 2.29 | Recovery |
| 2.43 | Repeat Block 1 Exercise 1: Wide Grip Row |
| 2.57 | Recovery |
| 3.02 | Exercise 2: Narrow Grip Row |
| 3.17 | Recovery |
| 3.21 | Exercise 3: Plate Row |
| 3.36 | Recovery |

All Day > 4.50 mins

| | |
|------|--|
| 3.50 | Repeat Block 2 Exercise 1: Plyo Clap Pushup |
| 4.05 | Recovery |
| 4.09 | Exercise 2: Plyo Pushup |
| 4.24 | Recovery |
| 4.28 | Exercise 3: Pushup |
| 4.43 | Recovery |

COACHING TIP

Keep your intro short and sharp so you have more time to demo the first move. Drop Set Training – 2 blocks, 3 exercises in each, 2 rounds. Each block is 45 seconds where every 15 seconds the exercise changes so that the same muscle groups are exercised but with a slight reduction in intensity upon moving through the sequence. As Jeremiah says "the workout gets progressively less intense". As you change each exercise, give clear technique cues that ensure your team are hitting the target zones.

CONNECTION

Speed is nothing without control. Give options so when your team start to fatigue to the point they can no longer hold good form, they know what option to take. Jeremiah refers to this as 'Smart Training' which it is – knowing when to take a break and when to take an option is an integral part of high intensity training.

DRIVE

Use the second round of each exercise to develop technique further. If they've mastered the technique, coach them to try and go even faster. Spend time in the second block on the floor to drive your team through their fatigue. Heart rates will be racing so let your team know it's okay to take a break or drop to the option if they need to. Everyone will be working at different levels so identify who needs some help and who you can push to go a little harder!

HIIT SCIENCE

Drop sets allow us to reach maximum levels of fatigue. Each block recruits similar muscles so that we carry the intensity from one exercise to the next. By the end of the block we will have exhausted every muscle fiber in the targeted group.

3

Drop Sets

WIDE GRIP ROW

- Hands by the collars
- Tip forward from the hips – chest up – abs braced
- Bar from knees to lower ribs
- Elbows wide – squeeze between shoulder blades



NARROW GRIP ROW

- Hands just outside hips
- Tip forward from the hips – chest up – abs braced
- Bar from knees to belly
- Elbows in and to the rear – squeeze between shoulder blades



PLATE ROW

- Tip forward from the hips – chest up – abs braced
- Plates go from knees to waist
- Elbows in and to the rear – squeeze between shoulder blades



↓↓ OPTION: ONE PLATE

PLYO CLAP PUSHUP

- Hands slightly wider than shoulders
- Chin tucked
- Chest to elbow-height
- Abs braced
- Back long, strong and straight
- Bend elbows on landing

↓↓ OPTION: ON KNEES



PLYO PUSHUP

- Hands slightly wider than shoulders
- Chin tucked
- Chest to elbow-height
- Abs braced
- Back long, strong and straight
- Drive body out of ground
- Bend elbows on landing

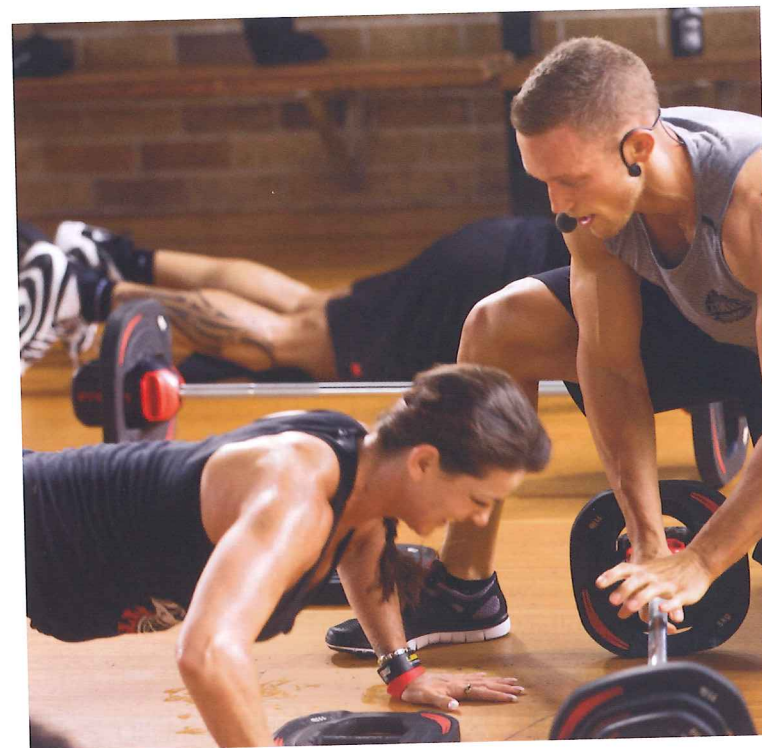
↓↓ OPTION: ON KNEES

PUSHUP

- Hands slightly wider than shoulders
- Chin tucked
- Chest to elbow-height
- Abs braced
- Back long, strong and straight

↓↓ OPTION: ON KNEES

All Day > 4.50 mins



4

5x5-45

SET UP

- 1x heavy plate

MUSIC

EXERCISE

| | |
|------|--|
| 0.00 | Set up first 2 exercises – Plate Jumping Lunge + Plate Squat Jump |
| 0.59 | 5x Plate Jumping Lunge L+R + 5x Plate Squat Jump Combo |
| 1.44 | Recovery. Set up second 2 exercises – Bent Over Plate Row Forward Raise + Overhead Plate Squat |
| 1.59 | 5x Bent Over Plate Row Forward Raise + 5x Overhead Plate Squat Combo |
| 2.44 | Recovery |
| 3.04 | 5x Plate Jumping Lunge L+R + 5x Plate Squat Jump combo |
| 3.49 | Recovery |
| 4.04 | 5x Bent Over Plate Row Forward Raise + 5x Overhead Plate Squat Combo |
| 4.48 | Recovery |
| 5.09 | 5x Plate Jumping Lunge L+R + 5x Plate Squat Jump combo |
| 5.54 | Recovery |
| 6.09 | 5x Bent Over Plate Row Forward Raise + 5x Overhead Plate Squat Combo |

HyperParadise/Double Edge > 6.58 mins

COACHING TIP

We call this track 5x5-45. 3 rounds of work, 2 sets in each, supersetting 2 exercises in each set for 45 seconds. Setup all 4 exercises at the beginning and clearly explain how to count each exercise so that you perform 5 repetitions of each then change, repeating this as many times as you can in 45 seconds.

CONNECTION

This track is fast and everyone will be operating at a different speed. Be clear that it is okay to work at your own pace. You will have competitors in the room and some that need a little more encouragement. Give technique cues from the front on how to get more out of each round like Nikki does, then go straight into the crowd. The most effective way to connect with your team in this track is to spend time with individuals.

DRIVE

How do you get your team to fight fatigue and keep striving for more intensity? Show them. Embody athleticism and set the tone of the workout by giving it your all. There's time for floor coaching and there's also time for rolling up your sleeves and getting into the work with your team.

HIIT SCIENCE

Supersetting exercises in these intervals achieves two training benefits – 1) we flip the muscle targets after every 5 reps enabling us to maintain a high intensity, 2) we engage more muscles creating more energy demands meaning we burn more calories.

PLATE JUMPING LUNGE

- Feet hip-width apart
- Jump into long Lunge
- Front knee out – thigh parallel with floor
- Chest up – abs braced
- Abs braced as plate presses above head
- Use Lunge to absorb landing

↓↓ OPTION: NO PLATE

PLATE SQUAT JUMP

- Plate in front of collarbones – elbows under plate
- Feet wide
- Chest up – abs braced
- Bent knee landing

↓↓ OPTION: NO PLATE



BENT OVER PLATE ROW FORWARD RAISE

- Tip forward from the hips – chest up – abs braced
- Plate goes from knees to belly
- Elbows in – squeeze between shoulder blades
- Raise plate forward in line keeping elbows slightly forward
- Brace abs
- Control the plate – don't swing on down phase

OVERHEAD PLATE SQUAT

- Feet outside hip-width
- Chest up – abs braced
- Plate overhead, elbows slightly bent
- Butt drops down and back to just above knee height
- Knees out and tracking forward over toes
- Keep elbows slightly forward

5

Ladder Challenge

SET UP

- A heavy bar

MUSIC

EXERCISE

| | |
|------|---------------------------------|
| 0.00 | Set up Ladder Challenge |
| 0.59 | 5x Hang Cleans, 1x Squat Burpee |
| | 5x Hang Cleans, 2x Squat Burpee |
| 4.03 | Recovery |

Get Ones/Turnup > 4.09 mins

COACHING TIP

The 3 minute Ladder Challenge is made up of 2 exercises to make you work to your absolute maximum. This track is guaranteed to push you over the edge! Use the intro to demo the moves and explain how the challenge works. Once the 3 minute countdown strikes go, count the first few sequences so your team are 100% clear on what they're doing. 3 minutes is a long time so motivational cues are essential to keep your team in the game!

CONNECTION

Spend time with individuals coaching them through their technique. When they're fatigued give them cues on how they can integrate more muscles into each movement to assist them, for example, in the Hang Clean, Jeremiah coaches them to use their legs to jump under the bar. This is the type of information that will help your team progress their technique and fight through their fatigue to finish strong.

DRIVE

When you're on the floor you are acting as a support person for each and every member of your team. They're looking to you to drive them to the finish line. This isn't the time to be in their face screaming – encourage them, workout next to them, sweat with them and smash out the last 30 seconds with them at the front, finishing together as a team.

HIIT SCIENCE

A 3 minute high intensity block will take people to the limit of their anaerobic training zone. This will create the ideal environment to produce an EPOC effect.

HANG CLEAN

- Clean bar up close to the body
- Bend knees to drop body under the bar
- Catch bar in front of collarbones
- Chest up – abs braced
- Little heel lift

SQUAT BURPEE

- Feet wide
- Butt down and back – just above knees
- Chest up – abs braced
- Arms forward, directly out from shoulders
- Abs braced as you jump feet back
- Hands under shoulders
- Back long, strong and straight
- Jump up on return – soft knee landing

SET UP

- 1x plate

MUSIC**EXERCISE**

| | |
|------|--|
| 0.00 | Set up C-Crunch with Plate Extension |
| 0.37 | C-Crunch with Plate Extension |
| 1.45 | Recovery. Set up Cross Crawl Extension |
| 2.10 | Cross Crawl Extension L+R |

Jimmy Iovine > 2.57 mins

COACHING TIP

Set your team up for their final challenge of the workout – 3 minutes of core training. Advise them what equipment they need and demo the first move giving pace options to cater to everyone.

CONNECTION

Fatigue will be dominating technique after the previous track so give clear options that will get your team through the final few minutes. Be supportive about options – Nikki does this when she says "if your 100% today is to put your feet on the floor then put your feet on the floor".

DRIVE

Your goal is to get your team over the line together. They've come so far in this workout so it wouldn't be right to quit now! Sell the benefits of a strong core to get your team to hang in right to the end.

HIIT SCIENCE

Athletes use their core to transmit power from their legs through to their arms. These types of core exercises train the muscular connections between our upper and lower body to enhance our athletic drive.

C-CRUNCH WITH PLATE EXTENSION

- Plate to forehead
- **Feet off floor**
- **Slide ribs to hips** – Crunch up
- **Lower back towards floor** when lowering down
- **Chin tucked**

CROSS CRAWL EXTENSION

- Fingertips to temples, elbows wide
- **Chin tucked**
- Extend leg long and take arm from the same side diagonally across to extend past the opposite knee
- **Lower back stays glued to the floor**
- Slide ribs to opposite hip

Your name: _____

Workout: _____

Date: _____

TRACK 2 < DOUBLE SUPER SETS

Set 1

A _____

B _____

TOTAL

Set 2

A _____

B _____

TOTAL

Set 3

A _____

B _____

TOTAL

TRACK 3 < DROP SETS



TRACK 4 < 5 X 5 - 45'S

Set 1

A _____

B _____

TOTAL

Set 2

A _____

B _____

TOTAL

Set 3

A _____

B _____

TOTAL

TRACK 5

LADDER CHALLENGE
reps

TOTALS

| | | |
|---------------|---------|---------|
| Track 2 | Track 4 | Track 5 |
| Overall total | | |