

## LES MILLS GRIT CARDIO: GRADE REVIEW VARIATIONS

The key exercises/variations are listed below, along with their components and skills for assessment. An exercise is competent when the compulsory components of Position & Execution are demonstrated safely and effectively, including all skills under the exercise/variation that apply.

Tick **✓** box for Variation competency or level blank if competency not achieved

### ☐ SQUAT VARIATIONS

Feet outside hip-width, toes out slightly; Chest up, abs braced

Hips back & down to just above knee height; Knees bend forward in line with middle toes

### ☐ LUNGE VARIATIONS

Long step forward/back, back heel up, feet hip-width apart; Hips & shoulders square; Chest up, abs braced

Back knee bends towards floor, under hip; front thigh parallel to floor; knees out in line with toes

### ☐ RUN VARIATIONS

Chest up, abs braced. (Run) Opposite arms & leg track forward; Drive with the arms

Knees lift up to hips (high knee run), bring heels close to butt (butt kick), use motion of arm

### ☐ LATERAL SHUFFLE VARIATIONS (SKATER/ LATERAL SHUFFLE)

Slightly bend knees, chest up, abs braced; back long and straight. Keep core straight and strong.

Drop weight down when switching directions, pull butt back, align knee and toe direction

### ☐ BURPEE VARIATIONS

Feet outside shoulder-width; Chest up, abs braced

Squat: Hips down and back to just above knees, arms forward in line with shoulders; Plank: Hands under shoulders, abs braced as feet jump back, back long & straight

### ☐ JUMP VARIATIONS

Knees out – tracking forward over toes; Chest up, abs braced

Soft knee landing; Achieve stance width as indicated in Release, use arm swing, push pelvis forward

### ☐ PUSHUP / CHEST VARIATIONS

Hands slightly outside shoulder-width or as indicated in the Release; Neutral spine & neck; Abs braced

Chest to elbow-height or target zone indicated in the Release; (Chest Press) – target middle of chest

### ☐ PLANK VARIATIONS (FROG JUMP/ DONKEY KICK)

Elbows/Hands under shoulders; Shoulders back and down; Neutral spine; Knees/feet just outside hip-width, hips low

Back long and straight – long extension from head to toe; Hips and shoulders stay square to floor

### ☐ CLIMBER VARIATIONS (MOUNTAIN CLIMBER/ SWITCH CLIMBER/ BEAR CRAWL)

Elbows/Hands under shoulders; Shoulders back and down; Neutral spine, Hips and shoulders stay square to floor, hips low

When lifting knees, bring close to floor; hips stay low