

LES MILLS GRIT™ CARDIO

1**Accelerated Warmup****Antidote > 4.56 mins****SET UP**

- Divide participants into A + B teams
- Send teams to opposite sides of workout space/room

MUSIC		EXERCISE	REPS
0.00	8x8	Jog OTS	
0.34	4x8	Team A – Squat Team B – Run	8x
0.48	4x8	Team A – Run Team B – Squat	8x
1.03	4x8	Backward Stepping Lunge L+R	4x
1.17	4x8	Backward Stepping Lunge with Knee Lift L+R	2x
1.32	6x8	Jumping Lunge L+R	12x
1.54	2x8	Set up for Squat and Run	
2.01	4x8	Team A – Squat Team B – Run	8x
2.16	4x8	Team A – Run Team B – Squat	8x
2.30	4x8	Backward Stepping Lunge L+R	4x
2.44	4x8	Backward Stepping Lunge with Knee Lift L+R	2x
2.59	6x8	Jumping Lunge L+R	12x
3.21	2x8	Set up for Pushup and Run	
3.29	4x8	Team A – Pushup Team B – Run	8x

Les Mills Grit Manual

B Lingard



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