

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

O García

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Les Mills Grit Manual:

The Enigmatic Realm of **Les Mills Grit Manual**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Les Mills Grit Manual** a literary masterpiece penned with a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those that partake in its reading experience.

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