

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

# Les Mills Grit Manual

**ML Yell**



## Les Mills Grit Manual:

Manual of Geology James Dwight Dana, 1880      **Moody's Manual of Investments** John Sherman Porter, 1922 American government securities 1928 53 in 5 annual vols v 1 Railroad securities 1952 53 Transportation v 2 Industrial securities v 3 Public utility securities v 4 Government securities 1928 54 v 5 Banks insurance companies investment trusts real estate finance and credit companies 1928 54      The Legislative Manual of the State of Minnesota Minnesota. Secretary of State, 1905      Moody's Manual of Investments: American and Foreign , 1924      Moody's Municipal & Government Manual , 1922      Doubleday, Page & Co.'s Geographical Manual and New Atlas Christopher Orlando Sylvester Mawson, 1917

**Pocket Book Pointers** D. J. Lambert, 1897      **Mexican Mining Journal** , 1907      The Annual American Catalog , 1907

**The Outlook** , 1912      Domestic Wastewater Treatment in Developing Countries Duncan Mara, 2013-06-17 Affordable and effective domestic wastewater treatment is a critical issue in public health and disease prevention around the world particularly so in developing countries which often lack the financial and technical resources necessary for proper treatment facilities This practical guide provides state of the art coverage of methods for domestic wastewater treatment and provides a foundation to the practical design of wastewater treatment and re use systems The emphasis is on low cost low energy low maintenance high performance natural systems that contribute to environmental sustainability by producing effluents that can be safely and profitably used in agriculture for crop irrigation and or in aquaculture for fish and aquatic vegetable pond fertilization Modern design methodologies with worked design examples are described for waste stabilization ponds wastewater storage and treatment reservoirs constructed wetlands upflow anaerobic sludge blanket reactors biofilters aerated lagoons and oxidation ditches This book is essential reading for engineers academics and upper level and graduate students in engineering wastewater management and public health and others interested in sustainable and cost effective technologies for reducing wastewater related diseases and environmental damage      **The Bookseller** , 1913

*Backpacker* , 2004-03 Backpacker brings the outdoors straight to the reader s doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world s first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish Backpacker s Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured      *Thieme-Preusser* Friedrich Wilhelm

Thieme, 1886      *British Books* , 1912      The Publishers' Circular and Booksellers' Record , 1928      **The Publisher** , 1912  
Publishers' Circular and Booksellers' Record of British and Foreign Literature , 1916      The United States Catalog , 1924  
English Mechanic and Mirror of Science and Art , 1910

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