

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

Elmer Cook Rice



Les Mills Grit Manual:

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