

Frequently Asked Questions

LES MILLS GRIT Athletic

Purpose: a central document that guides Clubs on how to correctly communicate changes to Les Mills GRIT.

Note to readers: The following messaging is approved and final. You're welcome to edit tone to your authentic voice, but the context and key message must remain.

Clubs

Why has the name changed from Plyo to Athletic?

The name Athletic best reflects the evolution of the program. Feedback suggested that 30-minutes of explosive jumping presented an intimidation factor, so we have evolved the program with an increased focus on agility and 3D movement patterns, and fewer plyometric jumps. As a result, the term Plyo is no longer a clear representation of the program. Feedback also told us that "Plyo" is not a meaningful term to anyone not familiar with plyometric training; the term "Athletic" has more resonance.

What is LES MILLS GRIT Athletic? How do I explain this to my members or followers?

LES MILLS GRIT Athletic is a 30-minute high-intensity workout that focuses on improving your overall athletic performance through sports conditioning training. You will often use a step combined with bodyweight exercises to build cardiovascular fitness, while improving strength, building lean muscle and maximizing calorie burn.

Why do you think it's best to specify whether the workout is Strength, Cardio or Athletic on the timetable?

Customer feedback makes it clear that members want to know what to expect from a timetabled LES MILLS GRIT workout. Some are proficient with bodyweight training but less confident lifting weights (where previous experience with BODYPUMP can help), so



making it clear which LES MILLS GRIT class is being taught will help with member expectations and satisfaction levels.

Also, LES MILLS GRIT is designed to be incorporated with other programs in a weekly training schedule, so being able to choose the right variations allows members to create variety in their training.

How many workout variations will there be now?

You can now offer three 30-minute workout variations: Strength, Cardio, and Athletic.

Can Instructors still teach older LES MILLS GRIT Plyo releases?

Yes, if they choose to. However, we recommend that you encourage your Instructors to deliver the most recent releases – from release #25 - as these feature the latest training techniques, freshest music and reflects the Athletic essence.

Consumers & members

What is HIIT training?

High-Intensity Interval Training (HIIT) is short rounds of high-intensity exercise followed by periods of recovery. The basic recipe is to go as hard as you can, rest and then repeat. Olympic athletes have been using this type of training for years and it is now one of the most popular fitness trends in the world.

The secret to ultimate fitness and results is not in adding volume, but intensity.

What is LES MILLS GRIT?

The LES MILLS GRIT series features three 30-minute variations: Strength, Cardio, and Athletic.



LES MILLS GRIT workouts are scientifically designed to keep your body working for hours after the last burpee, quickly helping you develop a lean, athletic body. And it's all done in 30 minutes. Too easy.

Why has Plyo changed from Athletic?

The term Athletic best reflects the evolution of the program. Feedback suggested that 30-minutes of explosive jumping presented an intimidation factor, so we have evolved the program with an increased focus on agility and 3D movement patterns, and fewer plyometric jumps. As a result, the term Plyo is no longer a clear representation of the program. Feedback also told us that "Plyo" is not a meaningful term to anyone not familiar with plyometric training; the term "Athletic" has more resonance.

What is LES MILLS GRIT Athletic?

LES MILLS GRIT Athletic is a 30-minute high-intensity interval training (HIIT) workout that focuses on sports conditioning training to improve your overall athletic performance.

What are the differences from GRIT Plyo to Athletic?

Athletic has a wider variety of moves and training modalities – it is not purely focused on explosive jumping. The new LES MILLS GRIT Athletic option features the latest training techniques, and a greater focus on ability and sports conditioning to improve your overall athletic performance including strength, agility, speed and power.

I've never tried a LES MILLS GRIT workout. What can I expect to do in this workout?

30-minutes is all it takes, of high-intensity interval training, or 'HIIT', which is a workout that features short rounds of high-intensity exercise followed by periods of recovery. You'll work hard and fast to push yourself in the maximum-effort training zone and help build cardiovascular fitness, while improving strength, building lean muscle and maximize calorie burn.



How many workouts should I do a week?

LES MILLS GRIT is designed to complement your other workouts, improving your strength, building lean muscle and maximizing calorie burn. We recommend two LES MILLS GRIT workouts each week, to take your fitness to a new level.

ENDS.