

LES MILLS GRIT™ SERIES

30 MINUTE HIGH INTENSITY INTERVAL TRAINING

GETS YOU FITTER FASTER!

With an intense, scientifically-backed structure, the latest motivational music and highly trained coaches, LES MILLS GRIT™ SERIES provides high-intensity interval training workouts that are like no other. Fitness enthusiasts are sure to love them. Why? Because LES MILLS GRIT™ SERIES gets results, fast!

WE'VE GOT THE RESEARCH TO PROVE IT.

Les Mills and Dr Jinger Gottschall at the Pennsylvania State University recently conducted a six week research project to establish if the LES MILLS GRIT™ SERIES could improve the health and fitness of already fit adults.

Two groups of 42 participants worked out for five hours a week over six weeks. One group's schedule comprised of three cardio workouts (either BODYATTACK™, BODYCOMBAT™, RPM™ or BODYSTEP™) and two 60-minute BODYPUMP™ classes. The other group did two cardio workouts (either BODYATTACK™, BODYCOMBAT™, RPM™ or BODYSTEP™), two 60-minute BODYPUMP™ classes and two 30-minute high-intensity interval training sessions from the LES MILLS GRIT™ SERIES.

Throughout the six weeks aerobic fitness, body composition, functional strength and blood markers were measured.

THE RESULTS SPEAK FOR THEMSELVES:

- **LES MILLS GRIT™ SERIES reduces the risk of cardiovascular disease.** Triglyceride is a type of blood fat that increases the risk of cardiovascular disease. Study participants who added LES MILLS GRIT™ SERIES recorded an average triglyceride level decrease of 14.5% in comparison to those not doing LES MILLS GRIT™ SERIES who decreased by 3.1% over the six week period.
- **LES MILLS GRIT™ SERIES improves cardio fitness.** The rate of oxygen consumption provides an indication of an individual's level of cardio fitness. Those who added the LES MILLS GRIT™ SERIES increased their oxygen consumption by 6.4%
- **LES MILLS GRIT™ SERIES promotes weight loss.** LES MILLS GRIT™ SERIES participants saw body fat decrease by an average of 2.1%, compared with 0.8% for those not doing LES MILLS GRIT™ SERIES. LES MILLS GRIT™ SERIES participants also lost on average 2.5cm off their waist circumference over the six weeks.
- **LES MILLS GRIT™ SERIES improves functional strength.** The back strength of LES MILLS GRIT™ SERIES participants improved by an impressive 21.9% compared with 8.4% for those not doing LES MILLS GRIT™ SERIES. After completing the LES MILLS GRIT™ SERIES sessions leg strength increased by 15.7%, indicating significant gains in functional strength.

What's more...

- **A separate case study highlighted how after six weeks doing LES MILLS GRIT™ SERIES classes it is possible to work harder in other cardio workouts without any extra effort.** We monitored the intensity levels of a participant doing the same RPM™ class before and after six weeks of LES MILLS GRIT™ SERIES workouts. Due to gains in his fitness he pushed harder in the peaks of the class without being aware he was training harder. This is the result of anaerobic threshold training – a type of training that will ensure your workouts will never be the same again.

Further details about LES MILLS GRIT™ SERIES can be found here lesmills.com/grit