

SEPTEMBER

Fri

Sat



2

REST DAY!

3

GRIT.
PUSH YOURSELF TO THE LIMIT

4

LES MILLS
GRIT STRENGTH
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

5

LES MILLS
GRIT CARDIO
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

6

LES MILLS
GRIT PLYO
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

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30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

30

REST DAY!

Failure

IS NOT AN OPTION
I'VE ENDURED PAIN, PUSHED MYSELF TO MY LIMITS, I'VE CHANGED FOR THE BETTER.
AND NOW... I know I am Ready.

LES MILLS
GRIT

{ I KNOW IT'S GONNA BE HARD. }
I KNOW IT'S GONNA HURT, IT MAY EVEN SLOW ME UP,
BUT IT ain't gonna STOP ME
Because pain, they say, is temporary
AND GIVING UP IS FOREVER
THAT'S NOT GONNA HAPPEN TO ME ... NOT NOW, NOT TODAY.
Not ever. BECAUSE I'M HAVING TOO MUCH FUN.

LES MILLS
GRIT