

# Les Mills Grit Instructor Program Manual

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LES MILLS GRIT Cardio; The person heading the Les Mills Nutrition Project is Dr. Jackie Mills. Diana is also Co-Program Director for Les Mills BODYBALANCE .

## **Les mills international - wikipedia, the free**

Les Mills International is a New Zealand with BodyPump being the first program with an estimated 90,000 Les Mills Instructors worldwide and an

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I ve always been curious about this program and hear I am also a CXWORX instructor and GRIT I have never taken a body pump class or any Les Mills

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Advanced Instructor Module 1 GRIT - The Program 2013-10-10. LES MILLS GRIT workouts switch between short bursts of intensity and recovery periods

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Trainers & Instructors; Run Club; LES MILLS GRIT Cardio; Les Mills gyms are home to the world's best fitness classes,

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### **Les mills grit series**

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