

GRIT RESEARCH RESOURCES

SOCIAL MEDIA

Sharing research and data with your participants is a great way to get them coming to your classes each week and ready to push themselves. Below is a set of social media images to share this research with your followers and encourage new Athletes into your class. We've also included example teaching cues on the next page to share this research when coaching.



TRAIN LIKE AN ATHLETE

Why train like the guy next door, when you can train like the athlete on the field? LES MILLS GRIT takes athletic performance to a whole new level. Who's coming to LES MILLS GRIT at <TIME + DATE> at <CLUB>?



DRIVE YOUR FITNESS THROUGH THE ROOF

Increase your fitness, instantly. LES MILLS GRIT can increase your VO² max by 10%. See you at LES MILLS GRIT at <TIME + DATE> at <CLUB>.



NEXT LEVEL TRAINING

Athletes sign up here. LES MILLS GRIT takes athletic performance to a whole new level. Come try LES MILLS GRIT at <TIME + DATE> at <CLUB> and see what it does for your game.



IMPROVE YOUR PERFORMANCE

The fastest way on the planet to get in shape. LES MILLS GRIT can increase your cardio fitness by 10%. Now there's no excuses not to join me for LES MILLS GRIT at <TIME + DATE> at <CLUB>!



TRAIN IN THE RED ZONE

Train in the red zone and join me for LES MILLS GRIT at <TIME + DATE> at <CLUB>. LES MILLS GRIT takes athletic performance to a whole new level.

[READ RESEARCH](#)

[DOWNLOAD COLLECTION](#)

TEACHING CUES



- This type of training will take your athleticism to a whole new level.
- You guys are training like athletes right now.
- It's this type of training that is going to drive your fitness through the roof.
- You're in the red zone right now, where you're going to dramatically increase your fitness.
- This type of training is going to improve your performance in all your other workouts.
- We are building lean athletic muscle that will burn the calories faster.
- Your body's capacity to stay in the game is increasing with every single rep.
- When your lungs are on fire, that's the feel of your fitness going to the next level.
- This is next level training, taking your athleticism into a whole new dimension.