

Les Mills Lab: Get fit with the LES MILLS GRIT Active Adults study

LES MILLS

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SCIENCE



Introduction

In the U.S. alone, 93% of adults do not meet current exercise guidelines, 60% are not regularly active, and 25% are not active at all.

The American College of Sports Medicine (ACSM) recommends:

- moderate intensity exercise for 30-60 minutes five days per week
- vigorous intensity for 20-60 minutes at least three days per week, or a combination of both

Unfortunately the guidelines are not clear and there is an obvious gap in the current literature with respect to how time spent in high-intensity training may reduce disease.

The Question

Can the high-intensity interval training of LES MILLS GRIT™ cause a change in fit adults?

Method

Group FIT: continued with five hours of exercise including: 3 X 60-minute cardio workouts and 2 x 60-minute BODYPUMP™ classes.

Group HIIT: continued with five hours of exercise substituting one hour of cardio with two HIIT sessions (LES MILLS GRIT) Their program included 2 x 30-minute LES MILLS GRIT workouts, 2 x 60-minute cardio workouts and 2 x 60-minute BODYPUMP classes.

Results

The group that performed the two HIIT classes had significantly better results than the FIT group in many of the variables that were tested.

- Triglycerides decreased by 14.5%
- VO2 increased by 6.4%
- Body fat decreased by 2.1%
- Leg strength increased by 15.7%

Conclusion

As the results indicate above, adding two LES MILLS GRIT classes significantly helps boost a person's fitness and reduces cardiovascular risk.

A link to the published abstract in the Open Journal of Preventative Medicine is available [here](#).