

Les Mills Lab: LES MILLS GRIT and abdominal adiposity study



Aim

The aim of this study was to examine the effect of a combination of group-based HIIT training (LES MILLS GRIT™ Cardio workouts) and conventional gym training on physical fitness and body composition parameters in healthy adults.

Method

Twenty three participants performed regular gym training combining cardio and weight training four days per week. Another group of 16 participants engaged in the same program – substituting one hour of cardio for two LES MILLS GRIT Cardio sessions. Total body fat and visceral adiposity levels were calculated before and after the protocol.

Physical fitness parameters such as cardiorespiratory fitness, speed, lower limb explosiveness, flexibility, and isometric arm strength were also assessed.

Results

Both the LES MILLS GRIT group and conventional training regimes were effective in reducing total body and visceral fat levels however only the LES MILLS GRIT group significantly reduced abdominal girth.

Further analysis revealed that LES MILLS GRIT Cardio resulted in significantly greater reduction of both abdominal girth and visceral adiposity compared with conventional training. Isometric arm strength, cardiorespiratory fitness and sprint speed also saw greater improvements in the LES MILLS GRIT group.

Conclusion

Eight weeks of a combination of LES MILLS GRIT Cardio and conventional training is effective in improving physical fitness and body composition in healthy adults.

It was also found that this type of exercise training appears to be superior to the conventional gym-based exercise in reducing visceral adiposity levels.

A link to the published abstract in the Journal of Sports Medicine and Physical Fitness is available [here](#).