

LES MILLS SMART START

SMART AND SLOW IS THE WAY TO GO

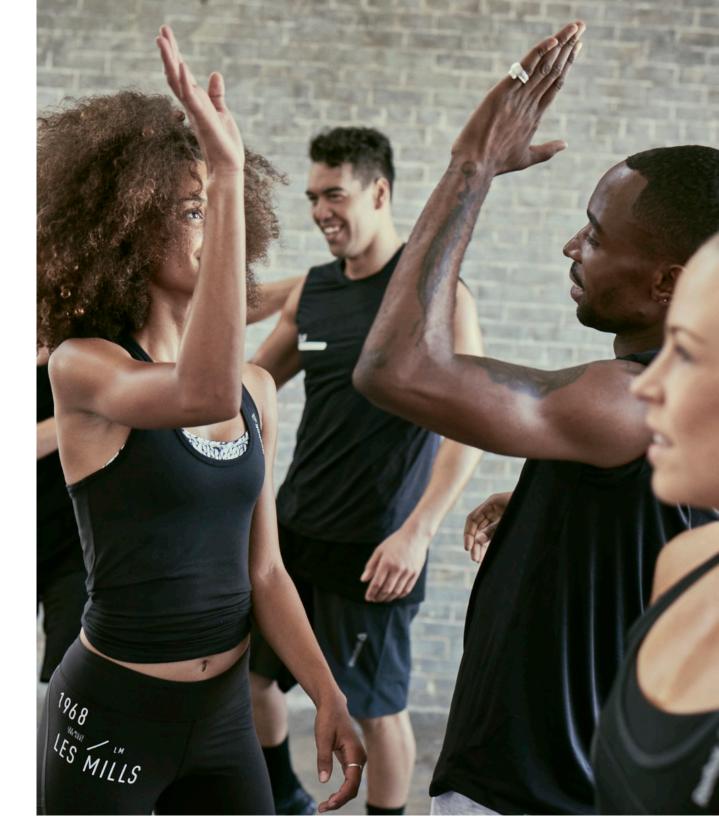
Les Mills' SMART START program is designed to get your members off to a great start by gradually introducing people with little to no previous experience to the ACSM-recommended level of exercise*.

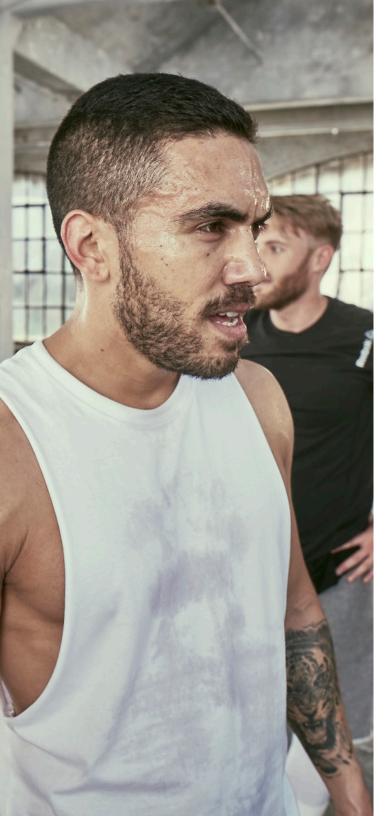
It enables you to provide new members with a clear template for achieving a healthy lifestyle in just six weeks, while optimizing adherence and boosting the chances those first few weeks will turn into a lifelong love of fitness.

* The ACSM guidelines for health and fitness recommend a minimum of 150 minutes of moderate to high intensity exercise a week, ideally achieved through three to five 30 to 45-minute workouts and a mix of cardiorespiratory exercise, resistance exercise, flexibility exercise and neuromotor exercise.

GET YOUR FREE WORKOUT PLANNER

See the last page of this guide to access your free, printable 6-week workout planner, so you can get new members off to a SMART START today.





PROVEN DESIGN

The SMART START program is based on the Get Fit Together research conducted in 2011 by Dr Jinger Gottschall from Penn State University.

THE RESEARCH:

- Followed 25 sedentary adults with a BMI over 30 through a 30-week program of LES MILLS™ group fitness classes.
- Started with an initial six-week period encouraging the exercisers to 'dip their toes' into fitness before building up to a six-day-a-week exercise schedule.

THE RESULTS:

- Participants delayed the onset of cardiovascular disease by an average of 3.6 years.
- Over the course of the 30-week study, 20 of the 25 study participants never missed a workout – a compliance rate of 98.8 per cent, which is almost unheard of in exercise studies.

THE KEY TAKE-OUTS:

- It is possible to encourage the most exercise-resistant people into a healthy lifestyle.
- People with little to no exercise experience should start smart and slow – steadily building the frequency, duration and intensity of their workouts, while enjoying themselves.
- For new exercisers, working out in a group is the most effective way to build exercise adherence.



GET THE FULL TOOLKIT

As a Les Mills partner, you'll receive a full marketing toolkit to implement SMART START in your facility, including:

- A printable 6-week workout planner for new members
- SMART START information brochure for your front desk
- "Getting started" and "Learn the moves" videos
- Social media assets
- Research articles for you to share on your own channels.



TO PARTNER WITH LES MILLS AND GET THE FULL TOOLKIT, CONTACT OUR TEAM TODAY.

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GET YOUR FREE SMART START WORKOUT PLANNER NOW

Turn to the next page to get your free, printable 6-week workout planner for new members.

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NAME

START DATE

ACTIVITY PLAN

CARDIO:

Great for burning calories and important for heart health.

STRENGTH:

Build lean muscle. Helps with long-term weight loss.



CORE:

Create the best platform for all other exercise.



FLEXIBILITY:

Reduce chances of injury. Improve posture.

SIX WEEK WORKOUT PLANNER

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

SIX WEEK WORKOUT SCHEDULE

WEEK	CARDIO	STRENGTH	CORE/FLEXIBILITY
1	1 x 20 min	1 x 20 min	1 x 10 min
2	2 x 20 min	1 x 30 min	1 x 20 min
3	2 x 30 min	1 x 30 min 1 x 20 min	1 x 25 min
4	2 x 35 min 1 x 20 min	1 x 60 min	1 x 40 min
5	2 x 50 min 1 x 20 min	1 x 60 min 1 x 20 min	1 x 60 min
6	2 x 60 min 1 x 30 mins	1 x 60 min 1 x 40 min	1 x 60 min

THE NEXT 12 WEEK CHALLENGE

WEEK	CARDIO	STRENGTH	CORE/FLEXIBILITY
7-18	3 x 60 mins	2 x 60 mins	1 x 60 mins

Follow the SMART START Six Week Fitness Schedule as a guide to gradually increasing your workout times - lesmills/smartstart

LesMills