

FIND MY INNER ATHLETE

Kick-start your training and build a lean and athletic body with this Les Mills Workout Guide. It features a combination of cardio, strength and flexibility training, with plenty of rest and recovery days. It's completely customizable, so you can switch out any of the recommended workouts for any similar activities you like.

Listen to your body, do what feels good and have fun! If you are feeling fatigued and need an extra recovery day – take it!



WEEK 1

MON	CARDIO – 30 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM
TUES	REST DAY Go for an after dinner walk (20 min)
WED	REST DAY Drink 8 x 8oz of water
THURS	CARDIO – 30 MIN BODYATTACK, RPM, BODYCOMBAT
FRI	REST DAY Aim for 6 different vegetables
SAT	REST DAY Aim for an extra hour of sleep
SUN	REST DAY Visit friends and family

WEEK 2

MON	CARDIO – 30 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM
TUES	REST DAY Go for an after dinner walk (20min)
WED	REST DAY Make a home cooked meal tonight
THURS	STRENGTH – 30 MIN BODYPUMP, BARRE
FRI	REST DAY Go for an after dinner walk (25min)
SAT	REST DAY Do some stretches (30 min) BODYBALANCE/ BODYFLOW Flexibility
SUN	REST DAY Indulge in a good book or movie

WEEK 3

MON	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM
TUES	REST DAY Go for an after dinner walk (25 min)
WED	REST DAY Sugar-free day
THURS	CARDIO – 30 MIN BODYATTACK, RPM, BODYCOMBAT
FRI	REST DAY Meditate (15 min)
SAT	CARDIO – 30 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM
SUN	REST DAY Park far from the shop entrance

WEEK 4

MON	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM
TUES	REST DAY Go for an after dinner walk (30 min)
WED	STRENGTH – 30 MIN BODYPUMP, BARRE
THURS	REST DAY BODYBALANCE/BODYFLOW Flexibility (30 min)
FRI	REST DAY Socialise with friends and family
SAT	CARDIO – 30 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM
SUN	REST DAY Ask a friend to workout

WEEK 5

MON	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM
TUES	REST DAY Go for an after dinner walk (30 min)
WED	REST DAY Aim for an extra hour of sleep
THURS	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT
FRI	REST DAY Drink 8 x 8oz of water
SAT	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM
SUN	REST DAY Visit friends and family

WEEK 6

MON	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM
TUES	REST DAY Go for an after dinner walk (30 min)
WED	STRENGTH – 55 MIN BODYPUMP
THURS	REST DAY Aim for 6 different vegetables
FRI	REST DAY Meditate (15 min)
SAT	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM
SUN	REST DAY Low impact exercise