

FIND MY INNER ATHLETE

Advance your training and drop a few pounds with this Les Mills Workout Guide. It features a combination of cardio and strength workouts, 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 (30 min)
WED	CARDIO – 30 MIN BODYATTACK, RPM, BODYCOMBAT
THURS	REST DAY Aim for 6 different vegetables
FRI	STRENGTH – 30 MIN BODYPUMP
SAT	REST DAY Aim for an extra hour of sleep
SUN	REST DAY Visit friends and family

WEEK 2

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
THURS	REST DAY Do some stretches (30 min) BODYBALANCE/ BODYFLOW Flexibility
FRI	REST DAY Make a home cooked meal tonight
SAT	CARDIO – 30 MIN BODYATTACK, RPM, BODYCOMBAT
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 (30 min)
WED	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM
THURS	REST DAY Sugar-free day
FRI	CARDIO – 30 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM
SAT	REST DAY Meditate (15 min)
SUN	STRENGTH – 30-45 MIN BODYPUMP

WEEK 4

MON	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM
TUES	STRENGTH – 55 MIN BODYPUMP
WED	REST DAY BODYBALANCE/BODYFLOW Flexibility (30 min)
THURS	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM
FRI	REST DAY Aim for 6 different vegetables
SAT	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM, BODYSTEP
SUN	REST DAY Low impact exercise

WEEK 5

MON	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM
TUES	REST DAY Go for an after dinner walk (30 min)
WED	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM, BODYSTEP
THURS	REST DAY Meditate (15 min)
FRI	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM, BODYSTEP
SAT	REST DAY Socialise with friends and family
SUN	STRENGTH – 55 MIN BODYPUMP

WEEK 6

MON	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM
TUES	STRENGTH – 55 MIN BODYPUMP
WED	REST DAY BODYBALANCE/BODYFLOW Flexibility (30 min)
THURS	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM, BODYSTEP
FRI	REST DAY Drink 8 x 8oz of water
SAT	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM, BODYSTEP
SUN	REST DAY Ask a friend to workout