

# FIND MY POWER

Intensify your training and build serious strength this Les Mills Workout Guide. It features a combination of different strength and cardio workouts. 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   | <b>CARDIO – 45-55 MIN</b><br>BODYATTACK, RPM, BODYCOMBAT, BODYSTEP |
| TUES  | <b>STRENGTH – 30 MIN</b><br>CXWORX, BODYPUMP                       |
| WED   | <b>CARDIO – 30 MIN</b><br>BODYATTACK, RPM, BODYCOMBAT, BODYSTEP    |
| THURS | <b>STRENGTH – 55 MIN</b><br>BODYPUMP                               |
| FRI   | <b>REST DAY</b><br>Aim for 6 different vegetables                  |
| SAT   | <b>STRENGTH – 55 MIN</b><br>BODYPUMP                               |
| SUN   | <b>REST DAY</b><br>Visit friends and family                        |

## WEEK 2

|       |  |
|-------|--|
| MON   | <b>CARDIO – 45-55 MIN</b><br>BODYATTACK, RPM, BODYCOMBAT, BODYSTEP |
| TUES  | <b>STRENGTH – 55 MIN</b><br>BODYPUMP                               |
| WED   | <b>CARDIO – 30 MIN</b><br>BODYATTACK, RPM, BODYCOMBAT, BODYSTEP    |
| THURS | <b>STRENGTH – 55 MIN</b><br>BODYPUMP                               |
| FRI   | <b>REST DAY</b><br>Drink 8 x 8oz of water                          |
| SAT   | <b>STRENGTH – 55 MIN</b><br>BODYPUMP                               |
| SUN   | <b>REST DAY</b><br>Indulge in a good book or movie                 |

## WEEK 3

|       |  |
|-------|--|
| MON   | <b>CARDIO – 45-55 MIN</b><br>BODYATTACK, RPM, BODYCOMBAT, BODYSTEP |
| TUES  | <b>STRENGTH – 55 MIN</b><br>BODYPUMP                               |
| WED   | <b>CARDIO – 45-55 MIN</b><br>BODYATTACK, RPM, BODYCOMBAT, BODYSTEP |
| THURS | <b>STRENGTH – 55MIN</b><br>BODYPUMP                                |
| FRI   | <b>STRENGTH – 30 MIN</b><br>CXWORX, BODYFLOW Strength              |
| SAT   | <b>REST DAY</b><br>Aim for an extra hour of sleep                  |
| SUN   | <b>HIIT – 30 MIN</b><br>LES MILLS GRIT STRENGTH                    |

## WEEK 4

|       |  |
|-------|--|
| MON   | <b>CARDIO – 45-55 MIN</b><br>BODYATTACK, RPM, BODYCOMBAT, BODYSTEP |
| TUES  | <b>STRENGTH – 55 MIN</b><br>BODYPUMP                               |
| WED   | <b>HIIT – 30 MIN</b><br>LES MILLS GRIT CARDIO, LES MILLS GRIT PLYO |
| THURS | <b>STRENGTH – 55 MIN</b><br>BODYPUMP                               |
| FRI   | <b>STRENGTH – 30 MIN</b><br>CXWORX, BODYFLOW Strength              |
| SAT   | <b>REST DAY</b><br>Make a home cooked meal tonight                 |
| SUN   | <b>STRENGTH – 55 MIN</b><br>BODYPUMP                               |

## WEEK 5

|       |  |
|-------|--|
| MON   | <b>CARDIO – 45-55 MIN</b><br>BODYATTACK, RPM, BODYCOMBAT, BODYSTEP |
| TUES  | <b>STRENGTH – 55 MIN</b><br>BODYPUMP                               |
| WED   | <b>CARDIO – 45-55 MIN</b><br>BODYATTACK, RPM, BODYCOMBAT, BODYSTEP |
| THURS | <b>STRENGTH – 55 MIN</b><br>BODYPUMP                               |
| FRI   | <b>HIIT – 30 MIN</b><br>LES MILLS GRIT CARDIO, LES MILLS GRIT PLYO |
| SAT   | <b>REST DAY</b><br>Sugar-free day                                  |
| SUN   | <b>STRENGTH – 55 MIN</b><br>BODYPUMP                               |

## WEEK 6

|       |  |
|-------|--|
| MON   | <b>CARDIO – 45-55 MIN</b><br>BODYATTACK, RPM, BODYCOMBAT, BODYSTEP |
| TUES  | <b>STRENGTH – 55 MIN</b><br>BODYPUMP                               |
| WED   | <b>HIIT – 30 MIN</b><br>LES MILLS GRIT CARDIO, LES MILLS GRIT PLYO |
| THURS | <b>STRENGTH – 55 MIN</b><br>BODYPUMP                               |
| FRI   | <b>STRENGTH – 30 MIN</b><br>CXWORX, BODYFLOW Strength              |
| SAT   | <b>REST DAY</b><br>Socialise with friends and family               |
| SUN   | <b>HIIT – 30 MIN</b><br>LES MILLS GRIT STRENGTH                    |