

FIND MY POWER

Advance your training and build strength this Les Mills Workout Guide. It features a combination of 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	CARDIO – 30 MIN BODYATTACK, RPM, BODYCOMBAT
TUES	REST DAY Go for an after dinner walk (30 min)
WED	STRENGTH – 30 MIN CXWORX
THURS	REST DAY Do some stretches (30 min) BODYBALANCE/ BODYFLOW Flexibility
FRI	REST DAY Aim for 6 different vegetables
SAT	STRENGTH – 30 MIN CXWORX, BODYPUMP
SUN	REST DAY Visit friends and family

WEEK 2

MON	CARDIO – 30 MIN BODYATTACK, RPM, BODYCOMBAT
TUES	REST DAY Go for an after dinner walk (30 min)
WED	STRENGTH – 30 MIN BODYPUMP
THURS	REST DAY BODYBALANCE/BODYFLOW Flexibility (30 min)
FRI	REST DAY Aim for an extra hour of sleep
SAT	CARDIO – 30 MIN BODYATTACK, BODYSTEP, BODYCOMBAT
SUN	REST DAY Indulge in a good book or movie

WEEK 3

MON	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT
TUES	STRENGTH – 55 MIN BODYPUMP
WED	REST DAY BODYBALANCE/BODYFLOW Flexibility (30 min)
THURS	CARDIO – 30 MIN BODYATTACK, BODYSTEP, BODYCOMBAT
FRI	REST DAY Socialise with friends and family
SAT	STRENGTH – 30 MIN BODYPUMP
SUN	REST DAY Sugar-free day

WEEK 4

MON	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT
TUES	REST DAY Go for an after dinner walk (30 min)
WED	STRENGTH – 55 MIN BODYPUMP
THURS	REST DAY BODYBALANCE/BODYFLOW Flexibility (30 min)
FRI	CARDIO – 45-55 MIN BODYATTACK, BODYSTEP, BODYCOMBAT
SAT	REST DAY Meditate (15 min)
SUN	STRENGTH – 55MIN BODYPUMP

WEEK 5

MON	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, BODYSTEP
TUES	HIIT – 30 MIN LES MILLS GRIT STRENGTH
WED	REST DAY Make a home cooked meal tonight
THURS	CARDIO – 30 MIN BODYATTACK, BODYSTEP, BODYCOMBAT
FRI	REST DAY Meditate (15 min)
SAT	REST DAY Drink 8 x 8oz of water
SUN	STRENGTH – 55 MIN BODYPUMP

WEEK 6

MON	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, BODYSTEP
TUES	REST DAY Go for an after dinner walk (30 min)
WED	HIIT – 30 MIN LES MILLS GRIT STRENGTH
THURS	REST DAY Meditate (15 min)
FRI	STRENGTH – 55 MIN BODYPUMP
SAT	REST DAY BODYBALANCE/BODYFLOW Flexibility (30 min)
SUN	CARDIO – 45-55 MIN BODYATTACK, BODYSTEP, BODYCOMBAT