

# FIND MY AGILITY

Intensify your training and build a lean and athletic body with this Les Mills Workout Guide. It features a combination of cardio, strength, flexibility and HIIT 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, SH'BAM, BODYSTEP |
| TUES  | <b>HIIT – 30 MIN</b><br>LES MILLS GRIT CARDIO                             |
| WED   | <b>FLEXIBILITY CORE – 30 MIN</b><br>BODYFLOW Strength                     |
| THURS | <b>CARDIO – 45-55 MIN</b><br>BODYATTACK, RPM BODYCOMBAT                   |
| 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>Visit friends and family                               |

## WEEK 2

|       |   |
|-------|---|
| MON   | <b>CARDIO – 45-55 MIN</b><br>BODYATTACK, RPM BODYCOMBAT, SH'BAM, BODYSTEP |
| TUES  | <b>STRENGTH – 55 MIN</b><br>BODYPUMP                                      |
| WED   | <b>CARDIO – 45-55 MIN</b><br>BODYATTACK, RPM BODYCOMBAT, BODYSTEP         |
| THURS | <b>REST DAY</b><br>Aim for 6 different vegetables                         |
| FRI   | <b>HIIT – 30 MIN</b><br>LES MILLS GRIT CARDIO                             |
| SAT   | <b>REST DAY</b><br>Indulge in a good book or movie                        |
| SUN   | <b>CARDIO – 30 MIN</b><br>BODYATTACK, RPM BODYCOMBAT                      |

## WEEK 3

|       |   |
|-------|---|
| MON   | <b>CARDIO – 45-55 MIN</b><br>BODYATTACK, RPM BODYCOMBAT, SH'BAM, BODYSTEP |
| TUES  | <b>HIIT – 30 MIN</b><br>LES MILLS GRIT CARDIO                             |
| WED   | <b>CARDIO – 45-55 MIN</b><br>BODYATTACK, RPM BODYCOMBAT, BODYSTEP         |
| THURS | <b>STRENGTH – 30 MIN</b><br>CXWORX, BODYFLOW Strength                     |
| FRI   | <b>REST DAY</b><br>Go for an after dinner walk (30 min)                   |
| SAT   | <b>CARDIO – 45-55 MIN</b><br>BODYATTACK, RPM BODYCOMBAT, SH'BAM, BODYSTEP |
| SUN   | <b>STRENGTH – 55 MIN</b><br>BODYPUMP                                      |

## WEEK 4

|       |   |
|-------|---|
| MON   | <b>CARDIO – 45-55 MIN</b><br>BODYATTACK, RPM BODYCOMBAT, SH'BAM, 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>Ask a friend to workout                                |
| SUN   | <b>CARDIO – 45-55 MIN</b><br>BODYATTACK, RPM BODYCOMBAT, SH'BAM, BODYSTEP |

## WEEK 5

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

## WEEK 6

|       |   |
|-------|---|
| MON   | <b>HIIT – 30 MIN</b><br>LES MILLS GRIT CARDIO                             |
| TUES  | <b>REST DAY</b><br>Go for an after dinner walk (30 min)                   |
| WED   | <b>STRENGTH – 55 MIN</b><br>BODYPUMP                                      |
| 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>Aim for an extra hour of sleep                         |
| SUN   | <b>CARDIO – 45-55 MIN</b><br>BODYATTACK, RPM BODYCOMBAT, SH'BAM, BODYSTEP |