

# FIND MY AGILITY

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

## WEEK 2

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

## WEEK 3

MON	<b>CARDIO – 45-55 MIN</b> BODYATTACK, RPM, BODYCOMBAT, SH'BAM
TUES	<b>REST DAY</b> Go for an after dinner walk (25 min)
WED	<b>REST DAY</b> Sugar-free day
THURS	<b>STRENGTH – 30 MIN</b> BODYPUMP, BARRE
FRI	<b>REST DAY</b> BODYBALANCE/BODYFLOW Flexibility (30 min)
SAT	<b>CARDIO – 30 MIN</b> BODYATTACK, RPM, BODYCOMBAT, BODYSTEP
SUN	<b>REST DAY</b> Park far from the shop entrance

## WEEK 4

MON	<b>CARDIO – 45-55 MIN</b> BODYATTACK, RPM, BODYCOMBAT, SH'BAM
TUES	<b>REST DAY</b> Go for an after dinner walk (25 min)
WED	<b>FLEXIBILITY CORE – 30 MIN</b> BODYBALANCE/BODYFLOW Strength
THURS	<b>REST DAY</b> Ask a friend to workout
FRI	<b>REST DAY</b> Meditate (15 min)
SAT	<b>CARDIO – 30 MIN</b> BODYATTACK, RPM, BODYCOMBAT, BODYSTEP
SUN	<b>REST DAY</b> Ask a friend to workout

## WEEK 5

MON	<b>CARDIO – 45-55 MIN</b> BODYATTACK, RPM, BODYCOMBAT, SH'BAM
TUES	<b>REST DAY</b> Go for an after dinner walk (30 min)
WED	<b>REST DAY</b> BODYBALANCE/BODYFLOW Flexibility (30 MIN)
THURS	<b>STRENGTH – 55 MIN</b> BODYPUMP
FRI	<b>REST DAY</b> Drink 8 x 8oz of water
SAT	<b>CARDIO – 45-55 MIN</b> BODYATTACK, RPM, BODYCOMBAT, BODYSTEP
SUN	<b>REST DAY</b> Visit friends and family

## WEEK 6

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