

FIND MY AGILITY

Advance your training and build a lean and athletic body with this Les Mills Workout Guide. It features a combination of cardio, strength, flexibility, rest and recovery. 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	FLEXIBILITY CORE – 30 MIN BODYFLOW – STRENGTH
THURS	REST DAY Aim for 6 different vegetables
FRI	REST DAY Aim for an extra hour of sleep
SAT	STRENGTH – 30 MIN CXWORX, BODYPUMP
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 CXWORX, BODYPUMP
THURS	REST DAY Do some stretches (30 min) BODYBALANCE/ BODYFLOW Flexibility
FRI	REST DAY Drink 8 x 8oz of water
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	STRENGTH – 30 MIN CXWORX, BODYPUMP
THURS	REST DAY BODYBALANCE/BODYFLOW Flexibility (30 min)
FRI	CARDIO – 30 MIN BODYATTACK, RPM, BODYCOMBAT, BODYSTEP
SAT	REST DAY Make a home cooked meal tonight
SUN	STRENGTH – 45-55 MIN BODYPUMP

WEEK 4

MON	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM
TUES	FLEXIBILITY CORE – 55 MIN BODYFLOW – STRENGTH
WED	REST DAY Make a home cooked meal tonight
THURS	CARDIO – 30 MIN BODYATTACK, RPM, BODYCOMBAT, BODYSTEP
FRI	REST DAY Socialise with friends and family
SAT	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, BODYSTEP, SH'BAM
SUN	REST DAY Ask a friend to workout

WEEK 5

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

WEEK 6

MON	HIIT – 30 MIN LES MILLS GRIT CARDIO
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, RPM, BODYCOMBAT, BODYSTEP
SAT	REST DAY Meditate (15 min)
SUN	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, BODYSTEP, SH'BAM