

# FIND MY INNER ATHLETE

Intensify your training and drop a few pounds with this Les Mills Workout Guide. It features a combination of cardio, strength, flexibility and HIIT workouts. It is 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> BODYATTACK, RPM, BODYCOMBAT, SH'BAM
TUES	<b>CARDIO – 30 MIN</b> BODYATTACK, RPM, BODYCOMBAT
WED	<b>FLEXIBILITY CORE – 30 MIN</b> BODYFLOW – STRENGTH
THURS	<b>CARDIO – 45-55 MIN</b> BODYATTACK, RPM, BODYCOMBAT, SH'BAM
FRI	<b>REST DAY</b> Drink 8 x 8oz of water
SAT	<b>STRENGTH – 30 MIN</b> CXWORX, BODYPUMP
SUN	<b>REST DAY</b> Visit friends and family

## WEEK 2

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

## WEEK 3

MON	<b>CARDIO – 45-55 MIN</b> BODYATTACK, BODYCOMBAT, SH'BAM, BODYSTEP, RPM
TUES	<b>HIIT – 30 MIN</b> LES MILLS GRIT CARDIO
WED	<b>CARDIO – 45-55 MIN</b> BODYATTACK, RPM, BODYCOMBAT, SH'BAM, BODYSTEP
THURS	<b>FLEXIBILITY CORE – 55 MIN</b> BODYFLOW – STRENGTH
FRI	<b>CARDIO – 45-55 MIN</b> BODYATTACK, RPM, BODYCOMBAT, SH'BAM, BODYSTEP
SAT	<b>REST DAY</b> Aim for an extra hour of sleep
SUN	<b>CARDIO – 30 MIN</b> BODYATTACK, RPM, BODYCOMBAT

## WEEK 4

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

## WEEK 5

MON	<b>CARDIO – 45-55 MIN</b> BODYATTACK, BODYCOMBAT, SH'BAM, BODYSTEP, RPM
TUES	<b>HIIT – 30 MIN</b> LES MILLS GRIT CARDIO
WED	<b>CARDIO – 45-55MIN</b> BODYATTACK, RPM, BODYCOMBAT, SH'BAM, BODYSTEP
THURS	<b>FLEXIBILITY CORE – 55 MIN</b> BODYFLOW – STRENGTH
FRI	<b>CARDIO – 45-55 MIN</b> BODYATTACK, RPM, BODYCOMBAT, SH'BAM, BODYSTEP
SAT	<b>REST DAY</b> Sugar-free day
SUN	<b>CARDIO – 45-55 MIN</b> BODYATTACK, RPM, BODYCOMBAT, SH'BAM, BODYSTEP

## WEEK 6

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