

FIND MY AGILITY

LES MILLS

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!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	CARDIO – 45-55 MIN BODYATTACK, RPM BODYCOMBAT, SH'BAM, BODYSTEP	HIIT – 30 MIN LES MILLS GRIT CARDIO	FLEXIBILITY CORE – 30 MIN BODYFLOW Strength	CARDIO – 45-55MIN BODYATTACK, RPM BODYCOMBAT	REST DAY Drink 8 x 8oz of water	STRENGTH – 55 MIN BODYPUMP	REST DAY Visit friends and family
2	CARDIO – 45-55 MIN BODYATTACK, RPM BODYCOMBAT, SH'BAM, BODYSTEP	STRENGTH – 55 MIN BODYPUMP	CARDIO – 45-55 MIN BODYATTACK, RPM BODYCOMBAT, BODYSTEP	REST DAY Aim for 6 different vegetables	HIIT – 30 MIN LES MILLS GRIT CARDIO	REST DAY Indulge in a good book or movie	CARDIO – 30 MIN BODYATTACK, RPM BODYCOMBAT
3	CARDIO – 45-55 MIN BODYATTACK, RPM BODYCOMBAT, SH'BAM, BODYSTEP	HIIT – 30 MIN LES MILLS GRIT CARDIO	CARDIO – 45-55 MIN BODYATTACK, RPM BODYCOMBAT, BODYSTEP	STRENGTH – 30 MIN CXWORX, BODYFLOW Strength	REST DAY Go for an after dinner walk (30min)	CARDIO – 45-55 MIN BODYATTACK, RPM BODYCOMBAT, SH'BAM, BODYSTEP	STRENGTH – 55 MIN BODYPUMP
4	CARDIO – 45-55 MIN BODYATTACK, RPM BODYCOMBAT, SH'BAM, BODYSTEP	STRENGTH – 55 MIN BODYPUMP	CARDIO – 45-55 MIN BODYATTACK, RPM BODYCOMBAT, BODYSTEP	STRENGTH – 55 MIN BODYPUMP	HIIT – 30 MIN LES MILLS GRIT CARDIO, LES MILLS GRIT PLYO	REST DAY Ask a friend to workout	CARDIO – 45-55 MIN BODYATTACK, RPM BODYCOMBAT, SH'BAM, BODYSTEP
5	CARDIO – 45-55 MIN BODYATTACK, RPM BODYCOMBAT, SH'BAM, BODYSTEP	HIIT – 30 MIN LES MILLS GRIT CARDIO	CARDIO – 45-55 MIN BODYATTACK, RPM BODYCOMBAT, BODYSTEP	FLEXIBILITY CORE – 30 MIN BODYFLOW Strength	REST DAY Socialise with friends and family	CARDIO – 45-55 MIN BODYATTACK, RPM BODYCOMBAT, SH'BAM, BODYSTEP	STRENGTH – 55 MIN BODYPUMP
6	HIIT – 30 MIN LES MILLS GRIT CARDIO	REST DAY Go for an after dinner walk (30 min)	STRENGTH – 55 MIN BODYPUMP	STRENGTH – 55 MIN BODYPUMP	HIIT – 30 MIN LES MILLS GRIT CARDIO, LES MILLS GRIT PLYO	REST DAY Aim for an extra hour of sleep	CARDIO – 45-55 MIN BODYATTACK, RPM BODYCOMBAT, SH'BAM, BODYSTEP