

FIND MY AGILITY

LES MILLS

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!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	CARDIO – 30 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM	REST DAY Go for an after dinner walk (20 min)	REST DAY Drink 8 x 8oz of water	FLEXIBILITY CORE – 30 MIN BODYBALANCE/BODYFLOW Strength	REST DAY Aim for 6 different vegetables	REST DAY Aim for an extra hour of sleep	REST DAY Visit friends and family
2	CARDIO – 30 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM	REST DAY Go for an after dinner walk (20 min)	STRENGTH – 30 MIN BODYPUMP, BARRE	REST DAY Make a home cooked meal tonight	REST DAY Do some stretches (30 min) BODYBALANCE/BODYFLOW Flexibility	REST DAY Go for an after dinner walk (25 min)	REST DAY Indulge in a good book or movie
3	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM	REST DAY Go for an after dinner walk (25 min)	REST DAY Sugar-free day	STRENGTH – 30 MIN BODYPUMP, BARRE	REST DAY BODYBALANCE/BODYFLOW Flexibility (30 min)	CARDIO – 30 MIN BODYATTACK, RPM, BODYCOMBAT, BODYSTEP	REST DAY Park far from the shop entrance
4	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM	REST DAY Go for an after dinner walk (25 min)	FLEXIBILITY CORE – 30 MIN BODYBALANCE/BODYFLOW Strength	REST DAY Ask a friend to workout	REST DAY Meditate (15 min)	CARDIO – 30 MIN BODYATTACK, RPM, BODYCOMBAT, BODYSTEP	REST DAY Ask a friend to workout
5	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM	REST DAY Go for an after dinner walk (30 min)	REST DAY BODYBALANCE/BODYFLOW Flexibility (30 min)	STRENGTH – 55 MIN BODYPUMP	REST DAY Drink 8 x 8oz of water	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, BODYSTEP	REST DAY Visit friends and family
6	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM	REST DAY Go for an after dinner walk (30 min)	STRENGTH – 55 MIN BODYPUMP	REST DAY Meditate (15 min)	REST DAY BODYBALANCE/BODYFLOW Flexibility (30 min)	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, BODYSTEP	REST DAY Low impact exercise