

# FIND MY AGILITY

**LES MILLS**

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!

|   | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY  | SUNDAY   |
|---|--|---|---|--|---|---|--|
| 1 | <b>CARDIO – 30MIN</b><br>BODYATTACK, RPM,<br>BODYCOMBAT, SH'BAM    | <b>REST DAY</b><br>Go for an after dinner walk<br>(30 min)  | <b>FLEXIBILITY CORE –<br/>30 MIN</b><br>BODYFLOW – STRENGTH | <b>REST DAY</b><br>Aim for 6 different<br>vegetables                                 | <b>REST DAY</b><br>Aim for an extra hour of<br>sleep                  | <b>STRENGTH – 30MIN</b><br>CXWORX, BODYPUMP                                     | <b>REST DAY</b><br>Visit friends and family                                      |
| 2 | <b>CARDIO – 45-55MIN</b><br>BODYATTACK, RPM,<br>BODYCOMBAT, SH'BAM | <b>REST DAY</b><br>Go for an after dinner walk<br>(30 min)  | <b>STRENGTH – 30 MIN</b><br>CXWORX, BODYPUMP                | <b>REST DAY</b><br>Do some stretches (30 min)<br>BODYBALANCE/BODYFLOW<br>Flexibility | <b>REST DAY</b><br>Drink 8 x 8oz of water                             | <b>CARDIO – 30MIN</b><br>BODYATTACK, RPM,<br>BODYCOMBAT                         | <b>REST DAY</b><br>Indulge in a good book or<br>movie                            |
| 3 | <b>CARDIO – 45-55MIN</b><br>BODYATTACK, RPM,<br>BODYCOMBAT, SH'BAM | <b>REST DAY</b><br>Go for an after dinner walk<br>(30 min)  | <b>STRENGTH – 30 MIN</b><br>CXWORX, BODYPUMP                | <b>REST DAY</b><br>BODYBALANCE/BODYFLOW<br>Flexibility (30 min)                      | <b>CARDIO – 30 MIN</b><br>BODYATTACK, RPM,<br>BODYCOMBAT, BODYSTEP    | <b>REST DAY</b><br>Make a home cooked meal<br>tonight                           | <b>STRENGTH – 45-55 MIN</b><br>BODYPUMP  |
| 4 | <b>CARDIO – 45-55MIN</b><br>BODYATTACK, RPM,<br>BODYCOMBAT, SH'BAM | <b>FLEXIBILITY CORE –<br/>55 MIN</b><br>BODYFLOW – STRENGTH | <b>REST DAY</b><br>Make a home cooked meal<br>tonight       | <b>CARDIO – 30 MIN</b><br>BODYATTACK, RPM,<br>BODYCOMBAT, BODYSTEP                   | <b>REST DAY</b><br>Socialise with friends and<br>family               | <b>CARDIO – 45-55MIN</b><br>BODYATTACK, RPM,<br>BODYCOMBAT, BODYSTEP,<br>SH'BAM | <b>REST DAY</b><br>Ask a friend to workout                                       |
| 5 | <b>HIIT – 30 MIN</b><br>LES MILLS LES MILLS GRIT<br>CARDIO         | <b>REST DAY</b><br>Go for an after dinner walk<br>(30 min)  | <b>STRENGTH – 55 MIN</b><br>BODYPUMP                        | <b>REST DAY</b><br>Meditate (15 min)   | <b>CARDIO – 45-55 MIN</b><br>BODYATTACK, RPM,<br>BODYCOMBAT, BODYSTEP | <b>REST DAY</b><br>BODYBALANCE/BODYFLOW<br>Flexibility (30 min)                 | <b>STRENGTH – 55 MIN</b><br>BODYPUMP   |
| 6 | <b>HIIT – 30 MIN</b><br>LES MILLS GRIT CARDIO                      | <b>REST DAY</b><br>Go for an after dinner walk<br>(30 min)  | <b>STRENGTH – 55 MIN</b><br>BODYPUMP                        | <b>REST DAY</b><br>BODYBALANCE/BODYFLOW<br>Flexibility (30 min)                      | <b>CARDIO – 45-55 MIN</b><br>BODYATTACK, RPM,<br>BODYCOMBAT, BODYSTEP | <b>REST DAY</b><br>Meditate (15 min)  | <b>CARDIO – 45-55 MIN</b><br>BODYATTACK, RPM,<br>BODYCOMBAT, BODYSTEP,<br>SH'BAM |