

FIND MY INNER ATHLETE

LES MILLS

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'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	CARDIO – 30 MIN BODYATTACK, RPM, BODYCOMBAT	FLEXIBILITY CORE – 30 MIN BODYFLOW – STRENGTH	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM	REST DAY Drink 8 x 8oz of water	STRENGTH – 30 MIN CXWORX, BODYPUMP	REST DAY Visit friends and family
2	CARDIO – 45-55MIN BODYATTACK, BODYCOMBAT, SH'BAM, BODYSTEP, RPM	STRENGTH – 55 MIN BODYPUMP	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM	STRENGTH – 30 MIN CXWORX, BODYFLOW, BODYPUMP	REST DAY Aim for 6 different vegetables	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM, BODYSTEP	REST DAY Indulge in a good book or movie
3	CARDIO – 45-55 MIN BODYATTACK, BODYCOMBAT, SH'BAM, BODYSTEP, RPM	HIIT – 30 MIN LES MILLS GRIT CARDIO	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM, BODYSTEP	FLEXIBILITY CORE – 55 MIN BODYFLOW – STRENGTH	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM, BODYSTEP	REST DAY Aim for an extra hour of sleep	CARDIO – 30 MIN BODYATTACK, RPM, BODYCOMBAT
4	CARDIO – 45-55 MIN BODYATTACK, BODYCOMBAT, SH'BAM, BODYSTEP, RPM	STRENGTH – 55 MIN BODYPUMP	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM, BODYSTEP	STRENGTH – 55MIN BODYPUMP	REST DAY Socialise with friends and family	HIIT – 30 MIN LES MILLS GRIT CARDIO	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM, BODYSTEP
5	CARDIO – 45-55 MIN BODYATTACK, BODYCOMBAT, SH'BAM, BODYSTEP, RPM	HIIT – 30 MIN LES MILLS GRIT CARDIO	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM, BODYSTEP	FLEXIBILITY CORE – 55 MIN BODYFLOW – STRENGTH	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM, BODYSTEP	REST DAY Sugar-free day	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM, BODYSTEP
6	CARDIO – 45-55 MIN BODYATTACK, BODYCOMBAT, SH'BAM, BODYSTEP, RPM	STRENGTH – 55 MIN BODYPUMP	CARDIO – 45-55MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM, BODYSTEP	STRENGTH – 55MIN BODYPUMP	REST DAY Make a home cooked meal tonight	HIIT – 30 MIN LES MILLS GRIT CARDIO	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM, BODYSTEP