

FIND MY INNER ATHLETE

Advance your training and drop a few pounds with this Les Mills Workout Guide. It features a combination of cardio and strength workouts, 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!

LesMILLS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	CARDIO – 30 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM	REST DAY Go for an after dinner walk (30 min)	CARDIO – 30 MIN BODYATTACK, RPM, BODYCOMBAT	REST DAY Aim for 6 different vegetables	STRENGTH – 30 MIN BODYPUMP	REST DAY Aim for an extra hour of sleep	REST DAY Visit friends and family
2	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM	REST DAY Go for an after dinner walk (30 min)	STRENGTH – 30 MIN BODYPUMP	REST DAY Do some stretches (30 min) BODYBALANCE/BODYFLOW Flexibility	REST DAY Make a home cooked meal tonight	CARDIO – 30 MIN BODYATTACK, RPM, BODYCOMBAT	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 (30 min)	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM	REST DAY Sugar-free day	CARDIO – 30 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM	REST DAY Meditate (15 min)	STRENGTH – 30-45 MIN BODYPUMP
4	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM	STRENGTH – 55 MIN BODYPUMP	REST DAY BODYBALANCE/BODYFLOW Flexibility (30 min)	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM	REST DAY Aim for 6 different vegetables	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM, BODYSTEP	REST DAY Low impact exercise
5	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM	REST DAY Go for an after dinner walk (30 min)	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM, BODYSTEP	REST DAY Meditate (15 min)	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM, BODYSTEP	REST DAY Socialise with friends and family	STRENGTH – 55 MIN BODYPUMP
6	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM	STRENGTH – 55 MIN BODYPUMP	REST DAY BODYBALANCE/BODYFLOW Flexibility (30 min)	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM, BODYSTEP	REST DAY Drink 8 x 8oz of water	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, SH'BAM, BODYSTEP	REST DAY Ask a friend to workout