

FIND MY POWER

LES MILLS

Intensify your training and build serious strength this Les Mills Workout Guide. It features a combination of different strength and cardio 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, BODYSTEP	STRENGTH – 30 MIN CXWORX, BODYPUMP	CARDIO – 30 MIN BODYATTACK, RPM, BODYCOMBAT, BODYSTEP	STRENGTH – 55 MIN BODYPUMP	REST DAY Aim for 6 different vegetables	STRENGTH – 55 MIN BODYPUMP	REST DAY Visit friends and family
2	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, BODYSTEP	STRENGTH – 55 MIN BODYPUMP	CARDIO – 30 MIN BODYATTACK, RPM, BODYCOMBAT, BODYSTEP	STRENGTH – 55 MIN BODYPUMP	REST DAY Drink 8 x 8oz of water	STRENGTH – 55 MIN BODYPUMP	REST DAY Indulge in a good book or movie
3	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, BODYSTEP	STRENGTH – 55 MIN BODYPUMP	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, BODYSTEP	STRENGTH – 55 MIN BODYPUMP	STRENGTH – 30MIN CXWORX, BODYFLOW Strength	REST DAY Aim for an extra hour of sleep	HIIT – 30 MIN LES MILLS GRIT STRENGTH
4	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, BODYSTEP	STRENGTH – 55 MIN BODYPUMP	HIIT – 30 MIN LES MILLS GRIT CARDIO, LES MILLS GRIT PLYO	STRENGTH – 55 MIN BODYPUMP	STRENGTH – 30MIN CXWORX, BODYFLOW Strength	REST DAY Make a home cooked meal tonight	STRENGTH – 55 MIN BODYPUMP
5	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, 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 Sugar-free day	STRENGTH – 55 MIN BODYPUMP
6	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, BODYSTEP	STRENGTH – 55 MIN BODYPUMP	HIIT – 30 MIN LES MILLS GRIT CARDIO, LES MILLS GRIT PLYO	STRENGTH – 55 MIN BODYPUMP	STRENGTH – 30MIN CXWORX, BODYFLOW Strength	REST DAY Socialise with friends and family	HIIT – 30 MIN LES MILLS GRIT STRENGTH