

FIND MY POWER

LES MILLS

Kick-start your training and build strength this plan will help you on your way. It features a combination of strength and cardio 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	REST DAY Go for an after dinner walk (20 min)	REST DAY Drink 8 x 8oz of water	STRENGTH – 30 MIN CXWORX	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	REST DAY Go for an after dinner walk (20 min)	REST DAY Make a home cooked meal tonight	STRENGTH – 30 MIN BODYPUMP	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	REST DAY Go for an after dinner walk (25 min)	STRENGTH – 30MIN CXWORX	REST DAY Sugar-free day	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	REST DAY Go for an after dinner walk (25 min)	STRENGTH – 55 MIN BODYPUMP	REST DAY Meditate (15min)	REST DAY Socialise with friends and family	STRENGTH – 30 MIN CXWORX, BODYPUMP	REST DAY Ask a friend to workout
5	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, BODYSTEP	REST DAY Go for an after dinner walk (30 min)	REST DAY Aim for an extra hour of sleep	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, BODYSTEP	REST DAY Go for an after dinner walk (30 min)	STRENGTH – 55 MIN BODYPUMP	REST DAY Aim for 6 different vegetables	REST DAY Meditate (15 min)	STRENGTH – 55 MIN BODYPUMP	REST DAY Low impact exercise