

FIND MY POWER

LES MILLS

Advance your training and build strength this Les Mills Workout Guide. It features a combination of 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 – 30 MIN BODYATTACK, RPM, BODYCOMBAT	REST DAY Go for an after dinner walk (30 min)	STRENGTH – 30 MIN CXWORX	REST DAY Do some stretches (30 min) BODYBALANCE/BODYFLOW Flexibility	REST DAY Aim for 6 different vegetables	STRENGTH – 30 MIN CXWORX, BODYPUMP	REST DAY Visit friends and family
2	CARDIO – 30 MIN BODYATTACK, RPM, BODYCOMBAT	REST DAY Go for an after dinner walk (30 min)	STRENGTH – 30 MIN BODYPUMP	REST DAY BODYBALANCE/BODYFLOW Flexibility (30 min)	REST DAY Aim for an extra hour of sleep	CARDIO – 30 MIN BODYATTACK, BODYSTEP, BODYCOMBAT	REST DAY Indulge in a good book or movie
3	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT	STRENGTH – 55 MIN BODYPUMP	REST DAY BODYBALANCE/BODYFLOW Flexibility (30 min)	CARDIO – 30 MIN BODYATTACK, BODYSTEP, BODYCOMBAT	REST DAY Socialise with friends and family	STRENGTH – 30 MIN BODYPUMP	REST DAY Sugar-free day
4	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT	REST DAY Go for an after dinner walk (30 min)	STRENGTH – 55 MIN BODYPUMP	REST DAY BODYBALANCE/BODYFLOW Flexibility (30 min)	CARDIO – 45-55 MIN BODYATTACK, BODYSTEP, BODYCOMBAT	REST DAY Meditate (15 min)	STRENGTH – 55 MIN BODYPUMP
5	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, BODYSTEP	HIIT – 30 MIN LES MILLS GRIT STRENGTH	REST DAY Make a home cooked meal tonight	CARDIO – 30 MIN BODYATTACK, BODYSTEP, BODYCOMBAT	REST DAY Meditate (15 min)	REST DAY Drink 8 x 8oz of water	STRENGTH – 55 MIN BODYPUMP
6	CARDIO – 45-55 MIN BODYATTACK, RPM, BODYCOMBAT, BODYSTEP	REST DAY Go for an after dinner walk (30 min)	HIIT – 30 MIN LES MILLS GRIT STRENGTH	REST DAY Meditate (15 min)	STRENGTH – 55MIN BODYPUMP	REST DAY BODYBALANCE/BODYFLOW Flexibility (30 min)	CARDIO – 45-55 MIN BODYATTACK, BODYSTEP, BODYCOMBAT