

**LES MILLS
BODYATTACK****102**

BODYATTACK 102 is going to take your fitness to the next level as we train speed, power, agility, balance and strength. Stand out features of this release include the Jumping Jacks in the Warmup, the Side Step Combo in Track 2 to train agility, and long blocks of Lunges and Skaters in Track 4 to develop power and endurance. There's a cool new feel to Track 5 with the song, Punjabi, and then we sing along to the iconic Track 6, Never Can Say Goodbye. There's a special focus in Track 5 on building great core strength to help us stay fit for everyday life.

**LES MILLS
BODYBALANCE****82**

BODYBALANCE 82 offers unique movements set to fresh new music to take you out of your day and into a state of calm and relaxation. The release this time is slightly softer, with more of a Yin yoga focus, and the most powerful Standing Strength ever! The highlights of this release include the Warmup song Never Be The Same, where simple Tai Chi movements will connect you to your body and your breathing. Six rounds of Sun Salutations will warm and prepare you for the 7 minutes of Standing Strength poses where we improve our alignment of the poses and take your oga experience to another level, both physically and emotionally. This release includes two hip tracks to free the hips, glutes and lower back, combined with strong core work to create strength and mobility.

**LES MILLS
BODYCOMBAT****77**

BODYCOMBAT 77 is an epic experience of Martial Arts fight combinations and serious conditioning training. Your body and mind will be pushed to the limit by the onslaught of multi-directional attacks, allowing you find out exactly what you are physically capable of! The workout kicks off right from the get-go in the Upper Body Warmup, where you will experience the contrast between the break and flow pattern. You will LOVE the Kick-boxing Combo in Track 2 as it brings back a familiar and popular move from the past. Lower Body Conditioning has a brand new focus in Track 4 as we turn the tables on plyometrics to develop lower body endurance. A new Lower Body strike to BODYCOMBAT is introduced Track 6 and provides a brief respite from the intensity - but don't be fooled into believing it is a break!

**LES MILLS
BODYJAM****86**

BODYJAM 86 is the ultimate cardio dance workout! The title of this release is I Like it Loud, and the entire class is built on this theme. The music is a mashup of insanely cool house vibes mixed with some absolute bangers. You're going to love the slick choreography and fresh new beats. There is a great mix of hip hop, big room dance style, and lots of other variations of dance. Lots of big sounds mixed with musical drops create a journey through the workout, allowing you to master the moves slowly, before you put it all together to dance your heart out!

**LES MILLS
BODYPUMP****107**

BODYPUMP 107 offers lots of contrasting music and some new innovations to challenge your strength. There is a big focus on the posterior chain in this release, and we build greater muscular tension to tone and shape us fast! The highlight of the class is the Back Track, Boom, where we progress from the kneeling single plate work in BODYPUMP 106 to standing single plate work to target the glutes, upper back and core. No Excuses is the perfect song to isolate the Triceps with Pushups, Kickbacks, and Overhead Extensions. We develop strong, lean legs with the ultimate combination of Squats and Lunges - with or without the pulses as an additional option. We finish with 3D shoulder training where we incorporate the barbell, plates and bodyweight training to maximise the workout. In the 45-minute format there is an option to try the new training track which has a focus on glute strength and explosive plyometric work to improve our athletic performance.

**LES MILLS
BODYSTEP****113**

BODYSTEP 113 combines heart-rate spiking cardio with plenty of lower body strength. A particular highlight of this release is the new variation of the Burpee, called the Snatch Burpee. It's all about isolated, fast, powerful movements to get us fitter, faster. We also love the new variation of the Needle Point move. Combined with the use of weight plates and plyometric training, you'll shock your body to create positive change. We dial up the flava with some sassy attitude in the Party Step, You Gotta Not, then we we finish with full body conditioning to the gorgeous song Never Be The Same. The Athletic Circuit in the Bodystep Athletic Class is a killer track! The key is to take the lighter options if you need them at the start, and then each time you do this Circuit, aim to do a couple of reps more than you did last time.

**LES MILLS
CXWORX**

32

CXWORX 32 is going to take your core strength to the next level! The intensity kicks in from the get go with the Moving Hover in Track 2. We combine this with a challenge for the lower abdominals with the Double Leg Circle, a move that has the added benefit of developing our hip stability. In Track 3 we use multidirectional angles of resistance to train the core, and then Track 4 is your CXWORX butt lift, absolutely free of charge! A combination of Hip Bridge Pulses and standing Leg Circles provides a wicked burn for the glutes that is going to shape and tone like nothing else. We finish with fantastic work for the back muscles, generated by Rows, Back Extensions and Flutter Kicks.

**LES MILLS
RPM**

80

RPM 80 combines fresh music and choreography to bring an edge to your cardio fitness. The Warmup kicks off with an upbeat, feel-good song to set our mental state for the workout ahead. There are longer, sustained efforts in Tracks 2, 4 and 6 set to beautiful tracks that will leave you feeling energized and wanting more! We love the Pullback Climb which allows us to climb for longer and recruit more work from the glutes. Watch out for the Mixed Terrain training where the rolling waves crash hard and fast to keep your heart rate elevated! Then Track 5 is a wicked rock song where we focus on longer working intervals to build our cardiovascular fitness. Riding RPM 80 will improve your fitness, burn fat and help build a strong, lean body.

**LES MILLS
SH'BAM**

33

Think of this playlist as a soundtrack to an epic dance movie! The Warmups are simple with a club-land feeling to get the heart rate up before we move into gangsta, with great isolation work and a cool little armline. The Latin Track 2 is hyper energetic but mega singalong. Track 3 is delicious jazz... simple and strutting, but with hips and shoulder movements sprinkled in for good measure. Somehow, Fred Astaire and Ginger Rogers make their entrance to the house track and there is a Spanish-style love story in the Latin track to bring out your inner diva!

**LES MILLS
barre**

04

BARRE 04 is choreographed to powerful and modern music, making for a beautifully athletic release - the burn begins in Track 1! This release has been designed with a strong focus on toning and shaping the legs and butt, with a dose of cardio fitness thrown in for good measure. We build strength through small pulsing movements in Track 5, before bringing a focus to the postural muscles with Arabesques in Track 6. Once again you have the choice to include your bonus tracks including a technique track for the 45-minute format of the class.

**LES MILLS
tone**

03

LES MILLS TONE is continuing to evolve and grow, so we hope you are ready for this latest release! The Warmup tracks, Go Bang and Arigato set the scene for the workout ahead by priming the muscles and establishing the correct mindset. There are different training focuses for all the Cardio tracks, including a team training feel in Slide and a whole lot of Burpees in Boom with the option to use plates to increase your cardio gains. You have the choice of using a resistance band or plates to in the Strength tracks, allowing you to tailor the workout to suit you. The Assisted Arabesque and Side Lunges are amongst the highlights of this release, alongside moves that will sculpt and tone the entire body.

**LES MILLS
GRIT**

26

LES MILLS GRIT 26 offers a variety of different training styles to create a fun and challenging class. This release has an amazing upbeat athletic feel, but don't be fooled, behind the super funky structure is a class packed with heart rate pumpers to challenge everyone's fitness! The inspiration for this release was based on concept of being "limitless". This workout is about finding our limits and pushing past them to reach the next level. We hope you love burpees... let's Play!

**LES MILLS
sprint**

13

The intensity in LES MILLS SPRINT™ 13 is a notch up from the last release! It will maximise your HIIT session by using long work sessions interspersed with short rest periods. We love the Power Tabata which engages the anaerobic system to increase our work capacity. The simple 2:1 ratio of 60 seconds work versus 30 seconds rest will push your body to the limit. In Track 3 we focus on short phases of maximal power where we access our Type II muscle fibers for athletic conditioning, before adding load to increase our strength. Track 4 is our sprinting track which is inspired by reactive sports training: we start, we stop, then we quickly go again! The varying lengths of sprints and rest will keep your body guessing to improve your athletic performance, fast.