

# #BURN2

ACHIEVE YOUR GOALS IN  
**61 DAYS**

Information Pack  
+ Workout Guide



Get involved,

**#61DAYS**

to be in to win weekly  
spot prizes

T&Cs apply

## GET SET TO BURN CALORIES

Follow this 61-day workout guide and you'll amplify calorie output as you mix cardiovascular fitness and muscular strength training to improve metabolism.

### YOU HAVE CHOSEN LEVEL 2

If you currently hit the gym a couple of times a week or you enjoy raising your heart rate with a jog, swim or cycle, this training guide is perfect for you. Designed to help you up the intensity and maximize results, this guide involves:

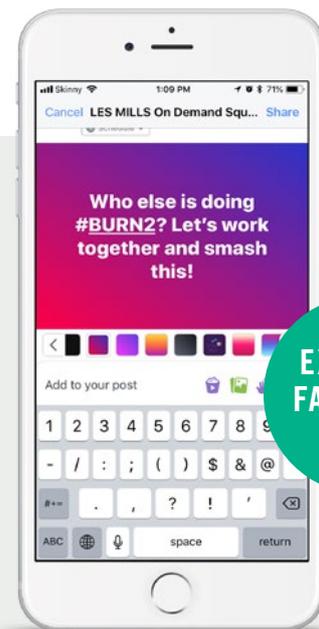
- 3 to 5 workouts a week – you'll end up training for between 2 and 4 hours each week
- 2 to 4 full rest days per week

## FIND YOUR SUPPORT

You're not alone on this fitness journey! There is a whole community of like-minded fitness enthusiasts just like you – and by connecting with each other you can share accountability, motivation and inspiration.

### Here's how:

1. Join the [LES MILLS On Demand Facebook Group](#)
2. Let the community know what guide you're following by posting about your chosen your workout guide with the hashtag #BURN2. Try something like: "Who else is doing #BURN2? Let's work together and smash this!"



EXAMPLE  
FACEBOOK  
POST

## BE IN TO WIN!

Every workout you complete is a great achievement and every week you deserve to celebrate your successes – so cross-off each workout and share your progress. When you post a photo showing a fully crossed-off week of workouts add the hashtag #61DAYS and you'll be in to win mystery spot prizes – there are 3 prizes to win every week!

### Here's how to enter:

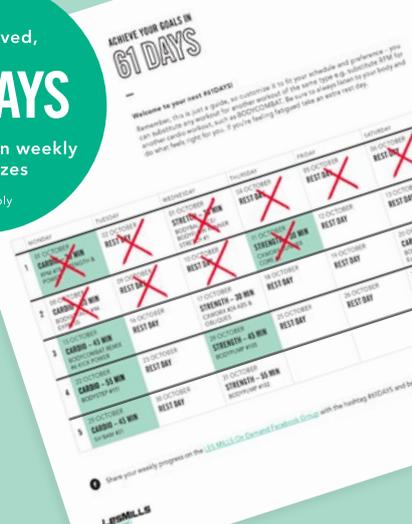
1. Join the [LES MILLS On Demand Facebook Group](#)
2. Cross-off your workout guide as you finish the workouts
3. Share a photo of your workout guide on the Facebook Group every Sunday – make sure you use the hashtag #61DAYS

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# #BURN2 OCTOBER

## ACHIEVE YOUR GOALS IN 61 DAYS

### Welcome to your next #61DAYS!

Remember, this is just a guide, so customize it to fit your schedule and preference - you can substitute any workout for another workout of the same type e.g. substitute RPM for another cardio workout, such as BODYCOMBAT. Be sure to always listen to your body and do what feels right for you. If you're feeling fatigued take an extra rest day.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	01 OCTOBER <b>CARDIO – 20 MIN</b> RPM #78 STRENGTH & POWER	02 OCTOBER <b>REST DAY</b>	03 OCTOBER <b>STRETCH – 30 MIN</b> BODYBALANCE/ BODYFLOW RUNNER STRETCH #1	04 OCTOBER <b>REST DAY</b>	05 OCTOBER <b>REST DAY</b>	06 OCTOBER <b>STRENGTH – 30 MIN</b> CXWORX RUNNER CORE #1	07 OCTOBER <b>REST DAY</b>
2	08 OCTOBER <b>CARDIO – 45 MIN</b> BODYCOMBAT REMIX #6 KICK POWER	09 OCTOBER <b>REST DAY</b>	10 OCTOBER <b>STRENGTH – 30 MIN</b> BODYPUMP #88 EXPRESS	11 OCTOBER <b>REST DAY</b>	12 OCTOBER <b>REST DAY</b>	13 OCTOBER <b>HIIT – 30 MIN</b> LES MILLS SPRINT #5	14 OCTOBER <b>REST DAY</b>
3	15 OCTOBER <b>CARDIO – 55 MIN</b> BODYSTEP #111	16 OCTOBER <b>REST DAY</b>	17 OCTOBER <b>STRENGTH – 30 MIN</b> BODYPUMP #92 EXPRESS	18 OCTOBER <b>REST DAY</b>	19 OCTOBER <b>CARDIO – 30 MIN</b> BODYATTACK 94 EXPRESS	20 OCTOBER <b>REST DAY</b>	21 OCTOBER <b>STRENGTH – 45 MIN</b> BODYPUMP #105
4	22 OCTOBER <b>CARDIO – 45 MIN</b> BODYATTACK #96	23 OCTOBER <b>REST DAY</b>	24 OCTOBER <b>FLEXIBILITY – 30 MIN</b> BODYBALANCE/ BODYFLOW #70 FLEXIBILITY	25 OCTOBER <b>REST DAY</b>	26 OCTOBER <b>HIIT – 30 min</b> LES MILLS SPRINT #4	27 OCTOBER <b>REST DAY</b>	28 OCTOBER <b>CARDIO – 45 MIN</b> SH'BAM #31
5	29 OCTOBER <b>HIIT – 30 MIN</b> LES MILLS GRIT ATHLETIC #21B PLYO FOCUS	30 OCTOBER <b>REST DAY</b>	31 OCTOBER <b>STRENGTH – 30 MIN</b> CXWORX #28				

 Share your weekly progress on the [LES MILLS On Demand Facebook Group](#) with the hashtag #61DAYS and be into win weekly prizes!

 **NEW RELEASE**

### TIP FOR SUCCESS:

Keeping track of how regular exercise affects your emotions and energy levels is a great way to stay motivated. Recording your measurements with a measuring tape is also a good idea – it won't take long for you to start seeing results!

### Your measurements on 1st October:

**Bust:**

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**Waist:**

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**Hips:**

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**Thigh - Left:**

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**Thigh - Right:**

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# #BURN2 NOVEMBER

## ACHIEVE YOUR GOALS IN 61 DAYS

### Great work completing your workouts in October!

Remember, this is just a guide, so customize it to fit your schedule and preference - you can substitute any workout for another workout of the same type e.g. substitute RPM for another cardio workout, such as BODYCOMBAT. Be sure to always listen to your body and do what feels right for you. If you're feeling fatigued take an extra rest day.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5				01 NOVEMBER <b>REST DAY</b>	02 NOVEMBER <b>CARDIO – 55 MIN</b> BODYCOMBAT #68	03 NOVEMBER <b>REST DAY</b>	04 NOVEMBER <b>STRENGTH – 45 min</b> STRENGTH & CORE #3
6	05 NOVEMBER <b>HIIT – 30 MIN</b> LES MILLS GRIT #20 CARDIO	06 NOVEMBER <b>STRENGTH – 35 MIN</b> BODYPUMP #105 METABOLIC BLAST	07 NOVEMBER <b>STRENGTH – 55 MIN</b> BODYPUMP #102	08 NOVEMBER <b>REST DAY</b>	09 NOVEMBER <b>CARDIO – 20 MIN</b> RPM #78 SPEED	10 NOVEMBER <b>REST DAY</b>	11 NOVEMBER <b>COMBO – 60 MIN</b> COMBAT & YOGA #2
7	12 NOVEMBER <b>CARDIO – 55 MIN</b> BODYCOMBAT #75	13 NOVEMBER <b>CARDIO – 30 MIN</b> BODYATTACK #101 EXPRESS	14 NOVEMBER <b>FLEXIBILITY CORE – 55 MIN</b> BODYBALANCE/ BODYFLOW #80	15 NOVEMBER <b>REST DAY</b>	16 NOVEMBER <b>CARDIO – 45 MIN</b> BODYSTEP #105 ATHLETIC	17 NOVEMBER <b>REST DAY</b>	18 NOVEMBER <b>HIIT – 30 MIN</b> LES MILLS SPRINT #2
8	19 NOVEMBER <b>HIIT – 30 MIN</b> LES MILLS GRIT #22 CARDIO	20 NOVEMBER <b>CARDIO – 55 MIN</b> BODYSTEP #104	21 NOVEMBER <b>REST DAY</b>	22 NOVEMBER <b>STRENGTH – 55 MIN</b> BODYPUMP #100	23 NOVEMBER <b>CARDIO – 45 MIN</b> RPM #75	24 NOVEMBER <b>REST DAY</b>	25 NOVEMBER <b>STRENGTH – 55 MIN</b> BODYPUMP #96
9	26 NOVEMBER <b>HIIT – 30 MIN</b> LES MILLS SPRINT #3	27 NOVEMBER <b>CARDIO – 55 MIN</b> LES MILLS TRAINING #1 CARDIO	28 NOVEMBER <b>REST DAY</b>	29 NOVEMBER <b>STRENGTH – 55 MIN</b> BODYPUMP #98	30 NOVEMBER <b>CARDIO – 45 MIN</b> BODYATTACK #98		

### TIP FOR SUCCESS:

Remember to be mindful of how your workouts are affecting your emotions and energy levels. Also, make sure to record your measurements at the END of November to see what physical changes you've achieved in your 61-days!

### Your measurements on 30th November:

**Bust:**

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**Waist:**

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**Hips:**

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**Thigh - Left:**

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**Thigh - Right:**

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 **NEW RELEASE**