

#BURN3

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 3

If working on your fitness is second nature and you love testing what your body is capable of, you'll thrive on the challenge this training guide provides. Developed for those who currently power through 3-4 vigorous workouts a week, this guide involves:

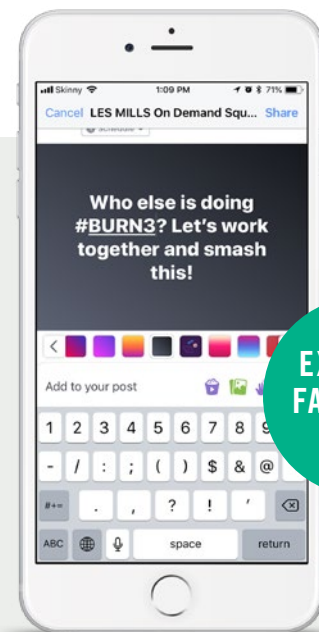
- 3.5 and 6 hours of training a week, spread across 5 to 7 workouts
- 1 full-day of rest per week

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 #BURN3. Try something like: "Who else is doing #BURN3? Let's work together and smash this!"



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



#BURN3 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 CARDIO – 45 MIN BODYCOMBAT REMIX #6 KICK POWER	02 OCTOBER STRETCH – 30 MIN BODYBALANCE/ BODYFLOW RUNNER STRETCH #1	03 OCTOBER REST DAY	04 OCTOBER STRENGTH – 45 MIN BODYPUMP #105	05 OCTOBER HIIT – 30 MIN LES MILLS SPRINT #4	06 OCTOBER CARDIO – 55 MIN BODYSTEP #111	07 OCTOBER FLEXIBILITY – 30 MIN BODYBALANCE/ BODYFLOW #70 FLEXIBILITY
	AM						
2	08 OCTOBER STRENGTH – 55 MIN BODYPUMP #98	09 OCTOBER CARDIO – 20 MIN RPM #78 STRENGTH & POWER	10 OCTOBER REST DAY	11 OCTOBER STRENGTH – 30 MIN CXWORX RUNNER CORE #1	12 OCTOBER HIIT – 30 MIN LES MILLS GRIT #19 CARDIO	13 OCTOBER CARDIO – 30 MIN BODYCOMBAT #62 EXPRESS	14 OCTOBER CARDIO – 55 MIN BODYSTEP #103
	AM						
3	15 OCTOBER REST	16 OCTOBER HIIT – 30 MIN LES MILLS GRIT #18 CARDIO	17 OCTOBER CARDIO – 45 MIN RPM #75	18 OCTOBER STRENGTH – 30 MIN LES MILLS BARRE #2	19 OCTOBER CARDIO – 45 MIN BODYATTACK #98	20 OCTOBER REST DAY	21 OCTOBER STRENGTH – 55 MIN BODYPUMP #101
	AM						
4	22 OCTOBER CARDIO – 45 MIN SH'BAM #29	23 OCTOBER CARDIO – 55 MIN BODYCOMBAT #68	24 OCTOBER REST DAY	25 OCTOBER STRENGTH – 30 MIN BODYPUMP #100 EXPRESS	26 OCTOBER CARDIO – 45 MIN BODYATTACK #96	27 OCTOBER FLEXIBILITY CORE – 30 MIN BODYBALANCE/ BODYFLOW #71 STRENGTH	28 OCTOBER HIIT – 30 MIN LES MILLS GRIT #21 PLYO
	AM						
5	29 OCTOBER REST	30 OCTOBER HIIT – 30 MIN LES MILLS GRIT ATHLETIC #21B PLYO FOCUS	31 OCTOBER CARDIO – 55 MIN BODYSTEP #99				
	AM			PM			

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:

Waist:

Hips:

Thigh - Left:

Thigh - Right:

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

 **NEW RELEASE**

#BURN3 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 FLEXIBILITY CORE – 55 MIN BODYBALANCE/ BODYFLOW #71	02 NOVEMBER CARDIO – 20 MIN RPM #78 SPEED	03 NOVEMBER REST DAY	04 NOVEMBER STRENGTH – 45 MIN STRENGTH & CORE #3
6	05 NOVEMBER CARDIO – 30 MIN BODYATTACK #101 EXPRESS	06 NOVEMBER STRENGTH – 35 MIN BODYPUMP #105 METABOLIC BLAST	07 NOVEMBER CARDIO – 55 MIN LES MILLS TRAINING #1 CARDIO	08 NOVEMBER REST DAY	09 NOVEMBER STRENGTH – 55 MIN BODYPUMP #102	10 NOVEMBER HIIT – 30 MIN LES MILLS GRIT #20 PLYO	11 NOVEMBER COMBO – 60 MIN COMBAT & YOGA #2
	05 NOVEMBER HIIT – 30 MIN LES MILLS GRIT #20 CARDIO						
7	12 NOVEMBER CARDIO – 55 MIN BODYSTEP #104	13 NOVEMBER STRENGTH – 55 MIN BODYPUMP #90	14 NOVEMBER HIIT – 30 MIN LES MILLS SPRINT #2	15 NOVEMBER REST DAY	16 NOVEMBER STRENGTH – 55 MIN BODYPUMP #100	17 NOVEMBER HIIT – 30 MIN LES MILLS GRIT #19 PLYO	18 NOVEMBER CARDIO – 45 MIN RPM #76
	12 NOVEMBER FLEXIBILITY – 30 MIN BODYBALANCE/BODYFLOW #69 FLEXIBILITY						
8	19 NOVEMBER CARDIO – 55 MIN BODYCOMBAT #75	20 NOVEMBER FLEXIBILITY CORE – 55 MIN BODYBALANCE/ BODYFLOW #80	21 NOVEMBER REST DAY	22 NOVEMBER STRENGTH – 55 MIN BODYPUMP #93	23 NOVEMBER HIIT – 30 MIN LES MILLS GRIT #19 STENGTH	24 NOVEMBER CARDIO – 55 MIN BODYSTEP #101	25 NOVEMBER CARDIO – 45 MIN RPM #72
	19 NOVEMBER HIIT – 30 MIN LES MILLS GRIT #22 CARDIO						
9	26 NOVEMBER CARDIO – 45 MIN RPM #74	27 NOVEMBER STRENGTH – 55 MIN BODYPUMP #89	28 NOVEMBER HIIT – 30 MIN LES MILLS GRIT #21 CARDIO	29 NOVEMBER CARDIO – 45 MIN SH'BAM #25	30 NOVEMBER HIIT – 30 MIN LES MILLS SPRINT #3		
	26 NOVEMBER REST						

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:

Waist:

Hips:

Thigh - Left:

Thigh - Right:

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 **NEW RELEASE**