

# #ENDURANCE2

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 IMPROVE ENDURANCE

Follow this workout guide and you'll focus on cardiovascular training to maximize overall heart and lung fitness. In just 61-days you'll feel fitter than ever!

## 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:

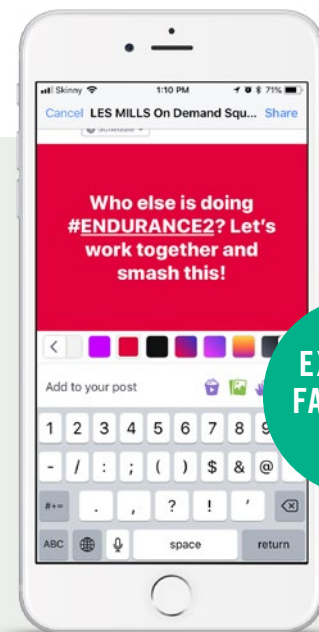
- 3 to 5 workouts a week – you'll end up training for between 2 and 4 hours each week
- 2 to 4 full rest days per week

## 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 #ENDURANCE2. Try something like: "Who else is doing #ENDURANCE2? Let's work together and smash this!"

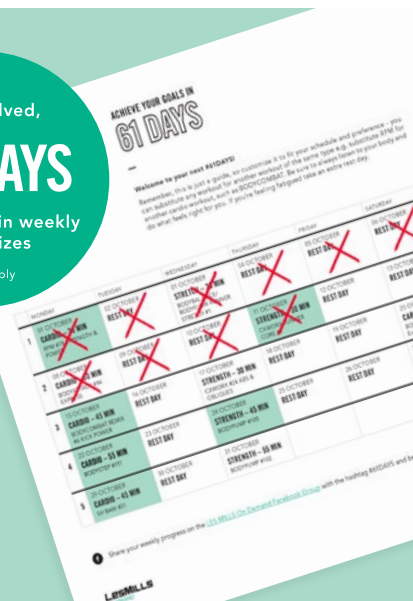


# BE IN TO WIN!

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



# #ENDURANCE2

## 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>CARDIO – 30 MIN</b> BODYSTEP #102	04 OCTOBER <b>REST DAY</b>	05 OCTOBER <b>REST DAY</b>	06 OCTOBER <b>STRETCH – 30 MIN</b> BODYBALANCE/ BODYFLOW RUNNER STRETCH #1	07 OCTOBER <b>REST DAY</b>
2	08 OCTOBER <b>CARDIO – 45 MIN</b> SH'BAM #31	09 OCTOBER <b>REST DAY</b>	10 OCTOBER <b>STRENGTH – 30 MIN</b> CXWORX RUNNER CORE #1	11 OCTOBER <b>REST DAY</b>	12 OCTOBER <b>REST DAY</b>	13 OCTOBER <b>CARDIO – 30 MIN</b> BODYCOMBAT #62	14 OCTOBER <b>REST DAY</b>
3	15 OCTOBER <b>CARDIO – 30 MIN</b> BODYATTACK #94	16 OCTOBER <b>REST DAY</b>	17 OCTOBER <b>HIIT – 30 MIN</b> LES MILLS SPRINT #4	18 OCTOBER <b>CARDIO – 30 MIN</b> BODYATTACK #98 EXPRESS	19 OCTOBER <b>REST DAY</b>	20 OCTOBER <b>STRENGTH – 45 MIN</b> BODYPUMP #105	21 OCTOBER <b>REST DAY</b>
4	22 OCTOBER <b>CARDIO – 45 MIN</b> BODYCOMBAT REMIX #6 KICK POWER	23 OCTOBER <b>REST DAY</b>	24 OCTOBER <b>STRENGTH – 30 MIN</b> BODYPUMP #88	25 OCTOBER <b>REST DAY</b>	26 OCTOBER <b>HIIT – 30 MIN</b> LES MILLS SPRINT #5	27 OCTOBER <b>REST DAY</b>	28 OCTOBER <b>CARDIO – 45 MIN</b> SH'BAM #25
5	29 OCTOBER <b>CARDIO – 55 MIN</b> BODYSTEP #111	30 OCTOBER <b>REST DAY</b>	31 OCTOBER <b>CARDIO – 55 MIN</b> BODYCOMBAT #68				

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

 **NEW RELEASE**

# #ENDURANCE2

## 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>CARDIO – 55 MIN</b> BODYCOMBAT #68	02 NOVEMBER <b>REST DAY</b>	03 NOVEMBER <b>STRENGTH – 45 MIN</b> STRENGTH & CORE #3	04 NOVEMBER <b>REST DAY</b>
6	05 NOVEMBER <b>CARDIO – 30 MIN</b> BODYATTACK #101 EXPRESS	06 NOVEMBER <b>CARDIO – 20 MIN</b> RPM #78 SPEED	07 NOVEMBER <b>REST DAY</b>	08 NOVEMBER <b>STRENGTH – 35 MIN</b> BODYPUMP #105 METABOLIC BLAST	09 NOVEMBER <b>CARDIO – 45 MIN</b> BODYSTEP #105 ATHLETIC	10 NOVEMBER <b>REST DAY</b>	11 NOVEMBER <b>FLEXIBILITY CORE – 55 MIN</b> BODYBALANCE/ BODYFLOW #80
7	12 NOVEMBER <b>STRENGTH – 30 MIN</b> CXWORX #30	13 NOVEMBER <b>CARDIO – 55 MIN</b> LES MILLS TRAINING #01 CARDIO	14 NOVEMBER <b>REST DAY</b>	15 NOVEMBER <b>STRENGTH – 55 MIN</b> BODYPUMP #102	16 NOVEMBER <b>CARDIO – 55 MIN</b> BODYATTACK #88	17 NOVEMBER <b>REST DAY</b>	18 NOVEMBER <b>HIIT – 30 MIN</b> LES MILLS SPRINT #2
8	19 NOVEMBER <b>CARDIO – 55 MIN</b> BODYCOMBAT #75	20 NOVEMBER <b>CARDIO – 55 MIN</b> BODYATTACK #90	21 NOVEMBER <b>CARDIO – 45 MIN</b> RPM #75	22 NOVEMBER <b>REST DAY</b>	23 NOVEMBER <b>CARDIO – 45 MIN</b> BODYATTACK #98	24 NOVEMBER <b>REST DAY</b>	25 NOVEMBER <b>STRENGTH – 55 MIN</b> BODYPUMP #100
9	26 NOVEMBER <b>CARDIO – 55 MIN</b> BODYSTEP #104	27 NOVEMBER <b>HIIT – 30 MIN</b> LES MILLS SPRINT #3	28 NOVEMBER <b>COMBO – 60 MIN</b> COMBAT & YOGA #2	29 NOVEMBER <b>REST DAY</b>	30 NOVEMBER <b>CARDIO – 45 MIN</b> SH'BAM #28		

### 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**