

#ENDURANCE3

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 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 #ENDURANCE3. Try something like: "Who else is doing #ENDURANCE3? Let's work together and smash this!"



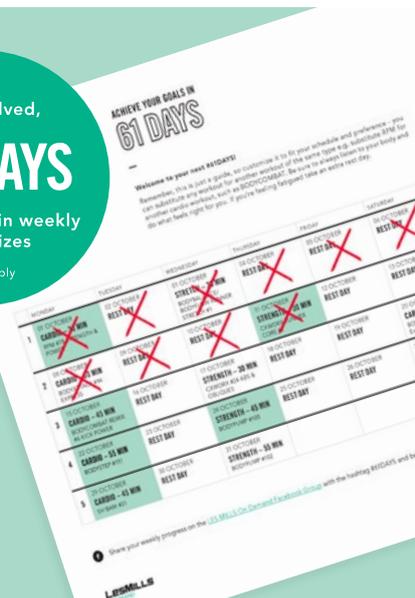
EXAMPLE
FACEBOOK
POST

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



#ENDURANCE3

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 A	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	01 OCTOBER CARDIO – 45 MIN BODYCOMBAT REMIX #6 KICK POWER	02 OCTOBER CARDIO – 20 MIN RPM #78 STRENGTH & POWER	03 OCTOBER STRETCH – 30 MIN BODYBALANCE/ BODYFLOW RUNNER STRETCH #1	04 OCTOBER CARDIO – 45 MIN BODYATTACK #96	05 OCTOBER REST DAY	06 OCTOBER STRENGTH – 30 MIN CXWORX RUNNER CORE #1	07 OCTOBER HIIT – 30 MIN LES MILLS SPRINT #4
	REST						
2	08 OCTOBER CARDIO – 55 MIN BODYSTEP #111	09 OCTOBER STRENGTH – 45 MIN BODYPUMP #105	10 OCTOBER CARDIO – 45 MIN SH'BAM #31	11 OCTOBER REST DAY	12 OCTOBER STRENGTH – 30 MIN LES MILLS BARRE #2	13 OCTOBER CARDIO – 45 MIN RPM #75	14 OCTOBER CARDIO – 30 MIN BODYATTACK #94
	REST						
3	15 OCTOBER REST DAY	16 OCTOBER HIIT – 30 MIN LES MILLS GRIT #18 CARDIO	17 OCTOBER CARDIO – 30 MIN BODYSTEP # 102 EXPRESS	18 OCTOBER FLEXIBILITY CORE – 55 MIN BODYBALANCE/ BODYFLOW #74	19 OCTOBER REST DAY	20 OCTOBER CARDIO – 45 MIN BODYATTACK #98	21 OCTOBER HIIT – 30 MIN LES MILLS SPRINT #5
	STRENGTH – 30 MIN BODYPUMP #88						
4	22 OCTOBER CARDIO – 45 MIN SH'BAM #25	23 OCTOBER STRENGTH – 55 MIN BODYPUMP #104	24 OCTOBER CARDIO – 55 MIN BODYSTEP #99	25 OCTOBER REST DAY	26 OCTOBER STRENGTH – 55 MIN BODYPUMP #102	27 OCTOBER HIIT – 30 MIN LES MILLS GRIT #17 PLYO	28 OCTOBER CARDIO – 45 MIN BODYSTEP #105 ATHLETIC
	FLEXIBILITY – 30 MIN BODYBALANCE/BODYFLOW #70 FLEXIBILITY						
5	29 OCTOBER CARDIO – 55 MIN BODYCOMBAT #68	30 OCTOBER STRENGTH – 55 MIN BODYPUMP #98	31 OCTOBER HIIT – 30 MIN LES MILLS GRIT ATHLETIC #21B PLYO FOCUS				
	REST						

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**

#ENDURANCE3

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 A	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5				01 NOVEMBER CARDIO – 55 MIN LES MILLS TRAINING #1 CARDIO	02 NOVEMBER FLEXIBILITY CORE – 55 MIN BODYBALANCE/ BODYFLOW #71	03 NOVEMBER CARDIO – 20 MIN RPM #78 SPEED	04 NOVEMBER CARDIO – 30 MIN BODYATTACK #101 EXPRESS
6	05 NOVEMBER REST	06 NOVEMBER STRENGTH – 45 MIN STRENGTH & CORE #3	07 NOVEMBER HIIT – 30 MIN LES MILLS SPRINT #2	08 NOVEMBER REST DAY	09 NOVEMBER STRENGTH – 55 MIN BODYPUMP #100	10 NOVEMBER HIIT – 30 MIN LES MILLS GRIT #21 PLYO	11 NOVEMBER COMBO – 60 MIN COMBAT & YOGA #2
	REST						
7	12 NOVEMBER CARDIO – 55 MIN BODYSTEP #104	13 NOVEMBER CARDIO – 45 MIN RPM #68	14 NOVEMBER REST DAY	15 NOVEMBER STRENGTH – 30 MIN CXWORX #30	16 NOVEMBER HIIT – 30 MIN LES MILLS GRIT #24 CARDIO	17 NOVEMBER CARDIO – 55 MIN BODYSTEP #101	18 NOVEMBER CARDIO – 55 MIN BODYCOMBAT #75
	HIIT – 30 MIN						
8	19 NOVEMBER REST	20 NOVEMBER HIIT – 30 MIN LES MILLS GRIT #19 CARDIO	21 NOVEMBER CARDIO – 45-55 MIN RPM #71	22 NOVEMBER FLEXIBILITY CORE – 55 MIN BODYBALANCE/ BODYFLOW #80	23 NOVEMBER STRENGTH – 35 MIN BODYPUMP #105 METABOLIC BLAST	24 NOVEMBER CARDIO – 45 MIN SH'BAM #28	25 NOVEMBER REST DAY
	REST						
9	26 NOVEMBER STRENGTH – 55 MIN BODYPUMP #89	27 NOVEMBER HIIT – 30 MIN LES MILLS SPRINT #3	28 NOVEMBER REST DAY	29 NOVEMBER STRENGTH – 55 MIN BODYPUMP #93	30 NOVEMBER HIIT – 30 MIN LES MILLS GRIT #22 CARDIO		
	CARDIO – 55 MIN					PM	

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**