

#TONE1

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 TONE UP

Follow this workout guide and you'll build lean muscle mass with a focus on high-repetition, low weight strength training. In just 61 days you'll feel leaner, more toned and stronger inside and out!

YOU HAVE CHOSEN LEVEL 1

This workout guide is perfect for you if you're not regularly exercising, but you want to establish a healthier lifestyle and a consistent exercise routine. Developed specifically for people who haven't exercised in the last 6-months, this guide involves:

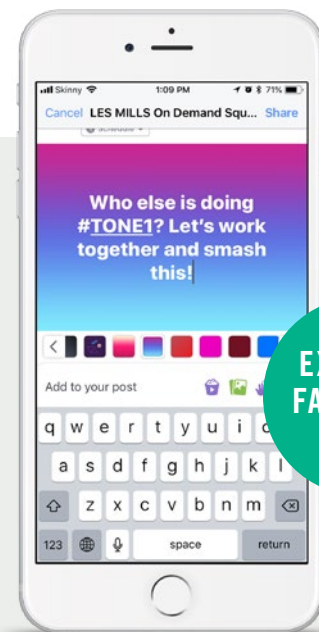
- 2 to 4 workouts a week – you'll end up training for between 1 and 2.5 hours each week.
- 3 to 5 full rest days per week

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 #TONE1. Try something like: "Who else is doing #TONE1? 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:

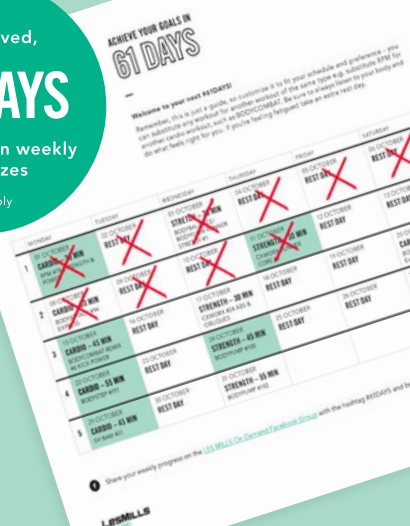
1. Join the [LES MILLS On Demand Facebook Group](#)
2. Cross-off your workout guide as you finish the workouts
3. Share a photo of your workout guide on the Facebook Group every Sunday – make sure you use the hashtag #61DAYS

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#TONE1 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 – 20 MIN RPM #78 STRENGTH & POWER	02 OCTOBER REST DAY	03 OCTOBER STRETCH – 30 MIN BODYBALANCE/ BODYFLOW RUNNER STRETCH #1	04 OCTOBER REST DAY	05 OCTOBER REST DAY	06 OCTOBER REST DAY	07 OCTOBER REST DAY
2	08 OCTOBER CARDIO – 30 MIN BODYATTACK #94 EXPRESS	09 OCTOBER REST DAY	10 OCTOBER REST DAY	11 OCTOBER STRENGTH – 30 MIN CXWORX RUNNER CORE #1	12 OCTOBER REST DAY	13 OCTOBER REST DAY	14 OCTOBER REST DAY
3	15 OCTOBER CARDIO – 45 MIN BODYCOMBAT REMIX #6 KICK POWER	16 OCTOBER REST DAY	17 OCTOBER STRENGTH – 30 MIN CXWORX #24 ABS & OBLIQUES	18 OCTOBER REST DAY	19 OCTOBER REST DAY	20 OCTOBER CARDIO – 30 MIN BODYATTACK #98 EXPRESS	21 OCTOBER REST DAY
4	22 OCTOBER CARDIO – 55 MIN BODYSTEP #111	23 OCTOBER REST DAY	24 OCTOBER STRENGTH – 45 MIN BODYPUMP #105	25 OCTOBER REST DAY	26 OCTOBER REST DAY	27 OCTOBER STRENGTH – 30 MIN BODYPUMP #88 EXPRESS	28 OCTOBER REST DAY
5	29 OCTOBER CARDIO – 45 MIN SH'BAM #31	30 OCTOBER REST DAY	31 OCTOBER STRENGTH – 55 MIN BODYPUMP #102				

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**

#TONE1 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 REST DAY	02 NOVEMBER REST DAY	03 NOVEMBER COMBO – 60 MIN COMBAT & YOGA #2	04 NOVEMBER REST DAY
6	05 NOVEMBER CARDIO – 30 MIN BODYATTACK #101 EXPRESS	06 NOVEMBER REST DAY	07 NOVEMBER STRENGTH – 45 MIN STRENGTH & CORE #3	08 NOVEMBER CARDIO – 20 MIN RPM #78 SPEED	09 NOVEMBER REST DAY	10 NOVEMBER STRENGTH – 35 MIN BODYPUMP #105 METABOLIC BLAST	11 NOVEMBER REST DAY
7	12 NOVEMBER CARDIO – 55 MIN BODYCOMBAT #75	13 NOVEMBER REST DAY	14 NOVEMBER STRENGTH – 30 MIN BODYPUMP #92	15 NOVEMBER REST DAY	16 NOVEMBER STRENGTH – 30 MIN CXWORX #30	17 NOVEMBER REST DAY	18 NOVEMBER STRENGTH – 55 MIN BODYPUMP #96
8	19 NOVEMBER CARDIO – 14 MIN BODYATTACK #96 STRENGTH & STRETCH	20 NOVEMBER REST DAY	21 NOVEMBER STRENGTH – 55 MIN BODYPUMP #100	22 NOVEMBER REST DAY	23 NOVEMBER STRENGTH – 30 MIN BODYPUMP #90	24 NOVEMBER FLEXIBILITY CORE – 55 MIN BODYBALANCE/ BODYFLOW #80	25 NOVEMBER REST DAY
9	26 NOVEMBER CARDIO – 55 MIN BODYSTEP #104	27 NOVEMBER REST DAY	28 NOVEMBER STRENGTH – 55 MIN BODYPUMP #98	29 NOVEMBER REST DAY	30 NOVEMBER CARDIO – 55 MIN BODYCOMBAT #68		

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:

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

 **NEW RELEASE**