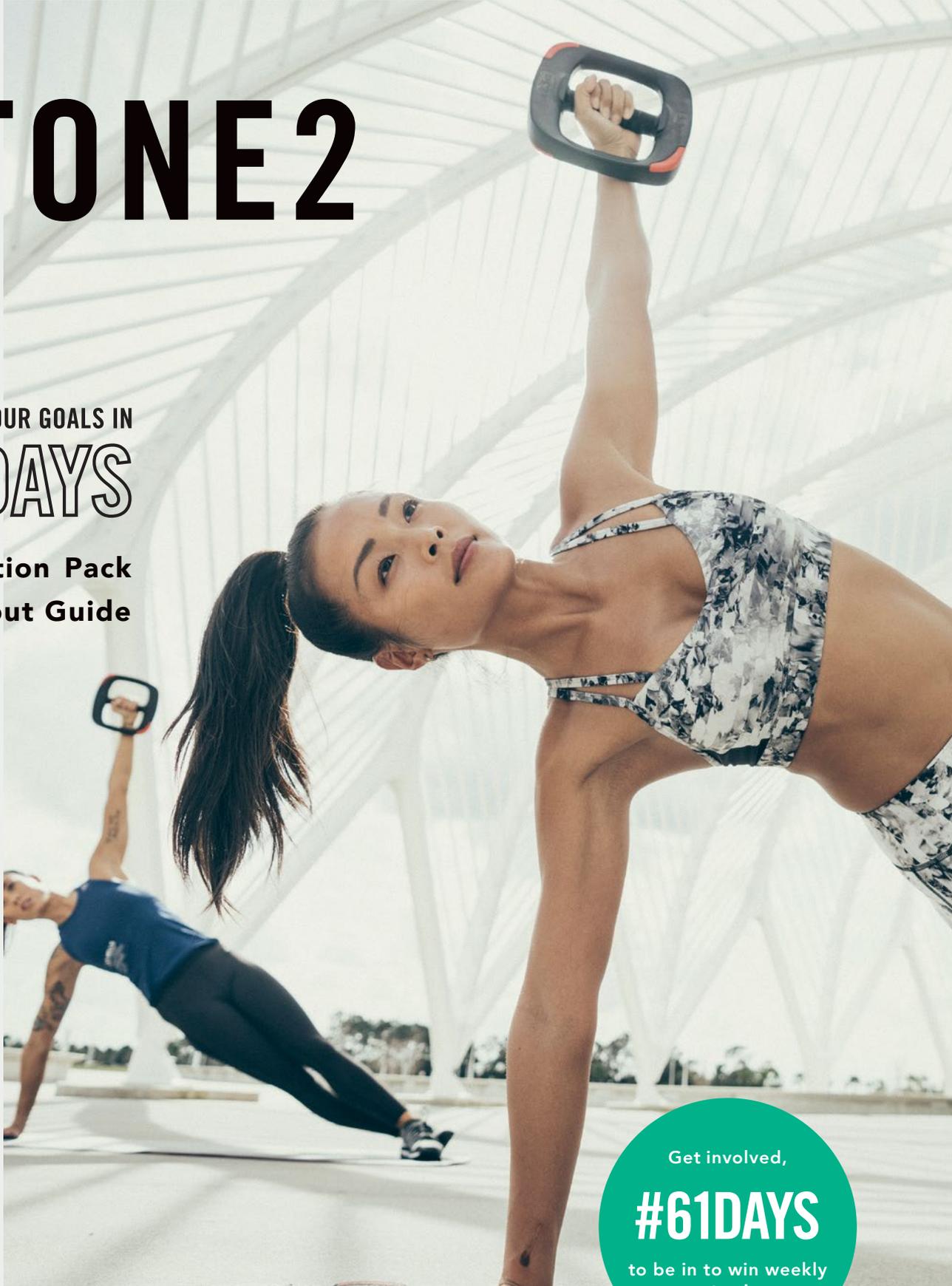


#TONE2

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 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 #TONE2. Try something like: "Who else is doing #TONE2? Let's work together and smash this!"



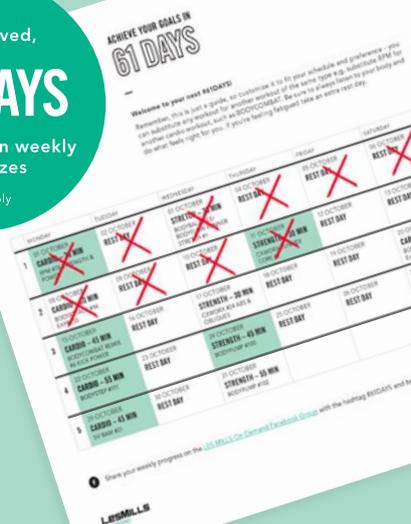
EXAMPLE
FACEBOOK
POST

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



#TONE2 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 STRENGTH – 30 MIN CXWORX RUNNER CORE #1 | 07 OCTOBER REST DAY |
| 2 | 08 OCTOBER CARDIO – 30 MIN BODYATTACK #94 EXPRESS | 09 OCTOBER REST DAY | 10 OCTOBER STRENGTH – 55 MIN BODYPUMP #100 | 11 OCTOBER REST DAY | 12 OCTOBER REST DAY | 13 OCTOBER HIIT – 30 MIN LES MILLS SPRINT #4 | 14 OCTOBER REST DAY |
| 3 | 15 OCTOBER CARDIO – 45 MIN SH'BAM #31 | 16 OCTOBER REST DAY | 17 OCTOBER STRENGTH – 45 MIN BODYPUMP #105 | 18 OCTOBER CARDIO – 30 MIN BODYCOMBAT #62 EXPRESS | 19 OCTOBER REST DAY | 20 OCTOBER STRENGTH – 30 MIN BODYPUMP #88 EXPRESS | 21 OCTOBER REST DAY |
| 4 | 22 OCTOBER CARDIO – 55 MIN BODYSTEP #111 | 23 OCTOBER REST DAY | 24 OCTOBER STRENGTH – 55 MIN BODYPUMP #102 | 25 OCTOBER HIIT – 30 MIN LES MILLS SPRINT #5 | 26 OCTOBER REST DAY | 27 OCTOBER STRENGTH – 55 MIN BODYPUMP #93 | 28 OCTOBER REST DAY |
| 5 | 29 OCTOBER CARDIO – 45 MIN BODYCOMBAT REMIX #6 KICK POWER | 30 OCTOBER REST DAY | 31 OCTOBER HIIT – 30 MIN LES MILLS GRIT ATHLETIC #21B PLYO FOCUS | | | | |

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**

#TONE2 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 CARDIO – 20 MIN RPM #78 SPEED | 02 NOVEMBER REST DAY | 03 NOVEMBER STRENGTH – 45 MIN STRENGTH & CORE #3 | 04 NOVEMBER REST DAY |
| 6 | 05 NOVEMBER HIIT – 30 MIN LES MILLS SPRINT #2 | 06 NOVEMBER REST DAY | 07 NOVEMBER STRENGTH – 35 MIN BODYPUMP #105 METABOLIC BLAST | 08 NOVEMBER REST DAY | 09 NOVEMBER STRENGTH – 55 MIN BODYPUMP #96 | 10 NOVEMBER REST DAY | 11 NOVEMBER COMBO – 60 MIN COMBAT & YOGA #2 |
| 7 | 12 NOVEMBER REST DAY BODYCOMBAT #68 | 13 NOVEMBER CARDIO – 30 MIN BODYATTACK #101 EXPRESS | 14 NOVEMBER REST DAY | 15 NOVEMBER STRENGTH – 55 MIN BODYPUMP 89 | 16 NOVEMBER CARDIO – 55 MIN LES MILLS TRAINING #01 CARDIO | 17 NOVEMBER REST DAY | 18 NOVEMBER STRENGTH – 30 MIN CXWORX #30 |
| 8 | 19 NOVEMBER CARDIO – 45 MIN BODYSTEP #105 ATHLETIC | 20 NOVEMBER CARDIO – 45 MIN RPM #75 | 21 NOVEMBER HIIT – 30 MIN LES MILLS GRIT #22 STRENGTH | 22 NOVEMBER REST DAY | 23 NOVEMBER CARDIO – 45 MIN BODYATTACK #96 | 24 NOVEMBER REST DAY | 25 NOVEMBER STRENGTH – 55 MIN BODYPUMP #90 |
| 9 | 26 NOVEMBER CARDIO – 55 MIN BODYCOMBAT #75 | 27 NOVEMBER REST DAY | 28 NOVEMBER STRENGTH – 55 MIN BODYPUMP #95 | 29 NOVEMBER HIIT – 30 MIN LES MILLS SPRINT #3 | 30 NOVEMBER FLEXIBILITY CORE – 55 MIN BODYBALANCE/ BODYFLOW #80 | | |

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**