

#TONE3

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 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 LMOD 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 – #TONE3. Try something like: "Who else is doing #TONE3? 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:

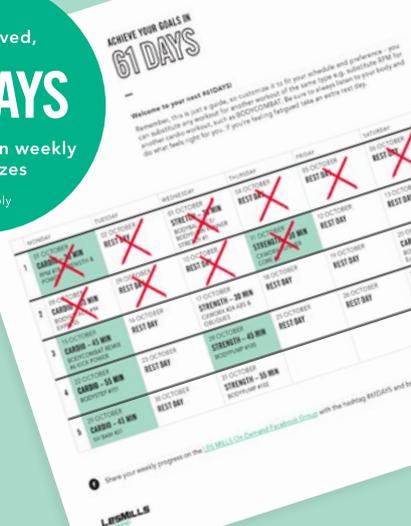
1. Join the [LES MILLS On Demand Facebook Group](#)
2. Cross-off your workout guide as you finish the workouts
3. Share a photo of your workout guide on the Facebook Group every Sunday – make sure you use the hashtag **#61DAYS**

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#TONE3 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 STRENGTH – 45 MIN BODYPUMP #105	03 OCTOBER CARDIO – 20 MIN RPM #78 STRENGTH & POWER	04 OCTOBER STRETCH – 30 MIN BODYBALANCE/ BODYFLOW RUNNER STRETCH #1	05 OCTOBER CARDIO – 30 MIN BODYATTACK #94 EXPRESS	06 OCTOBER REST DAY	07 OCTOBER STRENGTH – 30 MIN CXWORX RUNNER CORE #1
	REST						
2	08 OCTOBER CARDIO – 55 MIN BODYSTEP #111	09 OCTOBER STRENGTH – 55 MIN BODYPUMP #93	10 OCTOBER CARDIO – 30 MIN BODYCOMBAT #62 EXPRESS	11 OCTOBER STRENGTH – 55 MIN BODYPUMP #104	12 OCTOBER HIIT – 30 MIN LES MILLS SPRINT #4	13 OCTOBER REST DAY	14 OCTOBER STRENGTH – 35 MIN BODYPUMP #104 METABOLIC BLAST
	REST						
3	15 OCTOBER CARDIO – 45 MIN SH'BAM #31	16 OCTOBER STRENGTH – 55 MIN BODYPUMP #90	17 OCTOBER HIIT – 30 MIN LES MILLS SPRINT #5	18 OCTOBER STRENGTH – 55 MIN BODYPUMP #102	19 OCTOBER REST DAY	20 OCTOBER STRENGTH – 30 MIN LES MILLS BARRE #2	21 OCTOBER HIIT – 30 MIN LES MILLS GRIT #21 STENGTH
	HIIT – 30 MIN LES MILLS GRIT #23 CARDIO						
4	22 OCTOBER CARDIO – 45 MIN BODYATTACK #96	23 OCTOBER STRENGTH – 55 MIN BODYPUMP #103	24 OCTOBER HIIT – 30 MIN LES MILLS GRIT ATHLETIC #21B PLYO FOCUS	25 OCTOBER REST DAY	26 OCTOBER STRENGTH – 55 MIN BODYPUMP #100	27 OCTOBER FLEXIBILITY CORE – 30 MIN BODYBALANCE/ BODYFLOW #79 STRENGTH	28 OCTOBER STRENGTH – 55 MIN BODYPUMP #101
	STRENGTH – 30 MIN CXWORX #28						
5	29 OCTOBER CARDIO – 45 MIN RPM #75	30 OCTOBER STRENGTH – 55 MIN BODYPUMP #101	31 OCTOBER CARDIO – 45 MIN BODYATTACK #98				
	HIIT – 30 MIN LES MILLS GRIT #20 PLYO			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**

#TONE3 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 STRENGTH – 55 MIN BODYPUMP #96	03 NOVEMBER FLEXIBILITY – 40 MIN BODYBALANCE/ BODYFLOW #78 FLEXIBILITY	04 NOVEMBER STRENGTH – 45 MIN STRENGTH & CORE #3
6	05 NOVEMBER CARDIO – 55 MIN BODYSTEP #104	06 NOVEMBER HIIT – 30 MIN LES MILLS GRIT #19 STENGTH	07 NOVEMBER REST DAY	08 NOVEMBER STRENGTH – 55 MIN BODYPUMP #93	09 NOVEMBER HIIT – 30 MIN LES MILLS GRIT #18 STENGTH	10 NOVEMBER FLEXIBILITY CORE – 55 MIN BODYBALANCE/ BODYFLOW #80	11 NOVEMBER CARDIO – 30 MIN BODYATTACK #101 EXPRESS
	STRENGTH – 35 MIN BODYPUMP #105 METABOLIC BLAST						
7	12 NOVEMBER STRENGTH – 30 MIN CXWORX #30	13 NOVEMBER REST DAY	14 NOVEMBER STRENGTH – 55 MIN BODYPUMP #90	15 NOVEMBER CARDIO – 45 MIN SH'BAM #28	16 NOVEMBER HIIT – 30 MIN LES MILLS GRIT #20 CARDIO	17 NOVEMBER CARDIO – 55 MIN BODYCOMBAT #68	18 NOVEMBER COMBO – 60 MIN COMBAT & YOGA #2
	HIIT – 30 MIN LES MILLS GRIT #17 STRENGTH						
8	19 NOVEMBER REST	20 NOVEMBER STRENGTH – 55 MIN BODYPUMP #97	21 NOVEMBER HIIT – 30 MIN LES MILLS GRIT #19 PLYO	22 NOVEMBER CARDIO – 45 MIN BODYSTEP #105 ATHLETIC	23 NOVEMBER HIIT – 30 MIN LES MILLS SPRINT #3	24 NOVEMBER STRENGTH – 55 MIN BODYPUMP #103	25 NOVEMBER REST DAY
	REST						
9	26 NOVEMBER STRENGTH – 55 MIN BODYPUMP #89	27 NOVEMBER CARDIO – 55 MIN BODYCOMBAT #75	28 NOVEMBER CARDIO – 20 MIN RPM #78 SPEED	29 NOVEMBER STRENGTH – 55 MIN BODYPUMP #101	30 NOVEMBER STRENGTH – 30 MIN CXWORX #26		
	HIIT – 30 MIN LES MILLS SPRINT #2						

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**