

LES MILLS

#BURN2

ACHIEVE YOUR GOALS IN
8 WEEKS

**Information Pack
+ Workout Guide**



GET SET TO BURN CALORIES

Follow this workout guide and you'll amplify calorie output as you mix cardiovascular fitness and muscular strength training to improve metabolism.

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.

THE BENEFITS OF FOLLOWING A PLAN CREATED BY EXPERTS:

- It makes life easy, there's less guesswork about what to do.
- Reduce injury risk with well-planned increases in intensity.
- Stay motivated knowing that you can successfully complete each week.

HOW TO GET THE MOST FROM THE NEXT 8 WEEKS:

- Keep enjoyment front of mind. Do not be too hard on yourself if you feel tired or unmotivated, it happens to everyone!
- Listen to your body. If you are feeling fatigued and need to take an extra rest day – take it! It's essential to listen and learn from your body.
- Try and hold back from doing more than your workout guide states – even if you are feeling energized and unstoppable, quality is better than quantity.
- Stay hydrated before and after training sessions and keep a water bottle with you during your workouts.
- Remember – the workout times are a guide only. We suggest you always start a group workout at the beginning of the class, work out for the duration recommended in the training guide and then leave when you please.

BEFORE YOU BEGIN:

- As with any new exercise routine it's a good idea to get cleared by a medical professional before you start.
- This plan is not recommended for anyone under the age of 18 years.

TIPS FOR SUCCESS

Keeping track of how regular exercise affects your emotions and energy levels is a great way to stay motivated. Consider taking the time after each session to note down how you are feeling.

Recording your measurements with a measuring tape is also a good idea – it won't take long for you to start seeing results.

Remember to celebrate the milestones you are achieving too, this will keep you motivated.

WELCOME TO YOUR NEXT 8 WEEKS

If you want to make the most of your next 8 weeks, planning is key. We suggest you personalize the training plan by recording the specific workouts that you intend to do. Simply write down the workouts you're planning to complete and then tick them off once you've done them.

Rather than scheduling the full eight weeks of exercise at the outset, it's a good idea to sit down at the beginning of each week and simply plan for the week ahead.

You'll find plenty of workout inspiration below. You can also check out your local club timetable or LES MILLS On Demand.

WORKOUT CATEGORIES

Cardio options

- B** • BODYATTACK™ – High-energy functional sports training that boosts fitness and maximizes cardio stamina.
- BODYCOMBAT™ – A martial arts-inspired, non-contact workout that strengthens, tones, and fuels cardio fitness.
- B** • BODYSTEP™ – A full-body cardio workout that builds stamina and tones your butt and thighs.
- RPM™ – Indoor cycling that builds aerobic fitness and burns calories without putting stress on your joints.
- Brisk walking, running or cycling

Strength options

- BODYPUMP™ – A full-body weights workout that builds strength and will get you lean, toned and fit.
- CXWORX™ – Functional strength training that works the muscles around the core to make you stronger, leaner and better at everything you do.

- LES MILLS BARRE™ – Modern balletic training designed to shape and tone muscles and build core strength.

Core strength

- CXWORX™ – Functional strength training that works the muscles around the core to make you stronger, leaner and better at everything you do.

Flexibility options

- BODYBALANCE™/BODYFLOW® – A motivating blend of yoga, tai chi and Pilates that will strengthen your entire body and leave you feeling calm and centered.
- Yoga or Pilates

HIIT options

- B** • LES MILLS GRIT™ – 30-minutes of high-intensity interval training that will send your heart rate sky high and rapidly build fitness.
- B** • LES MILLS SPRINT™ – 30-minutes of high-intensity interval cycling designed to fast-track your fitness.

B This is a particularly good option for maximizing calorie burn.

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|--------------------------------------|--------------------------------------|--|--|--------------------------------------|--|--|
| 1 | DAY 01 CARDIO 30 MIN | DAY 02 REST DAY | DAY 03 FLEXIBILITY 30 MIN | DAY 04 REST DAY | DAY 05 REST DAY | DAY 06 CORE STRENGTH 30 MIN | DAY 07 REST DAY |
| | My workout: | | My workout: | | My workout: | | |
| | Completed <input type="checkbox"/> | | Completed <input type="checkbox"/> | | Completed <input type="checkbox"/> | | |
| 2 | DAY 08 CARDIO 45-55 MIN | DAY 09 REST DAY | DAY 10 STRENGTH 30 MIN | DAY 11 REST DAY | DAY 12 REST DAY | DAY 13 HIIT 30 MIN | DAY 14 REST DAY |
| | My workout: | | My workout: | | My workout: | | |
| | Completed <input type="checkbox"/> | | Completed <input type="checkbox"/> | | Completed <input type="checkbox"/> | | |
| 3 | DAY 15 CARDIO 45-55 MIN | DAY 16 REST DAY | DAY 17 STRENGTH 30 MIN | DAY 18 REST DAY | DAY 19 CARDIO 30 MIN | DAY 20 REST DAY | DAY 21 STRENGTH 45-55 MIN |
| | My workout: | | My workout: | | My workout: | | My workout: |
| | Completed <input type="checkbox"/> | | Completed <input type="checkbox"/> | | Completed <input type="checkbox"/> | | Completed <input type="checkbox"/> |
| 4 | DAY 22 CARDIO 45-55 MIN | DAY 23 REST DAY | DAY 24 FLEXIBILITY 30 MIN | DAY 25 REST DAY | DAY 26 HIIT 30 MIN | DAY 27 REST DAY | DAY 28 CARDIO 45-55 MIN |
| | My workout: | | My workout: | | My workout: | | My workout: |
| | Completed <input type="checkbox"/> | | Completed <input type="checkbox"/> | | Completed <input type="checkbox"/> | | Completed <input type="checkbox"/> |
| 5 | DAY 29 HIIT 30 MIN | DAY 30 REST DAY | DAY 31 CORE STRENGTH 30 MIN | DAY 32 REST DAY | DAY 33 CARDIO 45-55 MIN | DAY 34 REST DAY | DAY 35 STRENGTH 45-55 MIN |
| | My workout: | | My workout: | | My workout: | | My workout: |
| | Completed <input type="checkbox"/> | | Completed <input type="checkbox"/> | | Completed <input type="checkbox"/> | | Completed <input type="checkbox"/> |
| 6 | DAY 36 HIIT 30 MIN | DAY 37 STRENGTH 30 MIN | DAY 38 STRENGTH 45-55 MIN | DAY 39 REST DAY | DAY 40 CARDIO 30 MIN | DAY 41 REST DAY | DAY 42 CARDIO 45-55 MIN |
| | My workout: | | My workout: | | My workout: | | My workout: |
| | Completed <input type="checkbox"/> | | Completed <input type="checkbox"/> | | Completed <input type="checkbox"/> | | Completed <input type="checkbox"/> |
| 7 | DAY 43 CARDIO 45-55 MIN | DAY 44 CARDIO 30 MIN | DAY 45 FLEXIBILITY 55 MIN | DAY 46 REST DAY | DAY 47 CARDIO 45-55 MIN | DAY 48 REST DAY | DAY 49 HIIT 30 MIN |
| | My workout: | | My workout: | | My workout: | | My workout: |
| | Completed <input type="checkbox"/> | | Completed <input type="checkbox"/> | | Completed <input type="checkbox"/> | | Completed <input type="checkbox"/> |
| 8 | DAY 50 HIIT 30 MIN | DAY 51 CARDIO 45-55 MIN | DAY 52 REST DAY | DAY 53 STRENGTH 45-55 MIN | DAY 54 CARDIO 45-55 MIN | DAY 55 REST DAY | DAY 56 STRENGTH 45-55 MIN |
| | My workout: | | My workout: | | My workout: | | My workout: |
| | Completed <input type="checkbox"/> | | Completed <input type="checkbox"/> | | Completed <input type="checkbox"/> | | Completed <input type="checkbox"/> |