

**LES MILLS**

# #TONE3

ACHIEVE YOUR GOALS IN  
**8 WEEKS**

**Information Pack  
+ Workout Guide**



# 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 8 weeks 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 to 6 hours of training a week, spread across 5 to 7 workouts.
- 1 full day of rest 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

- 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.
- 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

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

T This is a particularly good option for toning and shaping.

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