

FIT FOR

YOU

STRENGTHEN & TONE WORKOUT PLAN

4 WEEKS

30 MINUTES OR LESS

CHOOSE YOUR
DAILY WORKOUT

LES MILLS
ONDEMAND



TOP TIP:

Start slow: Try not to do more than the plan specifies – by doing too much too soon you increase the risk of injury, not to mention frustration and the likelihood of giving up.

ABOUT THIS WORKOUT PLAN

If you're short on time and juggling a hectic schedule this 4-week LES MILLS On Demand workout plan makes it easy to get lean, toned and strong without spending hours in your exercise gear.

This plan is all about getting maximum results in minimum time. Each day you'll exercise for 30 minutes or less - so you can easily fit exercise into the busiest of days!

FLEXIBLE OPTIONS: YOU CHOOSE YOUR WORKOUT

Each day you get two workout options so you can choose what works for your schedule - and your state of mind. This approach helps you experience a variety of LES MILLS™ workouts while building a routine that works for you, and that's the secret to falling in love with fitness.

You can learn more about Les Mills workouts on pages 6, 7, 8 of this plan.

EXPERTLY DESIGNED FOR MAXIMUM RESULTS

Developed in conjunction with Dr. Jinger Gottschall, Associate Professor at Penn State University (USA), this plan features:

- An expertly-curated combination of express workouts, each designed to drive maximum results in minimum time.
- A focus on building strength, while including cardio and flexibility training, so you can be sure you're following a well-balanced training regime.

HOW FIT DO I NEED TO BE?

- This workout guide caters for all abilities.
- The workouts are 30 minutes or less but pack some serious punch - so regular exercisers will love the challenge.
- If you want to reduce the intensity there are plenty of modifications available.
- Those just starting out on their fitness journey should tailor the training by taking breaks where necessary and making the most of the options that feature in each workout.

TOP TIP:

Choose the right motivation: You have a better chance of making a lifestyle change if you focus on what internal factors motivate you. Choose things like boosting energy, productivity or happiness - and you'll find sticking to exercise will be much easier.

WHAT CAN I EXPECT?

- Work out for less than 30 minutes a day.
- Choice – you choose the workout that suits you on the day.
- A focus on building strength with light weights and bodyweight exercises.
- Expert coaching that will help you perfect technique and boost results.

WHAT EQUIPMENT IS NEEDED?

Most of the workouts do not require equipment. However to get maximum strength building benefit you will need:

- A barbell and/or weight plates
- A resistance band
- A step or bench

JOIN NOW**YOUR SUPPORT SQUAD**

Access round-the-clock motivation, inspiration, and advice by joining our [LES MILLS On Demand Facebook group](#).

Take part in the group by sharing your daily workout choice and why – you can post a pic or a video or simply comment!

#FITFORYOU

FOLLOW US ON INSTAGRAM [@lesmillsondemand](#)

STRENGTHEN & TONE

4-WEEK WORKOUT PLAN

Flexible and time-efficient workouts designed to fit your schedule. Choose your workout each day and tick the circle once you have completed your workout.

Access all workouts on www.lesmillsondemand.com

1	DAY 01 STRENGTH – 30 MIN	DAY 02 RECOVERY DAY	DAY 03 HIIT – 30 MIN	DAY 04 STRENGTH – 30 MIN	DAY 05 RECOVERY DAY	DAY 06 CARDIO – 30 MIN	DAY 07 HIIT – 30 MIN
	BODYPUMP #107 EXPRESS OR CXWORX #25	LES MILLS MINDFULNESS: MINDFULNESS OF BREATHING OR LES MILLS MINDFULNESS: BOXING THOUGHTS	LES MILLS GRIT #26 STRENGTH OR LES MILLS SPRINT #05	BODYPUMP #94 EXPRESS OR CXWORX #24	BODYBALANCE/BODYFLOW DEEP STRETCH #03 OR BODYBALANCE/BODYFLOW HIP OPENERS #01	BODYATTACK #101 EXPRESS OR RPM #80 EXPRESS	LES MILLS GRIT - NINA WORKOUT #01 OR LES MILLS GRIT #17 CARDIO
2	DAY 08 STRENGTH – 30 MIN	DAY 09 RECOVERY DAY	DAY 10 HIIT – 30 MIN	DAY 11 STRENGTH – 30 MIN	DAY 12 RECOVERY DAY	DAY 13 CARDIO – 30 MIN	DAY 14 HIIT – 30 MIN
	BODYPUMP #105 EXPRESS OR CXWORX #29	LES MILLS MINDFULNESS: TEN COUNTS OR LES MILLS MINDFULNESS: LABELLING THOUGHTS	LES MILLS GRIT #25 PLYO OR LES MILLS GRIT #23 CARDIO	BODYPUMP #92 EXPRESS OR CXWORX #23	BODYBALANCE/BODYFLOW MORNING ENERGISER #02 OR BODYBALANCE/BODYFLOW EVENING CHILL #01	BODYCOMBAT #73 EXPRESS OR BODYSTEP #111 EXPRESS	LES MILLS GRIT #19 STRENGTH OR LES MILLS SPRINT #13
3	DAY 15 STRENGTH – 30 MIN	DAY 16 RECOVERY DAY	DAY 17 HIIT – 30 MIN	DAY 18 STRENGTH – 30 MIN	DAY 19 RECOVERY DAY	DAY 20 CARDIO – 30 MIN	DAY 21 HIIT – 30 MIN
	BODYPUMP #103 EXPRESS OR CXWORX #28	LES MILLS MINDFULNESS: BREATH IN THE BODY OR LES MILLS MINDFULNESS: NOTING THOUGHTS	LES MILLS GRIT #18 CARDIO OR LES MILLS SPRINT #09	BODYPUMP #90 EXPRESS OR CXWORX #30	BODYBALANCE/BODYFLOW #77 FLEXIBILITY OR BODYBALANCE/BODYFLOW #81 STRENGTH	BODYATTACK #99 EXPRESS OR RPM #78 EXPRESS	LES MILLS GRIT #20 PLYO OR LES MILLS SPRINT #13
4	DAY 22 STRENGTH – 30 MIN	DAY 23 RECOVERY DAY	DAY 24 HIIT – 30 MIN	DAY 25 STRENGTH – 30 MIN	DAY 26 RECOVERY DAY	DAY 27 CARDIO – 30 MIN	DAY 28 HIIT – 30 MIN
	BODYPUMP #101 EXPRESS OR CXWORX #26	LES MILLS MINDFULNESS: PARTS OF BREATH OR LES MILLS MINDFULNESS: BODYSCAN 1	LES MILLS GRIT #21 STRENGTH OR LES MILLS GRIT #19 CARDIO	BODYPUMP #88 EXPRESS OR CXWORX #31	BODYBALANCE/BODYFLOW #80 FLEXIBILITY OR BODYBALANCE/BODYFLOW #79 STRENGTH	BODYCOMBAT #71 EXPRESS OR BODYSTEP #109 EXPRESS	LES MILLS GRIT #22 PLYO OR LES MILLS GRIT #25 STRENGTH



TOP TIP:**Write your goals**

down: Record your goals and share them with others. Sharing your goals with other like-minded people will boost your chances of success.

FAQS: WHAT YOU NEED TO KNOW

Are 30-minute workouts really effective?

In most cases it's not the quantity of time spent working out, but the quality of the workout. The carefully structured 30-minute workouts that feature in this training plan incorporate exercises that are well balanced and sequenced to ensure optimum effectiveness.

Should you focus on strength or cardio exercise?

Building strength and increasing cardiovascular fitness are both important. Research shows a combination of cardio, strength and flexibility training is the best way to foster long-term engagement and results. We also know that injury incidence is reduced when you balance cardio exercise with flexibility and strength training.

Can you do this training plan if I have an injury?

If you are injured we recommend that you consult a medical professional before you commence this training.

Can you do this training plan if you are pregnant?

Exercising throughout your pregnancy is not only possible, it's potentially beneficial for both you and your baby. However, pregnancy is generally the time for maintenance, not for striving for new fitness goals or working out at high intensity. You should talk to your obstetric caregiver before you start this training plan.

Take time to stretch

It's always a good idea to wrap up your workout and bring your heart rate down with some simple stretches. You can check out some of our favorite stretches [here](#). We suggest you hold each stretch for 30 seconds and repeat three times on each side. Remember to increase tension gradually to create a gentle stretching sensation in the target muscle.

If you've got more time up your sleeve, a yoga-based workout such as BODYBALANCE™/BODYFLOW® is ideal. Investing this time in stretching will improve flexibility, build strength, help injury prevention and leave you feeling calm and serene.

TOP TIP:

Don't shy away from lifting weights: Low load, high-repetition strength training can build strong, lean muscle and do amazing things for your fitness. Studies show that workouts like BODYPUMP strengthen all the major muscle groups, build cardiovascular fitness and improve bone density.

How do you know if you're overtraining?

If you push your body with too much intense exercise you may start feeling exhausted rather than energized after training. Other symptoms of overtraining include: disrupted sleep, moodiness, a short fuse, depression, a drop-in training progress, or an increase in injuries and illness.

FOR YOU**5 SECRETS TO MAKING MOST OF YOUR WORKOUT TIME**

- We know that the real challenge of an at-home workout begins well before you start sweating. For most of us the hardest part is mustering the motivation we need to get started. Learn [how to successfully integrate exercise into your at-home life here](#).
- If you want the best results from the time you spend working out keep these [seven steps to effective training front of mind](#).
- Anyone keen on maximizing results needs to mix things up. Learn more about [how to get the optimal training mix here](#).

ABOUT LES MILLS PROGRAMS

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BODYATTACK™

A high-energy, athletic workout focused on cardio fitness, muscle endurance and agility. This sports-inspired interval training combines athletic and aerobic movements with strength and stabilization exercises.

The benefits:

- Increase cardio fitness and muscle endurance
- Improve agility and coordination
- Burn calories
- Build your power and speed
- Shape and tone lean, athletic muscles
- Improve heart health

Category: Cardio

Intensity: High intensity cardio peak training

Equipment: None

BODYCOMBAT™

An empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, tae kwon do, capoeira and kickboxing.

The benefits:

- Shape strong and lean arms, back, shoulders and legs
- Build core strength
- Burn calories and fuel cardio fitness
- Develop coordination, agility and speed
- Master your physical and mental power

Category: Cardio

Intensity: High intensity

Equipment: None

BODYBALANCE™/BODYFLOW®

A yoga, tai chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses set to beautiful music create this holistic new yoga workout.

The benefits:

- Improve flexibility
- Build core strength and stability
- Release tension
- Feel calm and serene

Category: Flexibility

Intensity: Low intensity. Suitable for all levels.

Equipment: Yoga Mat Optional

BODYPUMP™

The original barbell workout, using light to moderate weights and high reps to get you lean and toned. Powering through squats, presses, lifts and curls you'll work all your major muscles as you build strength and burn calories, getting fitter, faster.

The benefits:

- Shape lean, athletic muscles
- Burn calories
- Increase core strength
- Improve bone health

Category: Strength

Intensity: Moderate

Equipment: Barbell, Weight Plates, Step or Bench

BODYSTEP™

An athletic step workout that combines uplifting rhythmic stepping with muscle-conditioning tracks that shape and tone. This energizing step training increases cardio fitness, pushing your body into high gear to burn calories and build functional strength. Fun-loving approachable instructors provide all the motivation you need, and you finish the workout feeling liberated and alive.

The benefits:

- Increase cardio fitness and muscle endurance
- Improve power and functional strength
- Shape and tone your legs and glutes
- Burn calories and condition your body
- Train your physical and mental agility

Category: Cardio
Intensity: Moderate to high intensity
Equipment: Step, Weights

RPM™

A cardio peak cycling workout where you ride to the rhythm of powerful music. An inspiring team coach leads the pack through hills, flats, mountain peaks, time trials, and interval training. As you take on the terrain you set your own resistance, discovering your athlete within as the simulated climbs and sprints drive you to push past personal boundaries and hit an endorphin high.

The benefits:

- Burn calories
- Shape and tone leg muscles
- Increase cardio fitness and stamina
- Lower blood pressure and cholesterol

Category: Cardio
Intensity: Moderate to high intensity
Equipment: Exercise bike

CXWORX™

An intense core workout for functional fitness. This 30-minute personal-training inspired challenge is designed to tighten and tone the abs, glutes, back, obliques and slings connecting the upper and lower body. It improves functional strength and assists in injury prevention like nothing else. At the end of a CXWORX workout you feel strong and powerful.

The benefits:

- Increase core strength and stability
- Tone and condition your abs, glutes and back
- Improve posture and movement control
- Build muscular endurance and resilience
- Restore function and flexibility to your core

Category: Core, Strength
Intensity: Moderate to high intensity
Equipment: Weight Plate, Resistance Band

SH'BAM™

A fun, insanely addictive dance workout where anything goes and everything is encouraged. Featuring a mash-up of awesome music and simple but sassy dance moves, SH'BAM is the perfect way to shape up and let out your inner star, regardless of ability. Lose yourself as you lose the calories – this energy is carefree and highly contagious!

The benefits:

- Burn calories
- Boost your endorphins
- Lose yourself in the music

Category: Cardio, Dance Fitness
Intensity: Moderate
Equipment: None

LES MILLS SPRINT™

A high-intensity interval training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training that pushes your physical and mental limits. Combining bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort, LES MILLS SPRINT drives rapid results and top-end athletic performance.

The benefits:

- Maximum performance, minimum time
- Build lean muscle and train your body to burn fat
- Burn calories for hours after your workout
- Push your mental and physical limits

Category: Cardio

Intensity: High intensity

Equipment: Exercise Bike

THE TRIP™

A fully immersive experience, combining a multi-peak cycling workout and a cinematic journey through digitally-created worlds. You'll get fitter, faster with less discomfort as you lose yourself traveling through unique visual landscapes. It's an exercise experience like no other.

The benefits:

- Burn calories
- Shape and tone leg muscles
- Increase cardio fitness and stamina
- Feel the endorphin rush

Category: Cardio

Intensity: Moderate to high intensity

Equipment: Exercise Bike

LES MILLS GRIT™

A series of 30-minute high-intensity interval training workouts that deliver incredible fitness results, fast. Powered by science, coached by the best and stacked with fresh moves and music, LES MILLS GRIT workouts combine intense training with periods of rest and recovery; shifting your fitness to the next level, unleashing fast-twitch muscle fibers and helping grow lean muscle tissue, burning fat.

LES MILLS GRIT is one program with three effective workout formats: Strength, Cardio and Athletic.

- LES MILLS GRIT Strength uses barbells, plates and bodyweight exercises to blast all major muscle groups, improve strength, cardiovascular fitness and build lean muscle.
- LES MILLS GRIT Cardio uses bodyweight training to improve cardiovascular fitness, increase speed and maximize calorie burn.
- LES MILLS GRIT Athletic focuses on multi-dimensional sports conditioning training to increase your overall athletic performance: strength, agility, speed and power.

The benefits:

- Maximum performance, minimum time
- Build lean muscle and train your body to burn fat
- Burn calories for hours after your workout
- Push your mental and physical limits
- Put your metabolism into overdrive

Category: Cardio

Intensity: High intensity

Equipment: Barbell, Step, Weight plates, resistance band.

LES MILLS BARRE™

A modern version of ballet training, designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday. Incorporating classic ballet positions, with modern music, LES MILLS BARRE fuses cardio and strength with high reps of small range-of-motion movements and very light weights.

The benefits:

- Build strength
- Tone and shape the legs, glutes and core

Category: Cardio
Intensity: Moderate to high intensity
Equipment: Yoga Mat Optional

LES MILLS MINDFULNESS

Les Mills series of guided meditations designed to help you embrace the benefits of mindfulness.

The benefits:

- Increased concentration
- Improved productivity
- Improved health and wellness.

Equipment: None



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DISCLAIMER:

You acknowledge and agree that your use of the Workout Plans is governed by the Les Mills On Demand [Terms of Use](#). Consult your physician or a medical professional before using the Workout Plans and follow his or her advice. If you choose to exercise using the Workout Plans, you do so at your own risk and acknowledge that the exercises carry an inherent risk of physical injury, particularly if you have a history of health problems or any previous injuries. Do not use the Workout Plans if you have a history of chest pain, knee, ankle, wrist, shoulder, joint, or spinal (back and neck) problems or injuries. Read and follow all safety guidance provided as part of the Workout Plans or on the Les Mills On Demand platform.