

Les Mills Lab: Group Fitness Instructor injury survey



Aim of the study

To investigate the incidence of injury and training habits of Les Mills group fitness instructors.

Method

3,175 group fitness instructors (aged 16-70) answered questions related to current training practices and typical musculoskeletal injuries.

Results

Overall, instructors had a well above average training volume – typically completing 11-13 hours per week. Despite the above average number of exercise hours, just 13% reported injuries intense enough to demand a week of unplanned rest.

Most of the instructors surveyed had a lot of variety in their training program; incorporating a mix of cardiovascular, strength and core / flexibility training. The time spent in each training modality was parallel to the recommendations of the American College of Sports Medicine (ACSM) fitness guidelines.

Conclusion

In essence, balance is the key to preventing injury. If people want to get fit and stay injury free, a variety of group fitness classes is vital.

These findings have been incorporated into Les Mills' ongoing instructor education.

Reference: Gottschall, J. S., Hastings, B. (2016). The ACSM physical fitness guideline ratios for cardiovascular, strength, and flexibility training minimize overuse injury.

Medicine and Science in Sports and Exercise, 48, 673.
doi:10.1249/01.mss.0000487021.61198.dd