

LES MILLS NORDIC  
**QUARTERLY TRAINING**  
INSTRUCTOR



**LES MILLS**

## **INSTRUCTOR CONTENT**

- The Nordic Voice
- LES MILLS CORE™ Competition
- Livestream Masterclasses
- Quarterly Webinars - Education Sessions
- Good To Know How
- Livestreaming Guide

## **IMPORTANT KEY DATES**

### **15th of February**

If you're paying for the releases yourself, update your payment method in the Instructor Portal before the 15th of February.

### **16th of February**

NEW releases will be available in the Instructor Portal.

## **QUARTERLY OVERVIEW 2021**

<b>Q1</b>	<b>Q2</b>	<b>Q3</b>	<b>Q4</b>
Release upload: 16 Feb	Release upload: 10 May	Release upload: 13 Sep	Release upload: 15 Nov
Quarterly weeks: 07-09	Quarterly weeks: 20-22	Quarterly weeks: 37-39	Quarterly weeks: 47-49

Please note that the Quarterly weeks are preliminary.

## **CONTACT**

Les Mills Nordic

Birger Jarlsgatan 57 A, 113 56 Stockholm

nordic@lesmills.com

+46 (8) 556 096 90

# THE NORDIC VOICE

---

Hi guys,

The new smoking hot releases are heading your way and this quarter we're also bringing a few masterclasses home to you. It will be an awesome mix of livestreamed workouts and educational webinars. Make sure to book your spot ASAP!

## What's up with Livestreaming?

Livestreaming allows you to stream Les Mills workouts to your participants through your clubs official channels. You can either stream from the studio in your club, or directly from home. Have in mind that you can only livestream classes that you are certified to teach and on behalf of a licensed club using the cover music that you can download in the Instructor Portal.

The following programs have cover music that you can livestream:

- BODYATTACK®
- BODYBALANCE®/BODYFLOW®
- BODYCOMBAT®
- BODYPUMP®
- BODYSTEP®
- LES MILLS CORE™
- RPM®
- SH'BAM®

Here is a quick [\*\*Step by step guide\*\*](#) on how you download the cover music.

Livestream workouts give your participants a way to stay fit and stay connected while they are not able to attend live classes.

Check out the [\*\*Livestreaming Guide\*\*](#) for more details.

## CXWORX® is now LES MILLS CORE™

Les Mills is changing the name CXWORX® to LES MILLS CORE™. The new name will come into effect with release 41, set for distribution from February 2021. Keep on reading to find out how you and your club can participate in the Nordic relaunch event competition.

We hope you will enjoy the first quarter of 2021. If you have any questions just drop us a email [\*\*nordic@lesmills.com\*\*](mailto:nordic@lesmills.com)

Cheers,  
Maja, Kicki, Matilda, Maija, Julia & Iwona - the Les Mills Nordic Operations team.

# LES MILLS CORE™ COMPETITION - INSTRUCTOR

The CXWORX® namechange to LES MILLS CORE™ is just around the corner with the upcoming release. This is a great opportunity for your club to relaunch the program as a novelty to generate hype and drive members back to group fitness classes (both live and online).

## What's new with LES MILLS CORE™?

LES MILLS CORE™ is a functional core workout backed up by science to guarantee results. Now you have two formats to choose from the original 30-min format and a new extended 45-min format.

## LES MILLS CORE™ launch competition

We'd love it if you joined in with your club to take part in a Nordic LES MILLS CORE™ launch competition starting 6<sup>th</sup> of March.

We will reward clubs and instructors with the best LES MILLS CORE™ event picture with cool prizes such as Les Mills: Initial Trainings, Advanced Trainings, Group Fitness Management educations, and Wallpapers.

## To participate in the competition

- Post your event picture on your Instagram feed, from 6<sup>th</sup> of March
- Tag @lesmillsnordic
- Use the following tags #lesmillsnordic #lesmillscore.

You need to have an open profile so that we can see and share your post. The picture has to be posted on your Instagram feed not Instagram story.

A Les Mills Nordic jury will choose the winners, who will be presented on the 17<sup>th</sup> of March on Les Mills Nordic Instagram account.

To get started click on the button to access to the new LES MILLS CORE™ instructor toolkit.

**DOWNLOAD**

# LIVESTREAM MASTERCLASSES

DATE	TIME	PROGRAM	FORMAT	LOCATION	TRAINER
28-Feb	09:00 - 09:45	<b>BODYPUMP®</b>	45-min Express Format	Online	Michael Steenhouwer
28-Feb	10:00 - 10:45	<b>LES MILLS CORE™</b>	45-min Extended Format	Online	Anna-Karin Wikström
28-Feb	11:00 - 12:00	<b>BODYCOMBAT®</b>	60-min Original Format	Online	Michael Steenhouwer
28-Feb	13:00 - 13:45	<b>BODYBALANCE®/BODYFLOW®</b>	45-min Express Format	Online	Kristin Andersson
28-Feb	14:00 - 14:45	<b>BODYATTACK®</b>	45-min Express Format	Online	Fanny Åhlund
28-Feb	15:00 - 15:45	<b>SH'BAM®</b>	45-min Original Format	Online	Charlotte Carlén
28-Feb	16:00 - 17:00	<b>BODYPUMP®</b>	60-min Original Format	Online	Kristin Andersson

## TIMEZONE

All the masterclasses are set at Central European Time | CET.

## HOW TO ATTEND THE NORDIC MASTERCLASSES

Book your spot as usual in the Instructor Portal. By choosing the session **"Nordic Livestream Masterclasses"**, you'll get access to all the masterclasses during the day and can join in when you like. You'll get an email a few days prior the event with the livestream link – this is personal to you as an Les Mills Instructor. Note that during the 28<sup>th</sup> of February only masterclasses will be presented there are no education sessions, you book those separately for your individual program.

**BOOK HERE**

# QUARTERLY WEBINARS - EDUCATION SESSIONS

DATE	TIME	PROGRAM	LANGUAGE	TRAINERS
01-Mar	19:15 - 20:15	<b>BODYPUMP®</b>	English	Veronika Benesova & Jarno Tynkkynen
01-Mar	19:15 - 20:15	<b>LES MILLS SPRINT™</b>	Swedish	Ida Sarström & Martin Krook
01-Mar	20:30 - 21:30	<b>BODYCOMBAT®</b>	English	Hanna Lundh & Marco Mazza Klemi
01-Mar	20:30 - 21:30	<b>LES MILLS GRIT®</b>	English	Jorge Scott Neyra & Szymon Wesolowski
02-Mar	19:15 - 20:15	<b>BODYBALANCE®</b>	Finnish	Susanna Varsanpää & Niko Viskari
02-Mar	19:15 - 20:15	<b>LES MILLS CORE™</b>	Swedish	Karin Björneloo & Julia Pohjanen
02-Mar	20:30 - 21:30	<b>BODYPUMP®</b>	Swedish	Ida Sarström & Olivia Lundkvist
02-Mar	20:30 - 21:30	<b>BODYATTACK®</b>	English	Ditte Sommer Weinreich & Fwnny Åhlund
03-Mar	19:15 - 20:15	<b>BODYPUMP®</b>	English	Susanna Varsanpää & Niko Viskari
03-Mar	19:15 - 20:15	<b>LES MILLS BARRE™</b>	English	Natalia Litwiniuk & Niklas Bohlin
03-Mar	20:30 - 21:30	<b>BODYBALANCE®/BODYFLOW®</b>	English	Ragnhild Lien & Tor Andersen
03-Mar	20:30 - 21:30	<b>LES MILLS TONE™</b>	English	Kimi Holm & Fanny Åhlund
04-Mar	19:15 - 20:15	<b>BODYPUMP®</b>	Polish	Szymon Wesolowski & Pawel Jeziorek
04-Mar	19:15 - 20:15	<b>BODYCOMBAT®</b>	Swedish	Hanna Lundh & Marco Mazza Klemi
04-Mar	20:30 - 21:30	<b>LES MILLS CORE™</b>	English	Tor Andersen & Ragnhild Lien
04-Mar	20:30 - 21:30	<b>BODYSTEP®</b>	English	Ditte Sommer Weinreich & Hanne Vilpponen

**MORE WEBINAR DATES ON THE NEXT PAGE**

**BOOK HERE**

# QUARTERLY WEBINARS - EDUCATION SESSIONS

DATE	TIME	PROGRAM	LANGUAGE	TRAINERS
06-Mar	09:00 - 10:00	<b>BODYPUMP®</b>	Finnish	Susanna Varsanpää & Niko Viskari
06-Mar	10:15 - 11:15	<b>BODYCOMBAT®</b>	Finnish	Eerika Bui & Karo Nyman
06-Mar	10:15 - 11:15	<b>BODYBALANCE®/BODYFLOW®</b>	English	Anna-Karin Wikström & Jarno Tynkkynen
06-Mar	11:30 - 12:30	<b>LES MILLS SPRINT™</b>	English	Ida Sarström & Martin Krook
06-Mar	11:30 - 12:30	<b>BODYATTACK®</b>	Swedish	Billy Magg & Fanny Åhlund
06-Mar	12:45 - 13:45	<b>RPM®</b>	English	Olivia Lundkvist & Ditte Sommer Weinreich
06-Mar	12:45 - 13:45	<b>BODYPUMP®</b>	English	Veronika Benesova & Jarno Tynkkynen
07-Mar	15:00 - 16:00	<b>LES MILLS CORE™</b>	English	Karin Björneloo & Julia Pohjanen
07-Mar	16:15 - 17:15	<b>BODYCOMBAT®</b>	English	Jorge Scott Neyra & Szymon Wesolowski
07-Mar	16:15 - 17:15	<b>LES MILLS GRIT®</b>	Swedish	Martin Krook & Karin Björneloo
07-Mar	17:30 - 18:30	<b>BODYPUMP®</b>	Czech	Veronika Benesova
07-Mar	17:30 - 18:30	<b>BODYJAM®</b>	English	Dorotka Baburin & Claudia Kupferschmidt de la Mau
07-Mar	18:45 - 19:45	<b>SH'BAM®</b>	English	Janni Lindgren & Niklas Bohlin
07-Mar	18:45 - 19:45	<b>BODYBALANCE®/BODYFLOW®</b>	Swedish	Anna-Karin Wikström & Jarno Tynkkynen
07-Mar	20:00 - 21:00	<b>BODYPUMP®</b>	Swedish	Ida Sarström & Olivia Lundkvist
07-Mar	20:00 - 21:00	<b>THE TRIP®</b>	English	Eerika Bui & Kristin Andersson

## TIMEZONE

All the Quarterly webinars are at Central European Time | CET.

## GET UP AND MOVE

In some Quarterly webinars there might be practical drills. Make sure that you got your workout gear on, equipment if needed and space to bust some moves. You'll find more details in your webinar invitation.

**BOOK HERE**

# INSTRUCTOR - GOOD TO KNOW

---

## HOW TO BOOK A WEBINAR

1. Log in to the **Instructor Portal**. We recommend you use 'Chrome' as a browser
2. Go to 'Events' - Choose 'Quarterly Workshop' & Select 'Program Type'
3. Find your event - Choose the one you like to attend - 'Book' - Tick the box under 'Book'
4. You do not use any 'Discount Code' - Click 'Continue'
5. Fill out 'Billing Information' your home address
6. Continue to 'Payment Information and Order Review'
7. Place order - check your email for a Confirmation.

You can find the Step by Step Guide [here](#).

## HOW TO UPDATE PAYMENT METHOD

If your club usually pays for your releases please check with your manager that your SUBSCRIPTION is activated. If you pay for your releases by yourself check that your PAYMENT METHOD and BILLING INFORMATION is up to date in your Account Setting.

1. Log in to the **Instructor Portal**. We recommend you use 'Chrome' as a browser
2. In Account Setting scroll down to 'Billing Information'
3. Click 'View/Edit Billing Information'
4. Fill in your details and 'Save'.

# LES MILLS NORDIC **LIVESTREAMING GUIDE**



**LES MILLS**

## WHAT'S IN THE GUIDE?

- How to run a livestream
- Make it look and sound good
- Good and clear instructions
- It's all about the music
- Be engaging
- Music licensing requirements
- Recommended livestream platforms
- Terms & Conditions



# HOW TO RUN A LIVESTREAM

Livestreaming allows you to stream Les Mills group fit workouts to your members at home. You can either set up a streaming 'studio' in your club, or your Instructors can stream directly from their own homes.

Livestream workouts give members a way to stay fit and stay connected while they are not able to attend live classes. Our own trials show that a quality livestream workout delivers more connection and accountability to participants than on-demand content.

A successful livestream includes five key factors:

1. **Connectivity**
2. **Looks**
3. **Instruction**
4. **Music**
5. **Engagement**

## **Get connected**

A livestream needs good connectivity. You should aim for minimal to no buffering, no dips in audio or video quality, and no delay in the conversation between members and Instructors. Here are some tips from our own testing to ensure your connectivity is top quality:

- Use a cable to connect your computer to your Internet modem. Try not to rely on a Wi-Fi connection. Use an Ethernet cable to connect your computer straight to your modem. This will ensure the fastest and most stable internet connection possible.
- Close everything else on your computer. Hosting a livestream uses plenty of computer power. Close all other windows, programs and in-progress downloads on your computer. Disconnect all other devices connected to your internet to minimise buffering.
- Test everything first. Livestreaming can require a number of moving parts – a computer, a mic, speakers, internet connection, music supply etc. Before every livestream you should test every element separately, and then test them again together. If you need to swap out an element, make sure to test the whole set up again before your next livestream.

**LES MILLS**

# MUSIC LICENSING REQUIREMENTS

Each club is responsible for obtaining the necessary licenses to live stream classes in their country.

Clubs should get in touch with the relevant Performing Rights Organization (PRO) that represents the songwriters/publishers in their country. The PROs are the same organizations that license clubs for the use of music in live/virtual classes in their clubs.

We expect that clubs will be required to get a communication license to livestream classes from the PRO, unless they are using a social media platform which may already be licensed by PRO - make enquiries with the PRO to find out what social media platforms are already licensed. It is the club's responsibility to ensure it is complying with the terms of use of each specific platform. Please contact your Les Mills team for PRO contacts if you require assistance.

Cover Music is available to all Instructors/clubs for livestreaming. Les Mills cannot authorize the use of Original Artist Recordings in livestreaming. Local PROs for sound recording rights may be able to provide licenses to clubs to use Original Artist Recordings, but clubs will need to make their own enquiries.

**Initially, cover music will be available for:**

- BODYATTACK®
- BODYBALANCE®/BODYFLOW®
- BODYCOMBAT®
- BODYPUMP®
- BODYSTEP®
- LES MILLS CORE™
- RPM®
- SH'BAM®

Certified BORN TO MOVE® Early Years Instructors can livestream classes. This includes all content for ages 2-3, 4-5 and ONLY the Hanna Stockzell songs for ages 6-7. This music is royalty free content on the releases, Instructors should be trained in how to teach these age groups.

Please note: Local requirements can differ by country. Information provided by Les Mills in this guide should not be a substitute for independent legal advice. No liability is assumed by Les Mills for losses suffered by any person or organization relying directly or indirectly on information provided in this guide.

**LES MILLS**



## MAKE IT LOOK AND SOUND GOOD

**"A livestream needs to look good to make your members feel like they are in the room with you."**

Here are some tips to help you look your best:

- Get a good webcam. The camera built into your laptop may not be the best available to you. Check out our recommended setup in this guide for options that suit you.
- Create enough space. Find a suitable place for you to work out and be clear with your participants on how much space is required for your workout. When livestreaming, ensure there is enough clear space to exercise safely
- Stay in frame. Make sure your setup allows for you to keep an eye on the visual stream. Your head and feet need to stay in the camera shot throughout the workout. Think about your positioning before your start, especially when jumping or laying down for burpees etc. If you come close to the camera/computer to read any chat in the livestream, make sure your head stays in camera shot. Keep all distractions out of the camera frame at all times

**LES MILLS**



## GOOD CLEAR INSTRUCTIONS

**"A livestream group fitness workout is only as good as your instruction. "**

Here are some tips to help you communicate clearly:

- Test your microphone levels. Projecting in a gym is different from your living room. Record your test calls to monitor your volume levels. Depending on your setup and any echo in the room, you can turn your mic volume up or down to give your members the best experience.
- Give extra Instruction and cueing. Remember that your members will be working out alone, rather than in a group. Without people around them all doing the same moves, they need extra guidance and motivation from you.
- Choose a microphone to fit the program. Your mic setup may be different to the one used in a gym. It might rub against clothing or it might even fall off. Make sure you test working out with your mic to check it stays in place.

**LES MILLS**



## IT'S ALL ABOUT THE MUSIC

**"A key part of any good workout is the music."**

Here are some tips to ensure your members get the best beats:

- Use two music streams. We've found through testing that trying to livestream the music when it is only playing in the room leads to a poor quality experience. The best setup involves streaming the music through the livestreaming software (using 'Share computer audio' setting).
- Use the correct music. Livestreaming may need to be done using Les Mills Covers music, unless you have the necessary local music licence to use original artist recordings. A release will feel a bit different to teach with the cover music, so make sure to practice with it to identify any new music cues. As you get more cover music you can create a playlist of different releases within the same program, just as you would for a live class.
- Test your sound levels. Similar to testing your mic levels, you want to balance the music so it's loud enough to inspire your members, but not so loud that it drowns out your instruction. Make some test recordings and alter the volume on your music player software on your computer until you get the right balance.

**LES MILLS**



## BE ENGAGING

**“You may not physically be with your members in a livestream, but there are tools available to ensure they’re engaged and wanting more.”**

Here’s some tips to give your members the best experience:

Utilise two-way chat. Depending on your chosen livestream software, you can use the stream like a two-way call. Having a set up like this enables live conversations with your members, greatly improving connection and their workout experience. They can ask questions, or simply chat before and after the workout to create a sense of community. Let the members turn their own videos on for an even better experience. You will get more energy to teach if you can see your members, and you can offer corrective or encouraging instruction.

Learn and advertise. You’ll get the best traffic and value from your Livestreams if you track the attendance of your classes, and adjust your plans accordingly. Make sure you choose programs and timings which suit your members, and seek their input for ideas on the next workout. Use your social tools such as mailing lists, Facebook pages etc. to keep everyone updated with your latest timetable.

**LES MILLS**



## RECOMMENDED LIVESTREAM PLATFORM

Les Mills has run trials of multiple livestreaming software providers to determine which option creates the best experience for a group fitness workout. We recommend using Zoom for Livestream classes.

Zoom is easy to set up and use for both Instructors and members. It allows for a good quality audio and visual experience, and enables the important engagement and security capabilities we teach these age groups.

Please note: Local requirements can differ by country. Information provided by Les Mills in this guide should not be a substitute for independent legal advice. No liability is assumed by Les Mills for losses suffered by any person or organization relying directly or indirectly on information provided in this guide.

Click on the button to download the ZOOM Guide:

[DOWNLOAD](#)

**LES MILLS**



## TERMS & CONDITIONS

Facilities currently licensed to use LES MILLS Programs (Licensed Facilities) and their certified Les Mills Instructors (Instructors) are granted a limited and revocable right to livestream classes of LES MILLS Programs subject to and in accordance with, the following terms and conditions:

1. Instructors may only livestream classes of LES MILLS Programs, (i) that they are certified to teach in a Live class; and (ii) on behalf of a Licensed Facility.
2. Licensed Facilities may only livestream classes of LES MILLS Programs, (i) that are licensed at their location; (ii) using certified LES MILLS instructors; and (iii) to registered members of such location, either behind a login or within a private group. Livestream classes must not be broadcast to the general public.
3. Licensed Facilities must NOT record livestreamed classes or make them available for playback at any time after the livestream.
4. To the extent required, Licensed Facilities will be responsible for securing and paying for music licenses from the relevant collection society, performing right organisation or other entity in respect of their livestreamed classes.
5. Licensed Facilities will be responsible for complying with the terms of use and paying fees for (if applicable) the livestream platform they have chosen to use.
6. Licensed Facilities will ensure the appropriate insurance is in place to cover livestreaming (including any physical injury to participants).
7. Licensed Facilities and Instructors will be responsible for compliance with any applicable laws and regulations that might apply to the livestream classes.
8. There will be no charge to Licensed Facilities for an initial pilot period of 3 months from the date above, after which fees to livestream LES MILLS Programs may be applicable.
9. The right to livestream classes is an extension of the existing agreements with Licensed Facilities and Instructors. The terms and conditions that apply to Programs and classes in such existing agreements will also apply to livestream classes (unless the context requires otherwise).
10. Les Mills may withdraw the right to livestream LES MILLS Programs (or certain LES MILLS Programs) at any time without notice.

## ***CONTACT***

*Les Mills Nordic*

*Birger Jarlgatan 57 A, 113 56 Stockholm*

*nordic@lesmills.com*

*+46 (8) 556 096 90*

**LES MILLS**