

LES MILLS NORDIC  
**QUARTERLY WEBINARS**







# WHAT'S NEW Q2

In this guide, you'll find all the information you need for the second round of Quarterly education. We hope that you look forward to awesome and educational webinars.

Summer time is coming and hopefully you'll be able to teach outdoor classes. In this issue you'll find an **Outdoor Group Fitness Guide** with great tips if you'll be teaching in the fresh air at your club.

We're really excited to have you onboard with us and whenever you need support just drop us an email at **nordic@lesmills.com** or call **+46 (8) 556 096 90**.

**Have fun,  
The Les Mills Nordic Team**

**LES MILLS**



# HIGHLIGHTS

- **IMPORTANT KEY DATES**
- **QUARTERLY WEBINARS - 17<sup>TH</sup> -27<sup>TH</sup> OF MAY**
- **GOOD TO KNOW HOW**
- **COVER MUSIC & LIVESTREAMING**
- **GLOBAL SUMMIT - 7<sup>TH</sup> - 8<sup>TH</sup> OF MAY**
- **SMART TECH**
- **ADVANCED TRAINING**
- **UNITED ON FACEBOOK**
- **OUTDOOR GROUP FITNESS GUIDE**
- **LES MILLS ON DEMAND**

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# IMPORTANT KEY DATES

## **UPDATE YOUR PAYMENT METHOD - BEFORE THE 9<sup>TH</sup> OF MAY**

If you're paying for the releases yourself, update your payment method in the Instructor Portal before the 9<sup>th</sup> of May.

## **NEW RELEASES AVAILABLE IN THE PORTAL - ON THE 10<sup>TH</sup> OF MAY**

Your releases will be uploaded to your account in the Instructor Portal and Releases App on the 10<sup>th</sup> of May. Including THE TRIP™ release 25.

## **COVER MUSIC AVAILABLE IN THE PORTAL - ON THE 28<sup>TH</sup> OF MAY**

The cover music for livestreaming workout will be available in the Instructor Portal on the 28<sup>th</sup> of May. Including THE TRIP™ release 24.

### **Have in mind:**

- You may only livestream programs that you are certified in to teach on behalf of a Licensed LES MILLS Club
- All livestreaming must take place via the Licensed LES MILLS Club official and gated channels
- You may not livestream to the general public.

## **QUARTERLY OVERVIEW 2021**

<b>Q3-2021</b> Release upload: 13 <sup>th</sup> of September Cover music available: 27 <sup>th</sup> of September Quarterly weeks: 37-39	<b>Q4-2021</b> Release upload: 15 <sup>th</sup> of November Cover music available: 19 <sup>th</sup> of November Quarterly weeks: 47-49
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Please note that the Quarterly weeks are preliminary and may change during the year.

# QUARTERLY WEBINARS - 17<sup>TH</sup>-27<sup>TH</sup> OF MAY

Date	Time	Program	Language	Trainers
17-May	19:15 - 20:15	BODYBALANCE®	Finnish	Niko Viskari & Arja Vanhanen
	19:15 - 20:15	BODYPUMP®	Polish	Szymon Wesolowski & Pawel Jeziorek
	20:30 - 21:30	BODYPUMP®	English	Olivia Lundqvist & Ditte Sommer Weinreich
	20:30 - 21:30	LES MILLS CORE™	Swedish	Niklas Bohlin & Anna-Karin Wikström
18-May	19:15 - 20:15	BODYCOMBAT®	English	Hanna Lundh & Cristina Constantinescu
	19:15 - 20:15	BODYPUMP®	Finnish	Hanne Vilpponen & Niko Viskari
	20:30 - 21:30	BODYATTACK®	Swedish	Billy Magg & Julia Pohjanen
	20:30 - 21:30	BODYBALANCE®/BODYFLOW®	English	Tor Andersen & Natalia Litwiniuk
19-May	19:15 - 20:15	BODYCOMBAT®	Finnish	Eerika Bui & Karo Nyman
	19:15 - 20:15	BODYPUMP®	Swedish	Cristine Skogastierna & Jarno Tynkkynen
	20:30 - 21:30	LES MILLS GRIT®	Swedish	Karin Björneloo & Hanna Lundh
	20:30 - 21:30	RPM®	English	Ditte Sommer Weinreich & Olivia Lundqvist
20-May	19:15 - 20:15	LES MILLS SPRINT™	English	Martin Krook & Kira Tiivola
	19:15 - 20:15	LES MILLS BARRE™	English	Niklas Bohlin & Natalia Litwiniuk
	20:30 - 21:30	LES MILLS CORE™	English	Karin Björneloo & Ria Hrusovska
	20:30 - 21:30	BODYCOMBAT®	Swedish	Hanna Lundh & Marco Mazza Klemi
24-May	19:15 - 20:15	BODYATTACK®	English	Sander Johansen & Kira Tiivola
	19:15 - 20:15	LES MILLS CORE™	English	Lydia Johansson & Ragnhild Lien
	20:30 - 21:30	BODYPUMP®	English	Karin Björneloo & Mikkel Hjorth
	20:30 - 21:30	BODYBALANCE®/BODYFLOW®	Swedish	Jarno Tynkkynen & Elin Atlebond
25-May	19:15 - 20:15	BODYJAM®	English	Dorotka Baburin & Claudia Kupferschmidt de la Mau
	19:15 - 20:15	BODYBALANCE®/BODYFLOW®	English	Anna-Karin Wikström & Susanna Varsanpää
	20:30 - 21:30	SH'BAM®	English	Natalia Litwiniuk & Dorotka Baburin
	20:30 - 21:30	LES MILLS SPRINT™	Swedish	Martin Krook & Fanny Åhlund
26-May	19:15 - 20:15	BODYSTEP®	English	Ditte Sommer Weinreich & Susanna Varsanpää
	19:15 - 20:15	BODYCOMBAT®	English	Szymon Wesolowski & Guilherme Reis
	20:30 - 21:30	THE TRIPT™ 24	English	Kristin Andersson & Eerika Bui
	20:30 - 21:30	LES MILLS GRIT®	English	Jorge Scott Neyra & Filip Kulstrunk
27-May	19:15 - 20:15	BODYPUMP®	Swedish	Elin Atlebond & Cristine Skogastierna
	19:15 - 20:15	THE TRIPT™ 25	English	Kristin Andersson & Eerika Bui
	20:30 - 21:30	LES MILLS TONET™	English	Fanny Åhlund & Kimi Holm
	20:30 - 21:30	BODYPUMP®	English	Jorge Scott Neyra & Veronika Benesova

## BOOK HERE

### TIMEZONE

Central European Summer Time

### GET UP AND MOVE

Quarterly webinars may include practical drills. You'll find more details in your webinar invitation.

Make sure you wear a comfy outfit and have equipment close at hand if needed.

# GOOD TO KNOW HOW

## 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.

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

## HOW TO BOOK A WEBINAR

- Log in to the **Instructor Portal**
- We recommend that you use a computer and 'Chrome' as a browser
- Go to 'Events'
- Choose 'Quarterly Workshop' & Select 'Program Type'
- Find your event - Choose the one you like to attend - 'Book' -  
Tick the box under 'Book'
- You don't use any 'Discount Code' - Click 'Continue'
- Fill out 'Billing Information' your home address
- Continue to 'Payment Information and Order Review'
- Place order
- Check your email for a Confirmation.

You can find the Step by Step Guide **here**.





# COVER MUSIC & LIVESTREAMING

## What's new for Q2?

LES MILLS GRIT® and LES MILLS SPRINT™ cover music files for livestreaming will be available on the 28<sup>th</sup> of May in the Instructor Portal. The following programs have cover music:

- BODYATTACK®
- BODYBALANCE®/BODYFLOW®
- BODYCOMBAT®
- BODYPUMP®
- BODYSTEP®
- LES MILLS CORE™
- LES MILLS GRIT®
- LES MILLS SPRINT™

**Important note:** You may only livestream LES MILLS classes that you're certified to teach as live classes. This only on behalf of a licensed club through the clubs gated channels.



# GLOBAL SUMMIT - 7<sup>TH</sup> - 9<sup>TH</sup> OF MAY

## Experience the Masterclass filming

For the first time ever in the history of Les Mills, we are going to livestream direct from the filming of our Masterclass workouts and you are invited. This will be the highlight of our Global Summit happening on the 7th-9th of May (New Zealand time).

**SIGN UP**

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# SMART TECH

## Designed for optimal performance

Having your own equipment at home makes it easier for you to practice your program whenever it suits you or attend online events from home.

Les Mills Instructors have 10% discount on all SMART TECH™ equipment. Use the code **INSTRUCTOR2021** in the checkout.

**Note:** The discount doesn't apply on bundles.

[GO TO SHOP](#)

SMARTBAR | SMARTSTEP | SMARTBAND | MBX MAT



# ADVANCED TRAINING

## Designed to find your key strenghts

Whether you've been teaching for six months or 25 years, this course is your key going from good to AWESOME!

### You will learn how:

- to rock the essence of your program
- to enhance the workout experience for your participants
- to fill your classes
- to have more FUN when teaching, how sweet is that?!

### Upcoming trainings:

12-13 Jun	BODYPUMP®	Online/ Swedish
12-13 Jun	LES MILLS CORE™	Online/ Swedish
12-13 Jun	BODYPUMP®	Online/ English
12-13 Jun	LES MILLS GRIT®	Online/ English
12-13 Jun	BODYCOMBAT®	Online/ English

Contact us at [nordic@lesmills.com](mailto:nordic@lesmills.com) to book your spot today.



# UNITED ON FACEBOOK

## Les Mills Nordic Instructor Group

Once you are a certified Les Mills Instructor you can join the Official Les Mills Nordic Instructor group on Facebook.

The purpose with the group is to support you on your Instructor journey. In this group we can share our passion for what we love through debates, posts, comments and Facebook live sessions.

**JOIN GROUP**

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TAKE ADVANTAGE OF THE OUTDOOR SPACE

# OUTDOOR GROUP FITNESS





# TOP 5 TIPS FOR OUTDOOR FITNESS

## **FIRST THINGS FIRST - LICENSE TO TEACH**

If your club or facility already holds a Les Mills license, this will allow for outdoor teaching at an appropriate venue linked to the club e.g. car parks, etc. It is your club's responsibility to ensure the outdoor space is suitable for use if owned by councils/ third party.

## **1. PICK THE RIGHT CLASSES FOR YOUR SPACE**

Depending on where your space is, you may find it easier to start by moving your equipment-free classes outside e.g. BODYCOMBAT®, BODYATTACK®, BODYBALANCE®.

## **2. REDUCE SOME OF THE RISKS**

Your members will be exercising in the fresh air. You will be able to space your participants out and you can activate the classes which require dynamic movements safely e.g. BODYATTACK®, LES MILLS GRIT®.

## **3. GET CREATIVE WITH YOUR SPACE**

Think outside the box. Take your cycle classes poolside to create spinning with a view, or use the spaces in your car park to safely set up socially distanced sessions.

## **4. REACH A WHOLE NEW DEMOGRAPHIC**

Research shows that classes like LES MILLS CORE™ are excellent for runners or those training for running events. Draw in new class participants by highlighting which classes complement outdoor sports or training events.

## **5. TEST YOUR SET UP**

Do a test run first with your Instructors and some willing volunteers. Remember, sound carries differently outside so make sure your Instructors are set up for success with the right head mics and equipment.

# FAQs

## **WHICH MUSIC AM I ALLOWED TO USE?**

It varies from country to country. You need to make sure your club has the correct music licenses.

## **CAN I TEACH WORKOUTS WITHOUT BEING LINKED TO A CLUB?**

No, outdoor classes need to be taught by an active, certified Instructor in that specific Les Mills programme on behalf of a club licensed for that Les Mills programme.

## **CAN I USE THE ROYALTY-FREE LIVESTREAM WORKOUTS TO TEACH OUTDOORS INDEPENDENT FROM A CLUB?**

No, outdoor classes must be in conjunction with a club licensed to hold Les Mills programmes with the Les Mills releases.

The Les Mills Originals/ royalty free music was a short-term solution to keep clubs and Instructors connected to their members during lockdown. Although these releases were good, they were put together quickly and are not the same premium quality as our standard release. Our goal is get to as many Instructors back to teaching in a live environment or using online channels through a club.

## **WHICH OUTDOOR SPACES CAN I USE FOR GROUP EXERCISE?**

It is up to the facility to ensure all provisions have been made with local authorities or councils ahead of going live with outdoor classes. We would recommend facilities use their own space e.g. carparks or tennis courts.

## **WHO IS RESPONSIBLE AND ACCOUNTABLE IN CASE OF AN ACCIDENT?**

Clubs and Instructors must ensure they have the correct health and safety insurance and procedures in place to cover you and your club. This is your responsibility.



# LES MILLS ON DEMAND

## Unlimited access to the workouts you love

We understand how important a healthy lifestyle is. We also understand that a busy Instructor lifestyle doesn't always make it easy for you to make time for your own workout. LES MILLS On Demand is the perfect solution for you - your favorite workouts available anytime, anywhere.

Get unlimited access to the Les Mills workouts with a special instructor price of: **€9.95/month**. Normally €14.95/month.

**START NOW**

Free trial included for new customers and you can cancel at any time.

***LesMILLS***

**CONTACT**

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