

# Les Mills research: 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**