

LES MILLS

#TONE1

ACHIEVE YOUR GOALS IN
8 WEEKS

**Information Pack
+ Workout Guide**



GET SET TO TONE UP

Follow this workout guide and you'll build lean muscle mass with a focus on high-repetition, low weight strength training. In just 8 weeks you'll feel leaner, more toned and stronger inside and out!

YOU HAVE CHOSEN LEVEL 1

This workout guide is perfect for you if you're not regularly exercising, but you want to establish a healthier lifestyle and a consistent exercise routine. Developed specifically for people who haven't exercised in the last 6 months, this guide involves:

- 2 to 4 workouts a week – you'll end up training for between 1 and 2.5 hours each week.
- 3 to 5 full rest days per week.

THE BENEFITS OF FOLLOWING A PLAN CREATED BY EXPERTS:

- It makes life easy, there's less guesswork about what to do.
- Reduce injury risk with well-planned increases in intensity.
- Stay motivated knowing that you can successfully complete each week.

HOW TO GET THE MOST FROM THE NEXT 8 WEEKS:

- Keep enjoyment front of mind. Do not be too hard on yourself if you feel tired or unmotivated, it happens to everyone!
- Listen to your body. If you are feeling fatigued and need to take an extra rest day – take it! It's essential to listen and learn from your body.
- Try and hold back from doing more than your workout guide states – even if you are feeling energized and unstoppable, quality is better than quantity.
- Stay hydrated before and after training sessions and keep a water bottle with you during your workouts.
- Remember – the workout times are a guide only. We suggest you always start a group workout at the beginning of the class, work out for the duration recommended in the training guide and then leave when you please.

BEFORE YOU BEGIN:

- As with any new exercise routine it's a good idea to get cleared by a medical professional before you start.
- This plan is not recommended for anyone under the age of 18 years.

TIPS FOR SUCCESS

Keeping track of how regular exercise affects your emotions and energy levels is a great way to stay motivated. Consider taking the time after each session to note down how you are feeling.

Recording your measurements with a measuring tape is also a good idea – it won't take long for you to start seeing results.

Remember to celebrate the milestones you are achieving too, this will keep you motivated.

WELCOME TO YOUR NEXT 8 WEEKS

If you want to make the most of your next 8 weeks, planning is key. We suggest you personalize the training plan by recording the specific workouts that you intend to do. Simply write down the workouts you're planning to complete and then tick them off once you've done them.

Rather than scheduling the full eight weeks of exercise at the outset, it's a good idea to sit down at the beginning of each week and simply plan for the week ahead.

You'll find plenty of workout inspiration below. You can also check out your local club timetable or LES MILLS On Demand.

WORKOUT CATEGORIES

Cardio options

- BODYATTACK™ – High-energy functional sports training that boosts fitness and maximizes cardio stamina.
- BODYCOMBAT™ – A martial arts-inspired, non-contact workout that strengthens, tones, and fuels cardio fitness.
- BODYSTEP™ – A full-body cardio workout that builds stamina and tones your butt and thighs.
- RPM™ – Indoor cycling that builds aerobic fitness and burns calories without putting stress on your joints.
- Brisk walking, running or cycling

Strength options

- BODYPUMP™ – A full-body weights workout that builds strength and will get you lean, toned and fit.
- CXWORX™ – Functional strength training that works the muscles around the core to make you stronger, leaner and better at everything you do.

- LES MILLS BARRE™ – Modern balletic training designed to shape and tone muscles and build core strength.

Core strength

- CXWORX™ – Functional strength training that works the muscles around the core to make you stronger, leaner and better at everything you do.

Flexibility options

- BODYBALANCE™/BODYFLOW® – A motivating blend of yoga, tai chi and Pilates that will strengthen your entire body and leave you feeling calm and centered.
- Yoga or Pilates

HIIT options

- LES MILLS GRIT™ – 30-minutes of high-intensity interval training that will send your heart rate sky high and rapidly build fitness.
- LES MILLS SPRINT™ – 30-minutes of high-intensity interval cycling designed to fast-track your fitness.

• This is a particularly good option for toning and shaping.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	DAY 01 CARDIO 30 MIN	DAY 02 REST DAY	DAY 03 FLEXIBILITY 30 MIN	DAY 04 REST DAY	DAY 05 REST DAY	DAY 06 REST DAY	DAY 07 REST DAY
	My workout:		My workout:				
	Completed <input type="checkbox"/>		Completed <input type="checkbox"/>				
2	DAY 08 CARDIO 30 MIN	DAY 09 REST DAY	DAY 10 REST DAY	DAY 11 CORE STRENGTH 30 MIN	DAY 12 REST DAY	DAY 13 REST DAY	DAY 14 REST DAY
	My workout:			My workout:			
	Completed <input type="checkbox"/>			Completed <input type="checkbox"/>			
3	DAY 15 CARDIO 45-55 MIN	DAY 16 REST DAY	DAY 17 CORE STRENGTH 30 MIN	DAY 18 REST DAY	DAY 19 REST DAY	DAY 20 CARDIO 30 MIN	DAY 21 REST DAY
	My workout:		My workout:			My workout:	
	Completed <input type="checkbox"/>		Completed <input type="checkbox"/>			Completed <input type="checkbox"/>	
4	DAY 22 CARDIO 45-55 MIN	DAY 23 REST DAY	DAY 24 STRENGTH 45-55 MIN	DAY 25 REST DAY	DAY 26 REST DAY	DAY 27 STRENGTH 30 MIN	DAY 28 REST DAY
	My workout:		My workout:			My workout:	
	Completed <input type="checkbox"/>		Completed <input type="checkbox"/>			Completed <input type="checkbox"/>	
5	DAY 29 CARDIO 45-55 MIN	DAY 30 REST DAY	DAY 31 STRENGTH 45-55 MIN	DAY 32 REST DAY	DAY 33 REST DAY	DAY 34 CARDIO 45-55 MIN	DAY 35 REST DAY
	My workout:		My workout:			My workout:	
	Completed <input type="checkbox"/>		Completed <input type="checkbox"/>			Completed <input type="checkbox"/>	
6	DAY 36 CARDIO 30 MIN	DAY 37 REST DAY	DAY 38 STRENGTH 45-55 MIN	DAY 39 CARDIO 30 MIN	DAY 40 REST DAY	DAY 41 STRENGTH 30 MIN	DAY 42 REST DAY
	My workout:		My workout:		My workout:		
	Completed <input type="checkbox"/>		Completed <input type="checkbox"/>		Completed <input type="checkbox"/>		Completed <input type="checkbox"/>
7	DAY 43 CARDIO 45-55 MIN	DAY 44 REST DAY	DAY 45 STRENGTH 30 MIN	DAY 46 REST DAY	DAY 47 STRENGTH 30 MIN	DAY 48 REST DAY	DAY 49 STRENGTH 45-55 MIN
	My workout:		My workout:		My workout:		My workout:
	Completed <input type="checkbox"/>		Completed <input type="checkbox"/>		Completed <input type="checkbox"/>		Completed <input type="checkbox"/>
8	DAY 50 CARDIO 30 MIN	DAY 51 REST DAY	DAY 52 STRENGTH 45-55 MIN	DAY 53 REST DAY	DAY 54 STRENGTH 30 MIN	DAY 55 FLEXIBILITY 55 MIN	DAY 56 REST DAY
	My workout:		My workout:		My workout:		
	Completed <input type="checkbox"/>		Completed <input type="checkbox"/>		Completed <input type="checkbox"/>		Completed <input type="checkbox"/>