



**BECOME A
LES MILLS
INSTRUCTOR**

LES MILLS

Welcome!

Thanks for taking your first step towards becoming a **Les Mills Instructor**. We're here to support and motivate you on your journey to create **life-changing fitness experiences**.

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**Why become a
Les Mills Instructor?**

Why become a Les Mills Instructor?

WE BELIEVE YOU CAN CHANGE LIVES

EVERY DAY: You love fitness and the idea of inspiring and motivating people. We'll help you take the next steps in creating life-changing fitness experiences everyday.

WORLD'S LEADING INSTRUCTOR

CERTIFICATION & EDUCATION:

Les Mills are the world leaders in group fitness and we pride ourselves on our training and education.

NEW RELEASES EVERY 90 DAYS:

Every 90 days you will receive new music, choreography and education to make sure your classes are absolutely rocking.

GROW YOUR CAREER: Your journey has no limits. Ongoing education, advanced training and amazing career opportunities are all ahead of you. Plus, there's a global community of 130,000 other Instructors supporting you.

MAKE THE WORLD YOUR STAGE:

Take your career all over the world with Les Mills. Our programs are internationally recognised and taught in over 19,000 facilities worldwide.

EXCLUSIVE DISCOUNTS:

You'll receive a 25% off Instructor discount on all Reebok and Les Mills gear.

ATTEND INSPIRING AND MOTIVATING

EVENTS: Become part of a something bigger. You'll receive invitations to some of the world's most inspiring fitness experiences, regional events and exclusive training opportunities.

“You have the ability to change lives and create a fitter, happier world”

Catherine – Les Mills Instructor





How to become an Instructor

How to become an Instructor

1. DISCOVER THE RIGHT PROGRAM FOR YOU:

There are 21 Les Mills programs to choose from so there's something to meet everyone's style. If you've not already been to a Les Mills class, try out the programs you are interested in to get a sense of what you enjoy. Find a class [here](#). There's more detail on our programs on [p.10](#) of this guide or alternatively, ask Instructors you know for tips on which program might be right for you.

2. FIND AN INITIAL MODULE TRAINING

NEAR YOU: Visit the Instructor Training page on [our website](#) to locate and register for an upcoming Initial Module Training in your area. Turn to the next page for more details on Initial Module Training.

3. RECEIVE YOUR INITIAL MODULE

TRAINING PACK: This has all the detailed information you'll need to be well prepared, including the music, choreography and notes for the two tracks you'll need to present during the module.

4. ATTEND TRAINING: Your Instructor training will be a life-changing experience! Conducted over one weekend, you will learn, sweat and laugh with a fellow group of Les Mills tribe members. You'll come out the other side armed to motivate others and with a host of new friends.

5. MAKE IT OFFICIAL: After your Initial Module Training, take the opportunity to teach as many classes as you can with another, more experienced Instructor. This will prepare you for filming your assessment video, which is the final stage to becoming certified and ensures that all Les Mills Instructors are of the same world-class standard.

6. BECOME AN INSTRUCTOR: Start your journey as a certified Les Mills Instructor and benefit from ongoing education and refreshed programs every 90 days.





What to expect at Initial Module Training?

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Initial Module Training is an intensive and rewarding 2-day course that equips you with all the knowledge to become a successful Les Mills Instructor, so you can deliver workouts that are safe and effective.

Designed to cater to all types of learning styles, your course will include lectures, group discussions, practical workout sessions and teaching practice.

TOPICS COVERED:

- How to interpret, understand and learn choreography.
- How to perform and evaluate correct exercise technique.
- How to coach the class so that it is both safe and effective.
- How to create a rapport with your class so they want to keep coming back.
- How to create a memorable, fun and inspirational workout experiences.

To prepare, you'll need to learn two workout tracks to present during training. We provide the music choreography and teaching tips so you can learn ahead of your module.

"When I first joined a class I was inspired by my Instructor, now I get to inspire my own class and help them achieve their goals"

Kelly – Les Mills UK Instructor

LES MILLS INITIAL TRAINING MODULE

TRAINING OVERVIEW

- 2-day weekend training course & assessment.
- Intimate training group.
- Comprehensive training materials.
- Designed for all learning styles.
- Combination of lectures, group discussions, practical workout sessions & teaching practice.





**Les Mills programs
to choose from**

GROUP TRAINING**LES MILLS
BODYPUMP**

The world's most popular barbell workout, scientifically proven to burn calories and build lean, athletic muscles.

**LES MILLS
BODYCOMBAT**

Our incredibly popular workout that gets people fit, fast and strong, using non contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

**LES MILLS
BODYBALANCE**

Ideal for everyone, our yoga-based workout fuses elements of Tai Chi and Pilates set to music. It's a modern take on yoga, scientifically designed for a fitness club environment.

**LES MILLS
CXWORX**

Suitable for all fitness levels, this 30-minute core conditioning workout helps improve functional strength, builds a stronger core, and supports better results from other workouts.

**LES MILLS
BODYATTACK**

Catering for all fitness levels, Les Mills BODYATTACK combines cardio, agility and strength exercises for a highly motivating workout that tones, shapes and burns calories.

**LES MILLS
RPM**

The perfect start for people new to group fitness, this highly motivating and often addictive cycle workout burns calories, builds cardio fitness, and dials up the challenge factor to match a participant's fitness level.

**LES MILLS
SH'BAM**

A fun-loving, insanely addictive dance workout, Les Mills SH'BAM is an ego-free zone-no dance experience required.

**LES MILLS
BODYJAM**

Inspired by the freshest moves and most on-trend music from all over the world, Les Mills BODYJAM is the high-energy cardio workout that turns a fitness studio into a dancefloor.

**LES MILLS
BODYSTEP**

The effective full body cardio workout that tones the legs and glutes. We've refined the original step workout to create a high-energy program that's uplifting, fun and driven by results.

GROUP TRAINING

LES MILLS
tone

An all-in-one functional fitness mix designed to break down barriers and give participants the freedom to work out their way. With options for every fitness level, it's an inclusive workout that's guaranteed to make everyone feel welcome, successful and supported.

LES MILLS
barre

Les Mills BARRE™ is a modern expression of classic balletic training; a 30 minute workout designed to shape and tone the muscles, build core strength, and allow participants to escape the everyday.

IMMERSIVE FITNESS:

LES MILLS
THE TRIP

Inspired by cinema, live concert experiences and interactive gaming, Les Mills THE TRIP is an immersive fitness experience that combines a purpose-built studio and live Instructors with immersive video.

HIGH-INTENSITY INTERVAL TRAINING

LES MILLS
sprint

HIIT on a bike, this high-intensity workout delivers rapid results. It's a short, intense style of training where the thrill and motivation comes from pushing physical and mental limits.

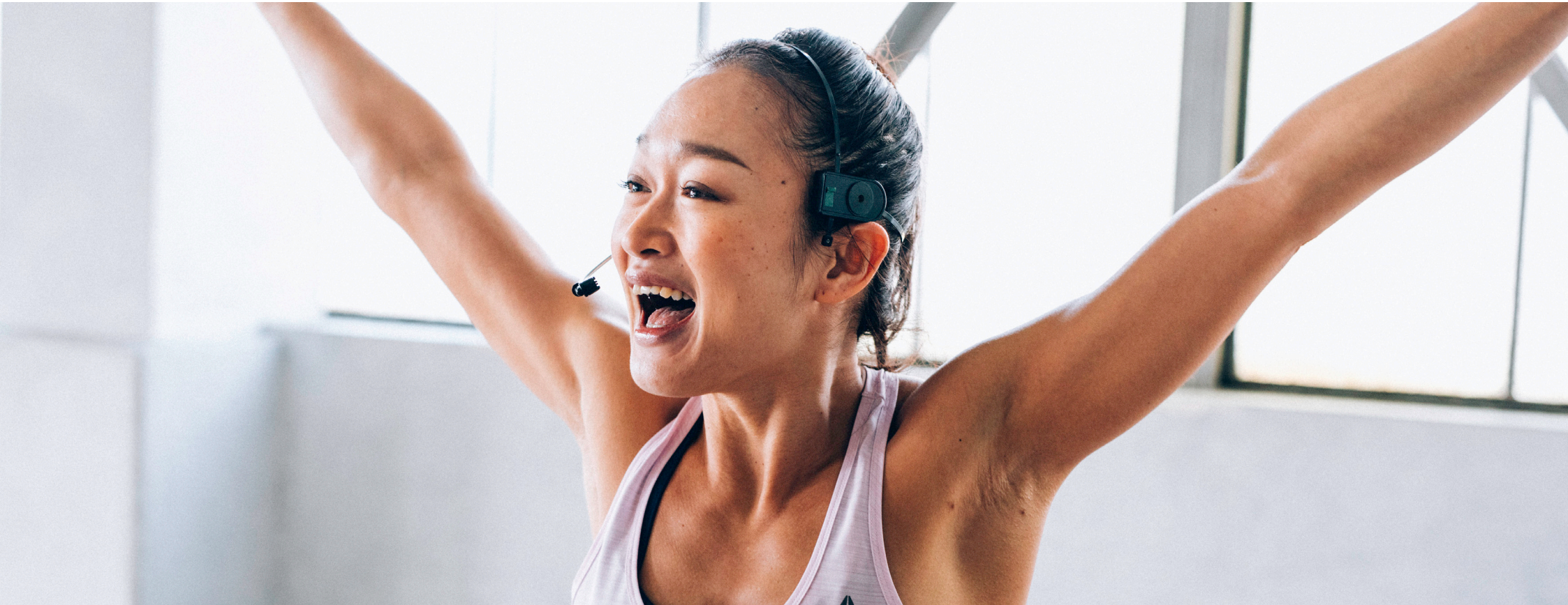
LES MILLS
GRIT

STRENGTH / PLYO / CARDIO: A series of 30 minute high-intensity interval training workouts, designed to improve strength, increase speed, maximize calorie burn and build athletic performance.

YOUTH TRAINING:

**BORN
TO MOVE** LES MILLS

Designed for 2-16 year olds, Les Mills BORN TO MOVE makes it easy to engage and encourage young people. The age-appropriate classes use music and moves kids love, fostering positive physical habits for life.



Contact your local team via nordic@lesmills.com or +46(0)8 55 60 96 90

If you have any questions, we would love to hear from you.