

# 6-WEEKS TO A HEALTHIER YOU

Try our smart start 6-week program mixing LES MILLS On Demand workouts\* and our LES MILLS live programs.

## SIGN UP FOR A FREE TRIAL AT

### HEALTHIER YOU | 6 WEEK CALENDAR BEGINNER WORKOUT PLAN



Take a picture of the schedule below to take with you!

	SUN OR MON	TUE	WED	THU	FRI OR SAT	
WEEK 1	CARDIO 30 MINUTES SELECT A WORKOUT ON DEMAND   LES MILLS BODYATTACK   LES MILLS SHBAM   LES MILLS BODYCOMBAT		MIND BODY 15 MINUTES ON DEMAND   MIND BODY			STRENGTH 30 MINUTES SELECT A WORKOUT ON DEMAND   LES MILLS CXWORK   LES MILLS barre
WEEK 2	CARDIO 30 MINUTES SELECT A WORKOUT ON DEMAND   LES MILLS BODYATTACK   LES MILLS SHBAM   LES MILLS BODYCOMBAT	FLEXIBILITY 30 MINUTES ON DEMAND   LES MILLS BODYFLOW   FLEXIBILITY		CARDIO 15 - 30 MINUTES SELECT A WORKOUT ON DEMAND   LES MILLS BODYATTACK   LES MILLS SHBAM   LES MILLS BODYCOMBAT		STRENGTH 30 MINUTES ON DEMAND   LES MILLS CXWORK   STRENGTH
WEEK 3	CARDIO 30 MINUTES SELECT A WORKOUT ON DEMAND   LES MILLS BODYATTACK   LES MILLS SHBAM   LES MILLS BODYCOMBAT	FLEXIBILITY 30 MINUTES ON DEMAND   LES MILLS BODYFLOW   FLEXIBILITY	STRENGTH 30 MINUTES SELECT A WORKOUT ON DEMAND   LES MILLS CXWORK   LES MILLS barre	CARDIO 15 - 30 MINUTES SELECT A WORKOUT ON DEMAND   LES MILLS BODYATTACK   LES MILLS SHBAM   LES MILLS BODYCOMBAT		STRENGTH 30 MINUTES GYM   LES MILLS BODYPUMP   TRACKS 1-6
WEEK 4	CARDIO 30 MINUTES SELECT A WORKOUT ON DEMAND   LES MILLS BODYATTACK   LES MILLS SHBAM   LES MILLS BODYCOMBAT	FLEXIBILITY 30 MINUTES ON DEMAND   LES MILLS BODYFLOW   FLEXIBILITY	STRENGTH 30 MINUTES ON DEMAND   LES MILLS CXWORK   STRENGTH	CARDIO 30 MINUTES SELECT A WORKOUT ON DEMAND   LES MILLS BODYATTACK   LES MILLS SHBAM   LES MILLS BODYCOMBAT		STRENGTH 30 MINUTES GYM   LES MILLS BODYPUMP   TRACKS 1-6
WEEK 5	CARDIO 45 - 55 MINUTES SELECT A WORKOUT ON DEMAND   LES MILLS BODYATTACK   LES MILLS SHBAM   LES MILLS BODYCOMBAT	STRENGTH 30 MINUTES GYM   LES MILLS CXWORK   STRENGTH	FLEXIBILITY CORE 30 MINUTES ON DEMAND   LES MILLS BODYFLOW   STRENGTH	CARDIO 30 MINUTES SELECT A WORKOUT ON DEMAND   LES MILLS BODYATTACK   LES MILLS SHBAM   LES MILLS BODYCOMBAT		STRENGTH 55 MINUTES GYM   LES MILLS BODYPUMP   STRENGTH
WEEK 6	CARDIO 45 - 55 MINUTES SELECT A WORKOUT ON DEMAND   LES MILLS BODYATTACK   LES MILLS SHBAM   LES MILLS BODYCOMBAT   LES MILLS BODYSTEP   LES MILLS RPM	FLEXIBILITY CORE 55 MINUTES GYM   LES MILLS BODYFLOW   FLEXIBILITY	STRENGTH 30 MINUTES GYM   LES MILLS BODYPUMP   TRACKS 1-6	CARDIO 45 - 55 MINUTES SELECT A WORKOUT ON DEMAND   LES MILLS BODYATTACK   LES MILLS SHBAM   LES MILLS BODYCOMBAT		STRENGTH 55 MINUTES GYM   LES MILLS BODYPUMP   STRENGTH

\*LES MILLS On Demand gives you 24/7 access to more than 500 scientifically proven workouts led by top Les Mills trainers from around the world. Members get a special member discount and can cancel anytime.