

VIRTUAL WORKOUT OPTIONS



BODYPUMP (STRENGTH TRAINING)

If you're looking for a **full-body weights workout**, try BODYPUMP™. It's for anyone looking to get toned and fit. You will need a barbell with weights and a bench, along with comfortable clothes and supportive shoes. Don't worry if you're an absolute beginner; we start you off with light weights and teach you to get stronger. You can even start off doing half classes for the first week. Increase the weights and duration as your strength and fitness increase.

You may be sore the day after you do BODYPUMP for the first few weeks; embrace this feeling! BODYPUMP really challenges all of your major muscle groups. We recommend you do no more than two or three classes a week, with at least a day off.

BODYCOMBAT (MARTIAL ARTS)

BODYCOMBAT™ is a **high-energy** martial arts-inspired workout that lets you punch and kick your way to fitness and burn up calories, fast. It's perfect for releasing stress - you'll have a blast and feel like a champ.

All you need for a BODYCOMBAT workout is light, supportive shoes, and a whole lot of energy and enthusiasm. For awesome results, we recommend you do BODYCOMBAT two to three times per week.

You don't need any kind of martial arts experience. The instructors will demonstrate simpler and lower impact options for every move, so you can progress at your own pace and get an awesome workout at the same time.

LES MILLS GRIT (HIGH-INTENSITY INTERVAL TRAINING)

LES MILLS GRIT™ Cardio is our 30-minute **high intensity** interval training workout that improves cardiovascular fitness, increases speed and maximizes calorie burn. It's designed to challenge your fitness, and there are options throughout the workout so you can modify the intensity.

LES MILLS GRIT Cardio is designed to complement your training schedule, so doing a workout twice a week is enough to give you awesome results. All you need is your usual workout clothes and a big attitude.

BODYFLOW (YOGA FUSION)

Our two yoga-fusion workouts are ideal for building flexibility, strength and inner serenity.

BODYBALANCE™ is **ideal for anyone** and everyone. You bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates which strengthen your body and lower your stress levels.

Comfortable clothes and something warm to wear during the final relaxation phase are all you need. You don't need shoes and yoga mats are optional. It's fine if you've never done a yoga. Simply follow the instructors as they will show you all of the appropriate options.

You'll feel real benefits from doing a class just once a week. Doing 2 or 3 classes a week will really help you improve.

CXWORX (CORE CONDITIONING)

Exercising the muscles around the core of your body, CXWORX™ provides the vital ingredient for a stronger, leaner body. A strong core can help make you better at all the things you do in everyday life.

The moves in CXWORX are simple and you choose the intensity, so it **suits any fitness level**. For awesome results, we recommend you do it two or three times per week.

All you'll need is a single weight plate and a resistance tube (available at all leading sports stores). If you don't have a weight plate, you can use a dumbbell, kettlebell, weight bag, sandbag or medicine ball. Wear comfortable workout clothes and supportive shoes too.

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LES MILLS SPRINT (INDOOR CYCLING)

LES MILLS SPRINT is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.

It's a short, **intense style** of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results. The 30 minutes you put into a LES MILLS SPRINT workout drives your body to burn calories for hours. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. The payoff? You smash your fitness goals, fast.

THE TRIP (IMMERSIVE INDOOR CYCLING)

THE TRIP is a fully immersive workout experience that combines a 40-minute multi-peak cycling workout with a journey through digitally-created worlds. THE TRIP takes motivation and energy output to the next level, burning serious calories.

If you want to get fitter faster, with less discomfort, new research from the Les Mills Lab shows that THE TRIP is the way to go.

RPM (INDOOR CYCLING)

RPM™ is a cycling workout that delivers maximum results with minimum impact on your joints. All you need is a stationary bike. Tune in to some great music and get your pedals spinning as your instructor takes you on a journey of hill climbs, sprints and flat riding. You control your own resistance levels and speed so you can **build up your fitness level over time**.

The key to RPM is having your bike set up correctly – be sure to do this before you start. Some of the tracks in RPM involve getting off the bike seat. If this doesn't work on your bike you can stay seated.

BODYATTACK (SPORTS CONDITIONING)

BODYATTACK™ is a **high-energy** fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. This class will pump out energizing tunes and lead you through the workout – challenging your limits in a good way, burning up to 730 calories* and leaving you with a sense of achievement.

BODY STEP (STEP AEROBICS)

Simple step movements on a height-adjustable step, BODYSTEP™ is a **full-body cardio workout** to tone your butt and thighs.

You will need a step or low bench, along with comfortable clothes and supportive shoes.

This workout will push fat burning systems into high gear and the muscle conditioning tracks will shape and tone your body. You can burn up to 620 calories* in a 55-minute step workout.

New to BODYSTEP? Don't worry, there are options to suit everyone. If you're using a height-adjustable step, start with a low step height. Focus on your feet before trying the arm movements and follow the options provided by the on-screen presenting team. It usually takes a few BODYSTEP workouts before you start to feel comfortable.

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SH'BAM (DANCE FITNESS)

A fun-loving, insanely addictive dance workout, SH'BAM™ is an ego-free zone – **no dance experience required**. All the moves are relatively simple, so even the most inexperienced dancer will pick them up in no time. Prepare to have fun and let go!

You can do a SH'BAM workout as often as you like. Absolutely anyone of any age or fitness level can SH'BAM. Your instructor will guide you through a series of simple yet sassy dance moves, all set to a party playlist.

You don't need anything other than comfortable clothes and light, supportive footwear.

LES MILLS BARRE (BALLET-INSPIRED TRAINING)

LES MILLS BARRE™ is a modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday. Incorporating classic ballet positions, with modern music, LES MILLS BARRE is a combination of cardio and strength with high reps of small range-of-motion movements and very light weights.

LES MILLS DANCE

Hip Hop, Contemporary or House... whatever your style you'll find LES MILLS DANCE is packed with moves and music you'll love. Shaped by international dancer and choreographer, Gandalf Archer Mills, this collection of banging dance routines brings you some of the freshest dance out. And with the moves broken down into easy -to-follow blocks you can master the magic in no time.

Join Gandalf for a LES MILLS DANCE experience and you can guarantee a experience like no other. Gandalf has spent decades choreographing dance, collaborating with some of the world's best, packing out studios and bringing insane dance workouts to life on the big stage. The opportunity to dance with Gandalf is one you don't want to miss.

LES MILLS TRAINING

Online exclusive to LES MILLS On Demand, Les Mills Training is an total body workout, at your pace. **Try this before graduating to a LES MILLS GRIT class** and let us know what you think!

MIND & BODY

LES MILLS On Demand exclusive mini series showcasing vinyasa inspired yoga and mindfulness will have you floating in bliss.

BORN TO MOVE (INSPIRING YOUNG PEOPLE)

LES MILLS On Demand offers a selection of BORN TO MOVE™ classes for young people free – no subscription required. Featuring music and moves for kids and teens, BORN TO MOVE combines fun and fitness in way that children love. These classes inspire movement, innate joy and build self-esteem.

BORN TO MOVE caters for **any child between the ages of 2-16 years**. Each of the age-specific classes feature age-appropriate moves and music that have been tested with young people and are designed to help create positive physical habits.

Each class is carefully crafted to safely meet the unique developmental needs of that age group and draws on the latest developmental research. Of course, your child won't notice – they'll be too busy having fun.

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