

LES MILLS
ONDEMAND

Workout plan designed
by Dr Jinger Gottschall

Jinger Gottschall



BURN – AMPLIFY

EQUIPMENT

BURN AMPLIFY

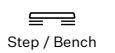
EQUIPMENT

The Burn Amplify Workout Plan drives maximum calorie burn with lots of heart pumping cardio, while also keeping your joints healthy and core strong with strength workouts. Each week you will complete 4-5 hours of exercise. If you don't have equipment, simply select the non-equipment option on the website or app. This Workout Plan includes three months of workouts – you can choose to complete the full plan, or complete one month at a time.

Workouts a week: 6

Intensity: 

You'll need:



1	DAY 01 – CARDIO BODYATTACK #97	DAY 02 – STRENGTH BODYPUMP #109	DAY 03 – CARDIO BODYSTEP #117	DAY 04 – HIIT LES MILLS GRIT #32 STRENGTH	DAY 05 You can choose to use this as a rest day or do another activity.	DAY 06 – FLEXIBILITY BODYBALANCE/ BODYFLOW #79	DAY 07 – CARDIO THE TRIP #18
	45 min <input type="radio"/>	55 min <input type="radio"/>	55 min <input type="radio"/>	30 min <input type="radio"/>		35 min <input type="radio"/>	40 min <input type="radio"/>
2	DAY 08 – STRENGTH BODYPUMP #113	DAY 09 – CARDIO BODYSTEP #118	DAY 10 – CARDIO RPM #86	DAY 11 – STRENGTH BODYPUMP #97	DAY 12 You can choose to use this as a rest day or do another activity.	DAY 13 – HIIT LES MILLS SPRINT #18	DAY 14 – CARDIO BODYCOMBAT #81
	55 min <input type="radio"/>	55 min <input type="radio"/>	45 min <input type="radio"/>	55 min <input type="radio"/>		30 min <input type="radio"/>	55 min <input type="radio"/>
3	DAY 15 – CARDIO BODYATTACK #96	DAY 16 – STRENGTH BODYPUMP #112	DAY 17 – HIIT LES MILLS GRIT #31 ATHLETIC	DAY 18 – FLEXIBILITY BODYBALANCE/ BODYFLOW #86	DAY 19 You can choose to use this as a rest day or do another activity.	DAY 20 – CARDIO BODYSTEP #106	DAY 21 – STRENGTH BODYPUMP #94
	45 min <input type="radio"/>	55 min <input type="radio"/>	30 min <input type="radio"/>	35 min <input type="radio"/>		55 min <input type="radio"/>	55 min <input type="radio"/>
4	DAY 22 – HYBRID WORKOUT LOWER BODY #02	DAY 23 – STRENGTH BODYPUMP #104	DAY 24 – CARDIO BODYATTACK #107	DAY 25 – HIIT LES MILLS SPRINT #02	DAY 26 You can choose to use this as a rest day or do another activity.	DAY 27 – STRENGTH BODYPUMP #100	DAY 28 – CARDIO THE TRIP #19
	45 min <input type="radio"/>	55 min <input type="radio"/>	55 min <input type="radio"/>	30 min <input type="radio"/>		55 min <input type="radio"/>	40 min <input type="radio"/>

SET GOALS & SMASH THEM!

Whatever your goal is, note it down and push yourself to achieve it!

Mark to complete:

e.g. Work out 2 times a week

e.g. 5 minutes of mindfulness each day

e.g. Try to stay away from caffeine close to bedtime

You've got this!

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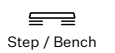
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Intensity: 

You'll need:



5	DAY 01 – CARDIO BODYATTACK #102	DAY 02 – FLEXIBILITY BODYBALANCE/ BODYFLOW #83	DAY 03 – CARDIO RPM #76	DAY 04 – STRENGTH BODYPUMP #108	DAY 05 You can choose to use this as a rest day or do another activity.	DAY 06 – HIIT LES MILLS GRIT #26 PLYO	DAY 07 – CARDIO BODYSTEP #111
	45 min <input type="radio"/>	35 min <input type="radio"/>	45 min <input type="radio"/>	55 min <input type="radio"/>		30 min <input type="radio"/>	55 min <input type="radio"/>
6	DAY 08 – HIIT LES MILLS GRIT #30 STRENGTH	DAY 09 – CARDIO RPM #85	DAY 10 – STRENGTH BODYPUMP #111	DAY 11 – HIIT LES MILLS SPRINT #17	DAY 12 You can choose to use this as a rest day or do another activity.	DAY 13 – CARDIO BODYSTEP #108	DAY 14 – STRENGTH CXWORX #38
	30 min <input type="radio"/>	45 min <input type="radio"/>	55 min <input type="radio"/>	30 min <input type="radio"/>		55 min <input type="radio"/>	30 min <input type="radio"/>
7	DAY 15 – CARDIO THE TRIP #14	DAY 16 – HIIT LES MILLS GRIT #21 STRENGTH	DAY 17 – FLEXIBILITY BODYBALANCE/ BODYFLOW #87	DAY 18 – CARDIO RPM #74	DAY 19 You can choose to use this as a rest day or do another activity.	DAY 20 – STRENGTH BODYPUMP #89	DAY 21 – CARDIO BODYATTACK #95
	40 min <input type="radio"/>	30 min <input type="radio"/>	35 min <input type="radio"/>	45 min <input type="radio"/>		55 min <input type="radio"/>	45 min <input type="radio"/>
8	DAY 22 – STRENGTH BODYPUMP #105	DAY 23 – CARDIO RPM #84	DAY 24 – HYBRID WORKOUT BONE HEALTH #03	DAY 25 – HIIT LES MILLS GRIT #29 ATHLETIC	DAY 26 You can choose to use this as a rest day or do another activity.	DAY 27 – CARDIO BODYSTEP #103	DAY 28 – CARDIO THE TRIP #06
	55 min <input type="radio"/>	45 min <input type="radio"/>	45 min <input type="radio"/>	30 min <input type="radio"/>		55 min <input type="radio"/>	40 min <input type="radio"/>

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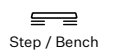
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Intensity: 

You'll need:



9	DAY 01 – CARDIO BODYSTEP #119	DAY 02 – HIIT LES MILLS GRIT #28 ATHLETIC	DAY 03 – STRENGTH BODYPUMP #113	DAY 04 – CARDIO THE TRIP #07	DAY 05 You can choose to use this as a rest day or do another activity.	DAY 06 – STRENGTH CXWORX #25	DAY 07 – FLEXIBILITY BODYBALANCE/ BODYFLOW #77
	55 min <input type="radio"/>	30 min <input type="radio"/>	55 min <input type="radio"/>	40 min <input type="radio"/>		30 min <input type="radio"/>	35 min <input type="radio"/>
10	DAY 08 – CARDIO RPM #69	DAY 09 – STRENGTH BODYPUMP #99	DAY 10 – CARDIO BODYSTEP #103	DAY 11 – STRENGTH BODYPUMP #103	DAY 12 You can choose to use this as a rest day or do another activity.	DAY 13 – CARDIO BODYCOMBAT #83	DAY 14 – HIIT LES MILLS GRIT #23 STRENGTH
	45 min <input type="radio"/>	55 min <input type="radio"/>	55 min <input type="radio"/>	55 min <input type="radio"/>		55 min <input type="radio"/>	30 min <input type="radio"/>
11	DAY 15 – CARDIO BODYATTACK #108	DAY 16 – FLEXIBILITY BODYBALANCE/ BODYFLOW #88	DAY 17 – CARDIO BODYSTEP #107	DAY 18 – HIIT LES MILLS SPRINT #09	DAY 19 You can choose to use this as a rest day or do another activity.	DAY 20 – STRENGTH BODYPUMP #107	DAY 21 – CARDIO RPM #72
	55 min <input type="radio"/>	35 min <input type="radio"/>	55 min <input type="radio"/>	30 min <input type="radio"/>		55 min <input type="radio"/>	45 min <input type="radio"/>
12	DAY 22 – HIIT LES MILLS GRIT #22 STRENGTH	DAY 23 – CARDIO BODYCOMBAT #82	DAY 24 – HIIT LES MILLS SPRINT #11	DAY 25 – STRENGTH BODYPUMP #112	DAY 26 You can choose to use this as a rest day or do another activity.	DAY 27 – CARDIO THE TRIP #20	DAY 28 – CARDIO BODYSTEP #100
	30 min <input type="radio"/>	55 min <input type="radio"/>	30 min <input type="radio"/>	55 min <input type="radio"/>		40 min <input type="radio"/>	55 min <input type="radio"/>

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