

LesMILLS
ONDEMAND

Workout plan designed
by Dr Jinger Gottschall

Jinger Gottschall

BURN - PRIME













NO EQUIPMENT

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The Burn Prime 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 2-3 hours of exercise. You don't need any equipment. 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: 3 **Intensity:** 

1	DAY 01 – CARDIO BODYCOMBAT #82	DAY 02 You can choose to use this as a rest day or do another activity.	DAY 03 You can choose to use this as a rest day or do another activity.	DAY 04 – HIIT LES MILLS GRIT #32 CARDIO	DAY 05 You can choose to use this as a rest day or do another activity.	DAY 06 You can choose to use this as a rest day or do another activity.	DAY 07 – CARDIO BODYATTACK #101
	 55 min <input type="radio"/>			 30 min <input type="radio"/>			 45 min <input type="radio"/>
2	DAY 08 – STRENGTH LES MILLS BARRE #09	DAY 09 You can choose to use this as a rest day or do another activity.	DAY 10 – CARDIO BODYATTACK #96	DAY 11 You can choose to use this as a rest day or do another activity.	DAY 12 You can choose to use this as a rest day or do another activity.	DAY 13 – CARDIO BODYCOMBAT #76	DAY 14 You can choose to use this as a rest day or do another activity.
	 30 min <input type="radio"/>		 45 min <input type="radio"/>			 55 min <input type="radio"/>	
3	DAY 15 You can choose to use this as a rest day or do another activity.	DAY 16 – HYBRID WORKOUT UPPER BODY #01	DAY 17 You can choose to use this as a rest day or do another activity.	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 BODYCOMBAT #68	DAY 21 You can choose to use this as a rest day or do another activity.
		 45 min <input type="radio"/>		 35 min <input type="radio"/>		 55 min <input type="radio"/>	
4	DAY 22 – CARDIO BODYATTACK #92	DAY 23 You can choose to use this as a rest day or do another activity.	DAY 24 – CARDIO BODYCOMBAT #63	DAY 25 You can choose to use this as a rest day or do another activity.	DAY 26 You can choose to use this as a rest day or do another activity.	DAY 27 You can choose to use this as a rest day or do another activity.	DAY 28 – CARDIO BODYATTACK #107
	 45 min <input type="radio"/>		 55 min <input type="radio"/>				 55 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













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5	DAY 01 You can choose to use this as a rest day or do another activity.	DAY 02 You can choose to use this as a rest day or do another activity.	DAY 03 – CARDIO BODYCOMBAT #83	DAY 04 You can choose to use this as a rest day or do another activity.	DAY 05 You can choose to use this as a rest day or do another activity.	DAY 06 – HIIT LES MILLS GRIT #26 CARDIO	DAY 07 – CARDIO SH'BAM #33
			 55 min <input type="radio"/>			 30 min <input type="radio"/>	 45 min <input type="radio"/>
6	DAY 08 You can choose to use this as a rest day or do another activity.	DAY 09 – CARDIO BODYATTACK #108	DAY 10 – STRENGTH LES MILLS BARRE #05	DAY 11 You can choose to use this as a rest day or do another activity.	DAY 12 You can choose to use this as a rest day or do another activity.	DAY 13 – CARDIO BODYCOMBAT #66	DAY 14 You can choose to use this as a rest day or do another activity.
		 55 min <input type="radio"/>	 30 min <input type="radio"/>			 55 min <input type="radio"/>	
7	DAY 15 – CARDIO BODYCOMBAT #78	DAY 16 You can choose to use this as a rest day or do another activity.	DAY 17 – FLEXIBILITY BODYBALANCE/ BODYFLOW #87	DAY 18 – CARDIO BODYATTACK #95	DAY 19 You can choose to use this as a rest day or do another activity.	DAY 20 You can choose to use this as a rest day or do another activity.	DAY 21 You can choose to use this as a rest day or do another activity.
	 55 min <input type="radio"/>		 35 min <input type="radio"/>	 45 min <input type="radio"/>			
8	DAY 22 You can choose to use this as a rest day or do another activity.	DAY 23 – CARDIO BODYCOMBAT #65	DAY 24 You can choose to use this as a rest day or do another activity.	DAY 25 You can choose to use this as a rest day or do another activity.	DAY 26 You can choose to use this as a rest day or do another activity.	DAY 27 – CARDIO BODYCOMBAT #80	DAY 28 – CARDIO SH'BAM #29
		 55 min <input type="radio"/>				 55 min <input type="radio"/>	 45 min <input type="radio"/>

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


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Workouts a week: 3 **Intensity:** 

9	DAY 01 – CARDIO BODYCOMBAT #81	DAY 02 – HIIT LES MILLS GRIT #30 CARDIO	DAY 03 You can choose to use this as a rest day or do another activity.	DAY 07 – CARDIO BODYATTACK #100	DAY 05 You can choose to use this as a rest day or do another activity.	DAY 06 You can choose to use this as a rest day or do another activity.	DAY 07 You can choose to use this as a rest day or do another activity.
	 55 min <input type="radio"/>	 30 min <input type="radio"/>			 55 min <input type="radio"/>		
10	DAY 08 – CARDIO BODYCOMBAT #61	DAY 09 You can choose to use this as a rest day or do another activity.	DAY 10 – CARDIO BODYATTACK #103	DAY 11 – HYBRID WORKOUT HEART HEALTH #03	DAY 12 You can choose to use this as a rest day or do another activity.	DAY 13 You can choose to use this as a rest day or do another activity.	DAY 14 You can choose to use this as a rest day or do another activity.
	 55 min <input type="radio"/>		 55 min <input type="radio"/>	 55 min <input type="radio"/>			
11	DAY 15 You can choose to use this as a rest day or do another activity.	DAY 16 – FLEXIBILITY BODYBALANCE/ BODYFLOW #88	DAY 17 – CARDIO BODYCOMBAT #77	DAY 18 You can choose to use this as a rest day or do another activity.	DAY 19 You can choose to use this as a rest day or do another activity.	DAY 20 You can choose to use this as a rest day or do another activity.	DAY 21 – CARDIO SH'BAM #36
		 35 min <input type="radio"/>	 55 min <input type="radio"/>				 45 min <input type="radio"/>
12	DAY 22 You can choose to use this as a rest day or do another activity.	DAY 23 – CARDIO BODYATTACK #91	DAY 24 You can choose to use this as a rest day or do another activity.	DAY 25 You can choose to use this as a rest day or do another activity.	DAY 26 You can choose to use this as a rest day or do another activity.	DAY 27 – STRENGTH LES MILLS BARRE #04	DAY 28 – CARDIO BODYCOMBAT #64
		 45 min <input type="radio"/>				 30 min <input type="radio"/>	 55 min <input type="radio"/>

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