

OPTIMAL MIX PRIME



LES MILLS
ONDEMAND

Workout plan designed
by Dr Jinger Gottschall

Jinger Gottschall

OPTIMAL MIX PRIME

The Optimal Mix Prime Workout Plan is designed to give you the ideal mix of cardio, strength and mind-body workouts to improve your heart health, enhance lean muscle development, and maintain functional wellness. Each week you will complete 1.5-2 hours of exercise. If you don't have equipment, choose the alternative non-equipment workout. This Workout Plan includes 3-months of workouts – you can choose to complete the full plan, or complete one month at a time.

Workouts a week: 3

Intensity: 

You'll need:



Non-equipment alternatives are noted

1	DAY 01 - CARDIO BODYPUMP #114	DAY 02	DAY 03	DAY 04 - CARDIO RPM #80	DAY 05	DAY 06 - STRENGTH BODYPUMP #108	DAY 07
	OR BODYATTACK #101 🕒 30 min <input type="checkbox"/>	You can choose to use this as a rest day or another activity.	You can choose to use this as a rest day or another activity.	OR BODYCOMBAT #78 🕒 30 min <input type="checkbox"/>	You can choose to use this as a rest day or another activity.	OR BODYBALANCE #83 Strength 🕒 30-40 min <input type="checkbox"/>	You can choose to use this as a rest day or another activity.
2	DAY 08 - CARDIO SH'BAM #34	DAY 09	DAY 10 - CARDIO BODYPUMP #112	DAY 11	DAY 12	DAY 13 - STRENGTH BODYPUMP #106	DAY 14
	OR BODYCOMBAT #76 🕒 30 min <input type="checkbox"/>	You can choose to use this as a rest day or another activity.	OR BODYATTACK #103 🕒 30 min <input type="checkbox"/>	You can choose to use this as a rest day or another activity.	You can choose to use this as a rest day or another activity.	OR CXWORX #33 🕒 30 min <input type="checkbox"/> MIND & BODY MINDFULNESS OF BREATHING 🕒 15 min <input type="checkbox"/>	You can choose to use this as a rest day or another activity.
3	DAY 15	DAY 16 - CARDIO THE TRIP #06	DAY 17 - STRENGTH BODYPUMP #104	DAY 18 - CARDIO BODYPUMP #105 SHORT	DAY 19	DAY 20	DAY 21
	You can choose to use this as a rest day or another activity.	OR BODYATTACK #99 🕒 30-40 min <input type="checkbox"/>	OR CXWORX #31 🕒 30 min <input type="checkbox"/>	OR BODYCOMBAT #66 Short 🕒 15-20 min <input type="checkbox"/> MIND & BODY BODYBALANCE #78 Short 🕒 20 min <input type="checkbox"/>	You can choose to use this as a rest day or another activity.	You can choose to use this as a rest day or another activity.	You can choose to use this as a rest day or another activity.
4	DAY 22 - CARDIO RPM #81	DAY 23	DAY 24 - CARDIO THE TRIP #13	DAY 25 - STRENGTH BODYPUMP #102	DAY 26	DAY 27	DAY 28
	OR BODYATTACK #97 🕒 45 min <input type="checkbox"/> MIND & BODY BOXING THOUGHTS 🕒 15 min <input type="checkbox"/>	You can choose to use this as a rest day or another activity.	OR BODYCOMBAT #60 🕒 30-40 min <input type="checkbox"/>	OR LES MILLS BARRE #04 🕒 30 min <input type="checkbox"/>	You can choose to use this as a rest day or another activity.	You can choose to use this as a rest day or another activity.	You can choose to use this as a rest day or another activity.

Mark to complete:

SET GOALS & SMASH THEM!

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

e.g. Workout 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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Workouts a week: 3

Intensity: 

You'll need:



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1	DAY 01 - CARDIO BODYSTEP #108	DAY 02	DAY 03 - CARDIO RPM #79	DAY 04	DAY 05	DAY 06 - STRENGTH BODYPUMP #98	DAY 07
	OR BODYATTACK #95 🕒 30 min <input type="radio"/>	You can choose to use this as a rest day or another activity.	OR BODYCOMBAT #72 🕒 45 min <input type="radio"/>	You can choose to use this as a rest day or another activity.	You can choose to use this as a rest day or another activity.	You can choose to use this as a rest day or another activity.	OR BODYBALANCE #81 Strength 🕒 30-40 min <input type="radio"/>
2	DAY 08 - CARDIO THE TRIP #16	DAY 09	DAY 10	DAY 11 - CARDIO BODYSTEP #106	DAY 12	DAY 13 - STRENGTH CXWORX #29	DAY 14
	OR BODYCOMBAT #70 🕒 30-40 min <input type="radio"/>	You can choose to use this as a rest day or another activity.	You can choose to use this as a rest day or another activity.	OR BODYATTACK #93 🕒 30 min <input type="radio"/> MIND & BODY BODYBALANCE Deep Stretch #04 🕒 15 min <input type="radio"/>	You can choose to use this as a rest day or another activity.	OR BODYBALANCE #77 Strength 🕒 30 min <input type="radio"/>	You can choose to use this as a rest day or another activity.
3	DAY 15	DAY 16 - CARDIO RPM #75	DAY 17 - STRENGTH BODYPUMP #107	DAY 18 - CARDIO THE TRIP #15	DAY 19	DAY 20	DAY 21
	You can choose to use this as a rest day or another activity.	OR BODYCOMBAT #77 🕒 45 min <input type="radio"/>	OR CXWORX #32 🕒 30 min <input type="radio"/>	OR BODYATTACK #98 🕒 30-40 min <input type="radio"/>	You can choose to use this as a rest day or another activity.	You can choose to use this as a rest day or another activity.	You can choose to use this as a rest day or another activity.
4	DAY 22 - STRENGTH BODYPUMP #105	DAY 23 - CARDIO BODYCOMBAT #75	DAY 24	DAY 25	DAY 26	DAY 27 - CARDIO BODYSTEP #111	DAY 28
	OR BODYBALANCE #82 Strength 🕒 30-40 min <input type="radio"/>	OR BODYATTACK #96 🕒 30 min <input type="radio"/> MIND & BODY CONCENTRATION TEN COUNTS 🕒 15 min <input type="radio"/>	You can choose to use this as a rest day or another activity.	You can choose to use this as a rest day or another activity.	You can choose to use this as a rest day or another activity.	You can choose to use this as a rest day or another activity.	OR BODYCOMBAT #73 🕒 30 min <input type="radio"/>

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Workouts a week: 3

Intensity: 

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1	DAY 01 - CARDIO RPM #67 SHORT	DAY 02	DAY 03 - CARDIO THE TRIP #10	DAY 04	DAY 05	DAY 06 - STRENGTH BODYPUMP #103	DAY 07
	OR BODYATTACK #94 Short ⌚ 20 min <input type="checkbox"/> MIND & BODY BODYBALANCE #73 short ⌚ 15 min <input type="checkbox"/>	You can choose to use this as a rest day or another activity.	OR BODYCOMBAT #71 ⌚ 30-40 min <input type="checkbox"/>	You can choose to use this as a rest day or another activity.	You can choose to use this as a rest day or another activity.	You can choose to use this as a rest day or another activity.	OR CXWORX #30 ⌚ 30 min <input type="checkbox"/>
2	DAY 08 - CARDIO RPM #77	DAY 09 - STRENGTH CXWORX #28	DAY 10	DAY 11 - CARDIO SH'BAM #33	DAY 12	DAY 13	DAY 14
	OR BODYCOMBAT #69 ⌚ 45 min <input type="checkbox"/>	OR BODYBALANCE #80 Strength ⌚ 30-40 min <input type="checkbox"/>	You can choose to use this as a rest day or another activity.	OR BODYATTACK #92 ⌚ 30 min <input type="checkbox"/>	You can choose to use this as a rest day or another activity.	You can choose to use this as a rest day or another activity.	You can choose to use this as a rest day or another activity.
3	DAY 15 - CARDIO BODYSTEP #109	DAY 16	DAY 17	DAY 18 - CARDIO RPM #72	DAY 19	DAY 20 - STRENGTH BODYPUMP #101	DAY 21
	OR BODYATTACK #90 ⌚ 30 min <input type="checkbox"/>	You can choose to use this as a rest day or another activity.	You can choose to use this as a rest day or another activity.	OR BODYCOMBAT #67 ⌚ 30 min <input type="checkbox"/>	You can choose to use this as a rest day or another activity.	OR LES MILLS BARRE #03 ⌚ 30 min <input type="checkbox"/> MIND & BODY WEIGHT OF LIMBS ⌚ 15 min <input type="checkbox"/>	You can choose to use this as a rest day or another activity.
4	DAY 22	DAY 23 - CARDIO BODYSTEP #102 SHORT	DAY 24	DAY 25 - STRENGTH BODYPUMP #99	DAY 26	DAY 27 - CARDIO THE TRIP #12	DAY 28
	You can choose to use this as a rest day or another activity.	OR BODYCOMBAT Short Cardio Blast ⌚ 15-20 min <input type="checkbox"/> MIND & BODY BODYBALANCE Deep Stretch #03 ⌚ 15 min <input type="checkbox"/>	You can choose to use this as a rest day or another activity.	OR CXWORX #26 ⌚ 30 min <input type="checkbox"/>	You can choose to use this as a rest day or another activity.	OR BODYATTACK #102 ⌚ 40-45 min <input type="checkbox"/>	You can choose to use this as a rest day or another activity.

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