SIX-WEEK
GAME CHANGER
CHALLENGE
BOOSTER
"YOU'RE IN FOR A TREAT, LET'S GET IT DONE!"

Ben Main
Les Mills Ambassador
Power up your training and amplify results with 5-6 workouts a week.

If you’re up for a real challenge, I’m going to bring it! I’m Ben, and I’m here to help push your limits with the Game Changer Challenge. Over six weeks I will provide you with workouts and coaching that will help you break through any fitness plateau and feel like a champion.

This scientifically-designed Game Changer Challenge was developed in conjunction with Dr. Jinger Gottschall and features a powerful combination of cardio, strength and yoga. Each week you’ll be challenged to build your endurance, speed and power. Combine this with healthy eating and you’ll maximize lean muscle mass and reduce body fat.

Here’s what you can expect...

• 5 - 6 workouts a week
• Various intensity options so you can push your limits
• Equipment and equipment-free options
• Baseline testing and goal setting
• Access to ongoing support and motivation

If you’re ready for results and up for a challenge, this is the game-changer you need.

Let’s go!

Ben Main, Les Mills Ambassador
Instagram: @imbenmain
STEPS TO SUCCESS
The number one way to stay motivated is to track your achievements. Simply complete these three baseline tests at the beginning and end of the challenge and you can monitor your progress. You can also use these tests to monitor mid-way progress if you want to. Here’s all you need to do:

**UPPER BODY STRENGTH**

**+ THE PUSH-UP TEST**

Perform as many push-ups as you can without stopping. Start in the push-up position, lower your body until your elbows are at 90 degrees and then press up to the starting position. Women you can choose the modified push-up on knees position if preferred. NB. Measure and keep the same distance between your hands for future tests.

**LOWER BODY STRENGTH**

**+ THE SINGLE-LEG WALL SIT TEST**

Start with your feet shoulder-width apart and your back against a smooth vertical wall. Slowly slide your back down the wall until both your knees and hips are at a 90-degree angle. Lift one leg off the ground and start the timer. When you can no longer keep that leg off the ground stop the timer. After a period of rest, test your other leg.

**MEASURE**

**+ WAISTLINE MEASUREMENT**

Stand and place a tape measure around your waist, just above hip bones. Keep the tape snug, but not compressing your skin. Record the measurement just after an exhale.
# PUSH-UP TEST NORMS FOR MEN

<table>
<thead>
<tr>
<th>AGE</th>
<th>PRE-CHALLENGE</th>
<th>WEEK THREE</th>
<th>END-OF-CHALLENGE</th>
</tr>
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<tbody>
<tr>
<td>17 - 19</td>
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<td></td>
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<tr>
<td>EXCELLENT</td>
<td>&gt; 56</td>
<td>&gt; 47</td>
<td>&gt; 34</td>
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<td>GOOD</td>
<td>&gt; 36</td>
<td>&gt; 34</td>
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<tr>
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# PUSH-UP TEST NORMS FOR WOMEN

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# SINGLE LEG WALL SIT TEST NORMS

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<th>GOOD</th>
<th>AVERAGE</th>
<th>BELOW AVERAGE</th>
<th>POOR</th>
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</thead>
<tbody>
<tr>
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<td>&gt; 100 seconds</td>
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<td>50 - 75</td>
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<tr>
<td>WOMEN</td>
<td>&gt; 60 seconds</td>
<td>45 - 60</td>
<td>35 - 45</td>
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**MEASURES**

**PRE-CHALLENGE**

- NUMBER OF PUSH-UPS
- WALL SIT (SEC) — RIGHT LEG
- WALL SIT (SEC) — LEFT LEG
- WAISTLINE MEASUREMENT
- COMMENTS/HOW ARE YOU FEELING?

**WEEK THREE**

- NUMBER OF PUSH-UPS
- WALL SIT (SEC) — RIGHT LEG
- WALL SIT (SEC) — LEFT LEG
- WAISTLINE MEASUREMENT
- COMMENTS/HOW ARE YOU FEELING?

**END-OF-CHALLENGE**

- NUMBER OF PUSH-UPS
- WALL SIT (SEC) — RIGHT LEG
- WALL SIT (SEC) — LEFT LEG
- WAISTLINE MEASUREMENT
- COMMENTS/HOW ARE YOU FEELING?
Goal setting is key to staying on track and realizing the results you deserve. Make sure your goals are SMART; specific, measurable, achievable, realistic and timebound. If you want to make your goals stick you need to write them down. It’s also a good idea to share your goals with like-minded friends and family as this is shown to boost your chances of success.

Need some goal setting inspo? These goals might work for you ...

- I want to complete at least 5 to 6 full workouts a week.
- I want to shift my baseline fitness to excellent in the next six weeks.
- I want to keep up exercise while I cut out refined sugar and alcohol for six weeks.
TRACKING YOUR GOALS

GOAL ONE

WEEK THREE CHECK-IN
HOW ARE YOU FEELING?

END-OF-CHALLENGE
WHAT DID YOU ACHIEVE?

GOAL TWO

WEEK THREE CHECK-IN
HOW ARE YOU FEELING?

END-OF-CHALLENGE
WHAT DID YOU ACHIEVE?

GOAL THREE

WEEK THREE CHECK-IN
HOW ARE YOU FEELING?

END-OF-CHALLENGE
WHAT DID YOU ACHIEVE?

you’ve got this!
You can’t out-train a bad diet. If you’re investing in your fitness for six weeks you need to think about making nutritional choices that serve you well. While there’s no one nutritional plan that will work for everyone here are some smart steps you can take to optimize your nutrition and maximize your results:

- Eliminate or minimize refined sugar and alcohol.
- Limit saturated fats, trans fats, salt, and added sugar.
- Eat lots of fruits, vegetables, whole grains, and low-fat dairy products.
- Include lean meats, poultry, fish, beans, eggs, and nuts in your diet.
- Make sure you are hydrated and not hungry before your workout. Learn what food gives you energy and the ideal time to eat it before exercise. Try a meal with complex carbohydrates about 1-2 hours before you begin.
- Eat a small meal within 30 minutes of completing your workout that includes both carbohydrates and protein.
MAXIMIZE YOUR RESULTS

top tips

+ **DIARIZE YOUR WORKOUTS**
  Plan ahead in one-week blocks and add workout time as a time to treat yourself.

+ **DON’T WORRY IF YOU MISS A WORKOUT**
  Try and fit it in the next day.

+ **ALWAYS TRAIN WITH WATER**
  Always!

+ **WORK OUT AT YOUR OWN SPEED**
  Take options to modify intensity and impact, particularly during cardio workouts.

+ **BE ACCOUNTABLE**
  Tell your friends and family what you’re doing – even encourage a friend or partner to do the challenge with you. Join the LES MILLS On Demand Fitness Challenges (official) Facebook group, share your efforts and use the hashtag #GameChangerChallenge

+ **REFLECT REGULARLY**
  Take note of changes and achievements and think about what you want to work on in the week ahead. It’s a great way to stay focused on your overall goal.

+ **SPEND TIME STRETCHING**
  This can improve flexibility, build strength, help injury prevention and leave you feeling calm and serene. BODYBALANCE™/BODYFLOW® is great for this.
HAVE ONE REST DAY A WEEK

The positive adaptations born from exercise take place when your body is in recovery. Insufficient recovery can reduce the effectiveness of your training.

REMEMBER ...

There are no hard and fast rules. If you want to juggle the days you do certain workouts go for it! Be sure to space your strength training out across the week and avoid HIIT workouts on consecutive days. Keen to master a specific workout? No problems, you can simply repeat that workout instead of what’s listed – consider intensity and length and try and replace like for like. You can even slot in another type of training, simply swap one of the scheduled cardio workouts for a run, or perhaps a road ride.

Throughout the challenge, we will be sharing plenty more tips, motivation and guidance. And you’ll also find round-the-clock support by joining the LES MILLS On Demand Facebook squad.

There’s no doubt some days will be tough, but if you keep at it you’ll be looking and feeling amazing in six short weeks. Remember, every workout is a win!
## EQUIPMENT
- Barbell
- Resistance Band
- Weight Plates
- Step/Bench

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## GAME CHANGER

Make the most of your plan! Print this page, tick off your progress and keep somewhere visible, that way you can easily keep record of your workouts as well as track your goals.

It’s easy to navigate which workouts to do - jump onto the LES MILLS On Demand platform and follow the Game Changer Challenge sequence and you’ll do every suggested workout in the right order.

<table>
<thead>
<tr>
<th>DAY</th>
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<th>45 min</th>
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<th>55 min</th>
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<tr>
<td>2</td>
<td>DAY 08 — STRENGTH</td>
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<td>3</td>
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<tr>
<td></td>
<td>LES MILLS GRIT #30 CARDIO</td>
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Mark to complete ✅
**GAME CHANGER**

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<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
</tr>
</thead>
</table>
| DAY 01 — CARDIO  
BODYATTACK #107  
55 min | DAY 02 — HIIT  
LES MILLS GRIT #31 CARDIO  
30 min | DAY 03 — STRENGTH  
CXWORX #37  
30 min | DAY 04 — CARDIO  
BODYCOMBAT #81  
30 min | DAY 05 — STRENGTH  
CXWORX #29  
REST | DAY 06 — CARDIO  
BODYATTACK #104  
55 min |
| DAY 07 — CARDIO  
BODYCOMBAT #79  
55 min | DAY 08 — STRENGTH  
CXWORX #34  
30 min | DAY 09 — CARDIO  
BODYATTACK #82  
55 min | DAY 10 — FLEX STRENGTH  
BODYFLOW #86/  
BODYBALANCE #86  
45 min | DAY 11 — CARDIO  
BODYATTACK #105  
55 min | DAY 12 — STRENGTH  
LES MILLS GRIT #28 CARDIO  
30 min |
| DAY 13 — CARDIO  
BODYATTACK #102  
30 min | DAY 14 — STRENGTH  
CXWORX #30  
55 min | DAY 15 — CARDIO  
BODYCOMBAT #78  
30 min | DAY 16 — FLEX STRENGTH  
BODYFLOW/BODYBALANCE #85 STRENGTH  
30 min | DAY 17 — CARDIO  
BODYATTACK #106  
55 min | DAY 18 — STRENGTH  
LES MILLS GRIT #29 CARDIO  
30 min |
| DAY 19 — CARDIO  
BODYATTACK #106  
55 min | DAY 20 — CARDIO  
BODYCOMBAT #76  
30 min | DAY 21 — CARDIO  
BODYATTACK #107  
55 min | Day 22 — CARDIO  
BODYATTACK #82  
30 min | DAY 23 — STRENGTH  
CXWORX #36  
55 min | DAY 24 — CARDIO  
BODYCOMBAT #78  
55 min |
| DAY 25 — STRENGTH  
CXWORX #33  
30 min | Day 26 — CARDIO  
LES MILLS GRIT #26 CARDIO  
30 min | Day 27 — CARDIO  
LES MILLS GRIT #29 CARDIO  
30 min | Day 28 — CARDIO  
LES MILLS GRIT #30 CARDIO  
30 min | Day 29 — CARDIO  
LES MILLS GRIT #27 CARDIO  
30 min | Day 30 — CARDIO  
LES MILLS GRIT #29 CARDIO  
30 min |
| Day 31 — CARDIO  
BODYATTACK #77  
30 min | Day 32 — FLEX STRENGTH  
BODYFLOW #84/  
BODYBALANCE #84  
30 min | Day 33 — FLEX STRENGTH  
BODYFLOW/BODYBALANCE #84 STRENGTH  
55 min | Day 34 — CARDIO  
BODYATTACK #99  
55 min | Day 35 — STRENGTH  
CXWORX #31  
55 min | Day 36 — CARDIO  
LES MILLS GRIT #30 CARDIO  
30 min |
| Day 37 — STRENGTH  
BODYFLOW/BODYBALANCE #74 STRENGTH  
30 min | Day 38 — CARDIO  
BODYATTACK #92  
45 min | Day 39 — STRENGTH  
CXWORX #32  
30 min | Day 40 — CARDIO  
LES MILLS GRIT #24 CARDIO  
30 min | Day 41 — CARDIO  
LES MILLS GRIT #24 CARDIO  
30 min | Day 42 — CARDIO  
BODYCOMBAT #80  
55 min |

**NO EQUIPMENT**

No equipment required, all workouts are bodyweight only!
If you are injured we recommend consulting a medical professional before starting this Challenge. We don’t recommend starting this Challenge if you are pregnant. While exercising during pregnancy can be beneficial for you and your baby, pregnancy is not the time to strive for new fitness goals or increase exercise intensity.

🚨 DISCLAIMER:
You acknowledge and agree that your use of this Challenge is governed by the LES MILLS On Demand Terms of Use. Consult your physician or a medical professional before starting this Challenge and follow his or her advice. If you choose to exercise using this Challenge, you do so at your own risk and acknowledge that the exercises carry an inherent risk of physical injury, particularly if you have a history of health problems or any previous injuries. Do not follow this Challenge if you have a history of chest pain, knee, ankle, wrist, shoulder, joint, or spinal (back and neck) problems or injuries. Read and follow all safety guidance provided as part of the Challenge or on the LES MILLS On Demand platform.