

**LES MILLS**  
ONDEMAND

Workout plan designed  
by Dr Jinger Gottschall

*Jinger Gottschall*



# BURN AMPLIFY

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The Burn Amplify Workout Plan is designed to give you maximum calorie burn per week with lots of heart pumping cardio while 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, 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: 6

Intensity:

You'll need:



Alternative non-equipment workouts are noted

1	DAY 01 - CARDIO <b>BODYATTACK #101</b>	DAY 02 - STRENGTH <b>BODYPUMP #108</b>	DAY 03 - CARDIO <b>BODYSTEP #114</b>	DAY 04 - HIIT <b>LES MILLS GRIT #27 STRENGTH</b>	DAY 05	DAY 06 - FLEXIBILITY <b>BODYBALANCE #85</b>	DAY 07 - CARDIO <b>THE TRIP #17</b>
	<input type="checkbox"/>	<b>OR</b> BODYBALANCE #83 Strength <input type="checkbox"/>	<b>OR</b> BODYCOMBAT #79 <input type="checkbox"/>	<b>OR</b> LES MILLS GRIT #27 CARDIO <input type="checkbox"/>	You can choose to use this as a rest day or another activity.	<input type="checkbox"/>	<b>OR</b> BODYATTACK #104 <input type="checkbox"/>
2	DAY 08 - STRENGTH <b>BODYPUMP #106</b>	DAY 09 - CARDIO <b>BODYSTEP #112</b>	DAY 10 - CARDIO <b>RPM #80</b>	DAY 11 - STRENGTH <b>BODYPUMP #110</b>	DAY 12	DAY 13 - HIIT <b>LES MILLS SPRINT #13</b>	DAY 14 - CARDIO <b>BODYCOMBAT #78</b>
	<b>OR</b> CXWORX #33 <input type="checkbox"/>	<b>OR</b> BODYCOMBAT #76 <input type="checkbox"/>	<b>OR</b> BODYATTACK #103 <input type="checkbox"/>	<b>OR</b> CXWORX #27 <input type="checkbox"/>	You can choose to use this as a rest day or another activity.	<b>OR</b> LES MILLS GRIT #19 CARDIO <input type="checkbox"/>	<input type="checkbox"/>
3	DAY 15 - CARDIO <b>BODYATTACK #99</b>	DAY 16 - STRENGTH <b>BODYPUMP #103</b>	DAY 17 - HIIT <b>LES MILLS GRIT #25 PLYO</b>	DAY 18 - FLEXIBILITY <b>BODYBALANCE #80</b>	DAY 19	DAY 20 - CARDIO <b>BODYSTEP #104</b>	DAY 21 - STRENGTH <b>BODYPUMP #104</b>
	<input type="checkbox"/>	<b>OR</b> CXWORX #30 <input type="checkbox"/>	<b>OR</b> LES MILLS GRIT #25 CARDIO <input type="checkbox"/>	<input type="checkbox"/>	You can choose to use this as a rest day or another activity.	<b>OR</b> BODYCOMBAT #74 <input type="checkbox"/>	<b>OR</b> CXWORX #31 <input type="checkbox"/>
4	DAY 22 - CARDIO <b>HYBRID WORKOUT: HEART HEALTH #02</b>	DAY 23 - STRENGTH <b>BODYPUMP #102</b>	DAY 24 - CARDIO <b>BODYCOMBAT #66</b>	DAY 25 - HIIT <b>LES MILLS SPRINT #14</b>	DAY 26	DAY 27 - STRENGTH <b>BODYPUMP #96</b>	DAY 28 - CARDIO <b>THE TRIP #13</b>
	<input type="checkbox"/>	<b>OR</b> LES MILLS BARRE #06 <input type="checkbox"/>	<input type="checkbox"/>	<b>OR</b> LES MILLS GRIT #23 CARDIO <input type="checkbox"/>	You can choose to use this as a rest day or another activity.	<b>OR</b> CXWORX #34 <input type="checkbox"/>	<b>OR</b> BODYATTACK #88 <input type="checkbox"/>

## SET GOALS & SMASH THEM!

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

Mark to complete:

e.g. Workout 5 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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Intensity:

You'll need:



Alternative non-equipment workouts are noted

1	DAY 01 - CARDIO <b>BODYATTACK #105</b>	DAY 02 - FLEXIBILITY <b>BODYBALANCE #69</b>	DAY 03 - CARDIO <b>RPM #83</b>	DAY 04 - STRENGTH <b>BODYPUMP #98</b>	DAY 05	DAY 06 - HIIT <b>LES MILLS GRIT #29 PLYO</b>	DAY 07 - CARDIO <b>BODYSTEP #113</b>
	<b>OR</b> BODYATTACK #105 45 min	<b>OR</b> BODYBALANCE #69 40 min	<b>OR</b> BODYCOMBAT #72 45-55 min	<b>OR</b> BODYBALANCE #81 STRENGTH 40-55 min	You can choose to use this as a rest day or another activity.	<b>OR</b> LES MILLS GRIT #29 CARDIO 30 min	<b>OR</b> SH'BAM #36 45-55 min
2	DAY 08 - HIIT <b>LES MILLS GRIT #12 STRENGTH</b>	DAY 09 - CARDIO <b>RPM #75</b>	DAY 10 - STRENGTH <b>BODYPUMP #107</b>	DAY 11 - HIIT <b>LES MILLS SPRINT #16</b>	DAY 12	DAY 13 - CARDIO <b>BODYCOMBAT #77</b>	DAY 14 - STRENGTH <b>CXWORX #29</b>
	<b>OR</b> LES MILLS GRIT #12 CARDIO 30 min	<b>OR</b> BODYATTACK #98 45 min	<b>OR</b> CXWORX #32 30-55 min	<b>OR</b> LES MILLS GRIT #15 CARDIO 30 min	You can choose to use this as a rest day or another activity.	<b>OR</b> BODYCOMBAT #77 55 min	<b>OR</b> BODYBALANCE #84 STRENGTH 30-40 min
3	DAY 15 - CARDIO <b>THE TRIP #16</b>	DAY 16 - HIIT <b>LES MILLS GRIT #26 STRENGTH</b>	DAY 17 - FLEXIBILITY <b>BODYBALANCE #70</b>	DAY 18 - CARDIO <b>RPM #78</b>	DAY 19	DAY 20 - STRENGTH <b>BODYPUMP #95</b>	DAY 21 - CARDIO <b>BODYATTACK #104</b>
	<b>OR</b> BODYCOMBAT #70 40-55 min	<b>OR</b> LES MILLS GRIT #26 CARDIO 30 min	<b>OR</b> BODYBALANCE #70 40 min	<b>OR</b> BODYATTACK #106 45 min	You can choose to use this as a rest day or another activity.	<b>OR</b> CXWORX #35 30-55 min	<b>OR</b> BODYATTACK #104 45 min
4	DAY 22 - STRENGTH <b>BODYPUMP #105</b>	DAY 23 - CARDIO <b>BODYCOMBAT #75</b>	DAY 24 - HIIT <b>HYBRID WORKOUT BONE HEALTH #01</b>	DAY 25 - STRENGTH <b>LES MILLS GRIT #24 PLYO</b>	DAY 26	DAY 27 - CARDIO <b>BODYSTEP #116</b>	DAY 28 - CARDIO <b>THE TRIP #15</b>
	<b>OR</b> BODYBALANCE #82 STRENGTH 40-45 min	<b>OR</b> BODYCOMBAT #75 55 min	<b>OR</b> HYBRID WORKOUT BONE HEALTH #01 45 min	<b>OR</b> LES MILLS GRIT #24 CARDIO 30 min	You can choose to use this as a rest day or another activity.	<b>OR</b> BODYCOMBAT #73 55 min	<b>OR</b> BODYATTACK #99 40-45 min

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Intensity:

You'll need:



Alternative non-equipment workouts are noted

1	DAY 01 - CARDIO <b>BODYATTACK #94</b>	DAY 02 - HIIT <b>LES MILLS GRIT #20 PLYO</b>	DAY 03 - STRENGTH <b>BODYPUMP #93</b>	DAY 04 - CARDIO <b>THE TRIP #10</b>	DAY 05	DAY 06 - STRENGTH <b>CXWORX #28</b>	DAY 07 - FLEXIBILITY <b>BODYBALANCE #71</b>
	<b>OR</b> LES MILLS GRIT #20 CARDIO  🕒 45 min <input type="radio"/>	<b>OR</b> LES MILLS GRIT #20 CARDIO  🕒 30 min <input type="radio"/>	<b>OR</b> CXWORX #22  🕒 30-55 min <input type="radio"/>	<b>OR</b> BODYCOMBAT #71  🕒 40-55 min <input type="radio"/>	You can choose to use this as a rest day or another activity.	<b>OR</b> BODYBALANCE #85 Strength  🕒 30-40 min <input type="radio"/>	<input type="radio"/>
2	DAY 08 - CARDIO <b>RPM #83</b>	DAY 09 - STRENGTH <b>BODYPUMP #100</b>	DAY 10 - CARDIO <b>BODYSTEP #115</b>	DAY 11 - STRENGTH <b>BODYPUMP #90</b>	DAY 12	DAY 13 - CARDIO <b>BODYCOMBAT #80</b>	DAY 14 - HIIT <b>LES MILLS GRIT #08 STRENGTH</b>
	<b>OR</b> BODYCOMBAT #69  🕒 45-55 min <input type="radio"/>	<b>OR</b> CXWORX #36  🕒 30-55 min <input type="radio"/>	<b>OR</b> BODYATTACK #103  🕒 45-55 min <input type="radio"/>	<b>OR</b> CXWORX #34  🕒 30-55 min <input type="radio"/>	You can choose to use this as a rest day or another activity.	<b>OR</b> LES MILLS GRIT #08 CARDIO  🕒 55 min <input type="radio"/>	<input type="radio"/>
3	DAY 15 - CARDIO <b>BODYATTACK #100</b>	DAY 16 - FLEXIBILITY <b>BODYBALANCE #84</b>	DAY 17 - CARDIO <b>BODYSTEP #109</b>	DAY 18 - HIIT <b>LES MILLS SPRINT #12</b>	DAY 19	DAY 20 - STRENGTH <b>BODYPUMP #101</b>	DAY 21 - CARDIO <b>RPM #73</b>
	<input type="radio"/>	<input type="radio"/>	<b>OR</b> BODYCOMBAT #67  🕒 55 min <input type="radio"/>	<b>OR</b> LES MILLS GRIT #22 CARDIO  🕒 30 min <input type="radio"/>	You can choose to use this as a rest day or another activity.	<b>OR</b> LES MILLS BARRE #07  🕒 45-55 min <input type="radio"/>	<input type="radio"/>
4	DAY 22 - HIIT <b>LES MILLS GRIT #28 STRENGTH</b>	DAY 23 - CARDIO <b>BODYCOMBAT #65</b>	DAY 24 - HIIT <b>LES MILLS SPRINT #15</b>	DAY 25 - STRENGTH <b>BODYPUMP #99</b>	DAY 26	DAY 27 - CARDIO <b>THE TRIP #12</b>	DAY 28 - CARDIO <b>BODYSTEP #105</b>
	<b>OR</b> LES MILLS GRIT #28 CARDIO  🕒 30 min <input type="radio"/>	<input type="radio"/>	<b>OR</b> GRIT CARDIO #LIKE NINA  🕒 30 min <input type="radio"/>	<b>OR</b> CXWORX #26  🕒 30-55 min <input type="radio"/>	You can choose to use this as a rest day or another activity.	<b>OR</b> BODYATTACK #102  🕒 40-45 min <input type="radio"/>	<input type="radio"/>

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