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.

<table>
<thead>
<tr>
<th>Day</th>
<th>Workouts a week: 6</th>
<th>Intensity:</th>
<th>You’ll need:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>45 min</td>
<td></td>
<td>Barbell, Stationary Bike, Resistance Band, Weight Plates, Step/Bench</td>
</tr>
<tr>
<td>2</td>
<td>30-55 min</td>
<td>30 min</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>30 min</td>
<td>40 min</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>45-55 min</td>
<td>45 min</td>
<td></td>
</tr>
</tbody>
</table>

Alternative non-equipment workouts are noted.

**Workouts a week:**
- **DAY 01:** CARDIO BODYATTACK #101
- **DAY 02:** STRENGTH BODYPUMP #108
- **DAY 03:** CARDIO BODYPUMP #114
- **DAY 04:** HIIT LES MILLS GRIT #27 STRENGTH
- **DAY 05:**
- **DAY 06:** FLEXIBILITY BODYBALANCE #85
- **DAY 07:** CARDIO THE TRIP #17
- **DAY 08:** STRENGTH BODYPUMP #106
- **DAY 09:** CARDIO BODYPUMP #109
- **DAY 10:** CARDIO RPM #80
- **DAY 11:** STRENGTH BODYPUMP #110
- **DAY 12:**
- **DAY 13:** HIIT LES MILLS SPRINT #13
- **DAY 14:** CARDIO BODYCOMBAT #78
- **DAY 15:** CARDIO BODYATTACK #112
- **DAY 16:** FLEXIBILITY BODYBALANCE #80
- **DAY 17:** HIIT LES MILLS GRIT #25 PLYO
- **DAY 18:** FLEXIBILITY BODYBALANCE #80
- **DAY 19:**
- **DAY 20:** CARDIO BODYPUMP #104
- **DAY 21:** STRENGTH BODYCOMBAT #76
- **DAY 22:** CARDIO BODYATTACK #88
- **DAY 23:** STRENGTH BODYPUMP #96
- **DAY 24:** CARDIO BODYCOMBAT #66
- **DAY 25:** HIIT LES MILLS SPRINT #14
- **DAY 26:**
- **DAY 27:** STRENGTH BODYPUMP #104
- **DAY 28:** CARDIO THE TRIP #13

**Set Goals & Smash Them!**

- **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**

Mark to complete: ✔️

You’ve got this!
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**Workouts a week:** 6  
**Intensity:** 

<table>
<thead>
<tr>
<th>Day</th>
<th>Workouts</th>
</tr>
</thead>
</table>
| 1   | DAY 01 - CARDIO  
BODYATTACK #105  
45 min  

OR  
DAY 02 - FLEXIBILITY  
BODYBALANCE #69  
40 min  

OR  
DAY 03 - CARDIO  
RPM #83  
45-55 min  

OR  
DAY 04 - STRENGTH  
BODYPUMP #98  
40-55 min  

DAY 05  

<table>
<thead>
<tr>
<th>Day</th>
<th>Workouts</th>
</tr>
</thead>
</table>
| 2   | DAY 06 - HIT  
LES MILLS GRIT #29 PLYO  
30 min  

OR  
DAY 07 - CARDIO  
BODYSTEP #113  
45-55 min  

OR  
DAY 08 - HIT  
LES MILLS GRIT #12 STRENGTH  
30 min  

OR  
DAY 09 - CARDIO  
RPM #75  
40 min  

OR  
DAY 10 - STRENGTH  
BODYPUMP #107  
30-55 min  

OR  
DAY 11 - HIT  
LES MILLS SPRINT #16  
30 min  

DAY 12  

<table>
<thead>
<tr>
<th>Day</th>
<th>Workouts</th>
</tr>
</thead>
</table>
| 3   | DAY 13 - CARDIO  
BODYCOMBAT #77  
55 min  

OR  
DAY 14 - STRENGTH  
CXWORX #29  
30-40 min  

OR  
DAY 15 - CARDIO  
THE TRIP #16  
40-55 min  

OR  
DAY 16 - HIT  
LES MILLS GRIT #26 STRENGTH  
30 min  

OR  
DAY 17 - FLEXIBILITY  
BODYBALANCE #70  
30 min  

OR  
DAY 18 - CARDIO  
RPM #78  
40 min  

OR  
DAY 19 - STRENGTH  
BODYPUMP #95  
30-55 min  

OR  
DAY 20 - CARDIO  
BODYATTACK #104  
45 min  

OR  
DAY 21 - CARDIO  
BODYPUMP #105  
45 min  

OR  
DAY 22 - STRENGTH  
BODYPUMP #105  
40-45 min  

OR  
DAY 23 - CARDIO  
BODYCOMBAT #75  
55 min  

OR  
DAY 24 - HIIT  
HYBRID WORKOUT BONE HEALTH #01  
45 min  

OR  
DAY 25 - STRENGTH  
LES MILLS GRIT #24 PLYO  
30 min  

OR  
DAY 26 - CARDIO  
BODYSTEP #116  
55 min  

OR  
DAY 27 - CARDIO  
BODYPUMP #105  
40-45 min  

OR  
DAY 28 - CARDIO  
THE TRIP #15  
40-55 min  

OR  
DAY 29 - CARDIO  
THE TRIP #15  
45 min  

OR  
DAY 30 - CARDIO  
THE TRIP #15  
55 min  

OR  
DAY 31 - CARDIO  
THE TRIP #15  
40-55 min  

**You’ll need:**  
Barbell  
Stationary Bike  
Resistance Band  
Weight Plates  
Step / Bench

Alternative non-equipment workouts are noted.

**Set Goals & Smash Them!**

- **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**

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**Workouts a week:** 6  
**Intensity:** ![Heart](heart.png) ![Heart](heart.png) ![Heart](heart.png)  
**You’ll need:**  
- Barbell  
- Stationary bike  
- Resistance Band  
- Weight Plates  
- Step / Bench  

Alternative non-equipment workouts are noted.

### Day 01 - Cardio
**BodyAttack #94**
- Duration: 45 min

### Day 02 - Hiit
**Les Mills GRIT #20 Plyo**
- Duration: 30 min

### Day 03 - Strength
**BodyPump #93**
- Duration: 30-55 min

### Day 04 - Cardio
**The Trip #10**
- Duration: 40-55 min

### Day 05

### Day 06 - Strength
**CXWORX #28**
- Duration: 30-40 min

### Day 07 - Flexibility
**BodyBalance #71**
- Duration: 40 min

### Day 08 - Cardio
**RPM #83**
- Duration: 45 min

### Day 09 - Strength
**BodyPump #100**
- Duration: 30 min

### Day 10 - Cardio
**BodyStep #115**
- Duration: 40 min

### Day 11 - Strength
**BodyPump #90**
- Duration: 30 min

### Day 12

### Day 13 - Cardio
**BodyCombat #71**
- Duration: 30 min

### Day 14 - Hiit
**Les Mills GRIT #08 Strength**
- Duration: 30 min

### Day 15 - Cardio
**BodyAttack #100**
- Duration: 45 min

### Day 16 - Flexibility
**BodyBalance #84**
- Duration: 40 min

### Day 17 - Cardio
**BodyStep #109**
- Duration: 55 min

### Day 18 - Hiit
**Les Mills Sprint #12**
- Duration: 30 min

### Day 19

### Day 20 - Strength
**BodyPump #101**
- Duration: 45 min

### Day 21 - Cardio
**RPM #73**
- Duration: 30 min

### Day 22 - Hiit
**Les Mills GRIT #28 Strength**
- Duration: 30 min

### Day 23 - Cardio
**BodyCombat #65**
- Duration: 55 min

### Day 24 - Hiit
**Les Mills Sprint #15**
- Duration: 30 min

### Day 25 - Strength
**BodyPump #99**
- Duration: 30-55 min

### Day 26

### Day 27 - Cardio
**BodyCombat #63**
- Duration: 45 min

### Day 28 - Cardio
**Oracle #102**
- Duration: 40-45 min

### Day 29 - Strength
**Les Mills Barre #07**
- Duration: 55 min

### Day 30 - Flexibility
**Sh'Bam #35**
- Duration: 30 min

---

**Set Goals & Smash Them!**

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

- 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!*