

LES MILLS
ONDEMAND

Workout plan designed
by Dr Jinger Gottschall

Jinger Gottschall



BURN PRIME

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The Burn Prime 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 2-3 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:



Alternative non-equipment workouts are noted

1	DAY 01 - CARDIO BODYPUMP #114	DAY 02	DAY 03	DAY 04 - HIIT LES MILLS GRIT #27 STRENGTH	DAY 05	DAY 06	DAY 07 - CARDIO THE TRIP #14
	OR BODYCOMBAT #80 🕒 55 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 LES MILLS GRIT #27 CARDIO 🕒 30 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 #106 🕒 40-45 min <input type="radio"/>
2	DAY 08 - STRENGTH BODYPUMP #108	DAY 09	DAY 10 - CARDIO RPM #80	DAY 11	DAY 12	DAY 13 - CARDIO BODYPUMP #111	DAY 14
	OR CXWORX #36 🕒 30-55 min <input type="radio"/>	You can choose to use this as a rest day or another activity.	OR BODYATTACK #103 🕒 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.	OR BODYCOMBAT #73 🕒 55 min <input type="radio"/>	You can choose to use this as a rest day or another activity.
3	DAY 15	DAY 16 - HYBRID HYBRID WORKOUT: HEART HEALTH #02	DAY 17	DAY 18 - FLEXIBILITY BODYBALANCE #85	DAY 19	DAY 20 - CARDIO BODYPUMP #110	DAY 21
	You can choose to use this as a rest day or another activity.	 🕒 45 min <input type="radio"/>	You can choose to use this as a rest day or another activity.	 🕒 40 min <input type="radio"/>	You can choose to use this as a rest day or another activity.	OR BODYCOMBAT #74 🕒 55 min <input type="radio"/>	You can choose to use this as a rest day or another activity.
4	DAY 22 - CARDIO BODYATTACK #97	DAY 23	DAY 24 - CARDIO BODYATTACK #105	DAY 25	DAY 26	DAY 27	DAY 28 - CARDIO THE TRIP #13
	OR RPM #81 🕒 45 min <input type="radio"/>	You can choose to use this as a rest day or another activity.	OR BODYCOMBAT #79 🕒 45-55 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 BODYATTACK #104 🕒 40-45 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. 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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1	DAY 01	DAY 02	DAY 03 - CARDIO RPM #79	DAY 04	DAY 05	DAY 06 - HIIT LES MILLS GRIT #28 PLYO	DAY 07 - CARDIO BODYSTEP #113
	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 #72 🕒 45-55 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 LES MILLS GRIT #28 CARDIO 🕒 30 min <input type="radio"/>	OR SH'BAM #34 🕒 45-55 min <input type="radio"/>
2	DAY 08	DAY 09 - CARDIO RPM #75	DAY 10 - STRENGTH BODYPUMP #109	DAY 11	DAY 12	DAY 13 - CARDIO BODYSTEP #116	DAY 14
	You can choose to use this as a rest day or another activity.	OR BODYATTACK #98 🕒 45 min <input type="radio"/>	OR CXWORX #35 🕒 30-55 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 BODYCOMBAT #77 🕒 55 min <input type="radio"/>	You can choose to use this as a rest day or another activity.
3	DAY 15 - CARDIO THE TRIP #16	DAY 16	DAY 17 - FLEXIBILITY BODYBALANCE #84	DAY 18 - CARDIO RPM #78	DAY 19	DAY 20	DAY 21
	OR BODYCOMBAT #70 🕒 40-55 min <input type="radio"/>	You can choose to use this as a rest day or another activity.	 🕒 40 min <input type="radio"/>	OR BODYATTACK #93 🕒 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.
4	DAY 22	DAY 23 - CARDIO RPM #83	DAY 24	DAY 25	DAY 26	DAY 27 - CARDIO BODYSTEP #111	DAY 28 - CARDIO THE TRIP #15
	You can choose to use this as a rest day or another activity.	OR BODYCOMBAT #75 🕒 45-55 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 BODYCOMBAT #73 🕒 55 min <input type="radio"/>	OR BODYATTACK #103 🕒 40-45 min <input type="radio"/>

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1	DAY 01 - CARDIO BODYSTEP #105	DAY 02- HIIT LES MILLS GRIT #29 PLYO	DAY 03	DAY 04 - CARDIO THE TRIP #17	DAY 05	DAY 06	DAY 07
	OR BODYATTACK #94 🕒 45-55 min <input type="radio"/>	OR LES MILLS GRIT #29 CARDIO 🕒 30 min <input type="radio"/>	You can choose to use this as a rest day or another activity.	OR BODYCOMBAT #71 🕒 40-55 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.
2	DAY 08 - CARDIO RPM #77	DAY 09	DAY 10 - CARDIO BODYSTEP #115	DAY 11 - HYBRID HYBRID WORKOUT: BONE HEALTH #01	DAY 12	DAY 13	DAY 14
	OR BODYCOMBAT #69 🕒 45-55 min <input type="radio"/>	You can choose to use this as a rest day or another activity.	OR BODYATTACK #99 🕒 45-55 min <input type="radio"/>	OR BODYCOMBAT #71 🕒 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.
3	DAY 15	DAY 16 - FLEXIBILITY BODYBALANCE #83	DAY 17 - CARDIO BODYSTEP #109	DAY 18	DAY 19	DAY 20	DAY 21 - CARDIO RPM #73
	You can choose to use this as a rest day or another activity.	 🕒 40 min <input type="radio"/>	OR BODYCOMBAT #67 🕒 55 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 SH'BAM #37 🕒 45 min <input type="radio"/>
4	DAY 22	DAY 23 - CARDIO THE TRIP #12	DAY 24	DAY 25	DAY 26	DAY 27 - STRENGTH BODYPUMP #110	DAY 28 - CARDIO BODYSTEP #107
	You can choose to use this as a rest day or another activity.	OR BODYATTACK #102 🕒 40-45 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 CXWORX #31 🕒 30-55 min <input type="radio"/>	OR BODYCOMBAT #78 🕒 55 min <input type="radio"/>

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