GETTING STARTED

Workout plan designed by Dr Jinger Gottschall
This series is designed to give you an introduction to the primary LES MILLS cardio, strength, and mind body workouts to improve heart health, enhance lean muscle development, and maintain functional wellness. You will learn each program with a beginner tutorial followed by a couple of workouts to help you consolidate your learning. Progress through the series at your own pace – repeat workouts to get the hang of them, skip workouts if they don’t appeal yet, double up workouts if you want more of a challenge.

**Workouts a Week:** You choose

**Intensity:** 1

**You’ll need:**

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<th>Stationary Bike</th>
<th>Resistance Band</th>
<th>Weight Plates</th>
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Non-equipment alternatives are identified with.

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!