

**LesMILLS**  
ONDEMAND

Workout plan designed  
by Dr Jinger Gottschall

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**GETTING STARTED**

# GETTING STARTED

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:** 

**You'll need:**



Non-equipment alternatives are identified with 

PROGRESS THROUGH AT OWN PACE	LEARN BODYATTACK <small>No equipment needed</small>	LEARN BODYBALANCE/ BODYFLOW <small>No equipment needed</small>	LEARN BODYPUMP	LEARN BODYCOMBAT <small>No equipment needed</small>	LEARN RPM	LEARN SH'BAM <small>No equipment needed</small>	LEARN CXWORX
	1. GETTING STARTED WITH BODYATTACK #01 30 min <input type="radio"/>	1. GETTING STARTED WITH BODYBALANCE/BODYFLOW #01 30 min <input type="radio"/>	1. GETTING STARTED WITH BODYPUMP #01 30 min <input type="radio"/>	1. GETTING STARTED WITH BODYCOMBAT #01 30 min <input type="radio"/>	1. GETTING STARTED WITH RPM #01 20 min <input type="radio"/>	1. GETTING STARTED WITH SH'BAM #01 30 min <input type="radio"/>	1. GETTING STARTED WITH CXWORX #01 30 min <input type="radio"/>
	2. GETTING STARTED WITH BODYATTACK #02 20 min <input type="radio"/>	2. GETTING STARTED WITH BODYBALANCE/BODYFLOW #02 (Flexibility) 25 min <input type="radio"/>	2. GETTING STARTED WITH BODYPUMP #02 30 min <input type="radio"/>	2. GETTING STARTED WITH BODYCOMBAT #02 30 min <input type="radio"/>	2. GETTING STARTED WITH RPM #02 30 min <input type="radio"/>	2. GETTING STARTED WITH SH'BAM #02 20 min <input type="radio"/>	2. GETTING STARTED WITH CXWORX #02 20 min <input type="radio"/>
	3. GETTING STARTED WITH BODYATTACK #03 30 min <input type="radio"/>	3. GETTING STARTED WITH BODYBALANCE/BODYFLOW #03 (Flexibility) 30 min <input type="radio"/>	3. GETTING STARTED WITH BODYPUMP #03 20 min <input type="radio"/>	3. GETTING STARTED WITH BODYCOMBAT #03 25 min <input type="radio"/>	3. GETTING STARTED WITH RPM #03 30 min <input type="radio"/>	3. GETTING STARTED WITH SH'BAM #03 30 min <input type="radio"/>	3. GETTING STARTED WITH CXWORX #03 30 min <input type="radio"/>
		4. GETTING STARTED WITH BODYPUMP #04 30 min <input type="radio"/>	4. GETTING STARTED WITH BODYCOMBAT #04 30 min <input type="radio"/>				
WANT MORE?	MORE BODYATTACK <small>No equipment needed</small>	MORE BODYBALANCE/ BODYFLOW <small>No equipment needed</small>	MORE BODYPUMP	MORE BODYCOMBAT <small>No equipment needed</small>	MORE RPM	MORE SH'BAM <small>No equipment needed</small>	
	1. BODYATTACK #102 45 MIN 45 min <input type="radio"/>	1. BODYBALANCE/BODYFLOW #82 55 MIN 55 min <input type="radio"/>	1. BODYPUMP #107 45 MIN 55 min <input type="radio"/>	1. BODYCOMBAT #77 45 MIN 55 min <input type="radio"/>	1. RPM #80 45 MIN 45min <input type="radio"/>	1. SH'BAM #33 45 MIN 45 min <input type="radio"/>	

Mark to complete:

## 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!*