

# LESMILLS TONE & STRENGTH AMPLIFY

**LESMILLS**  
ON DEMAND

Workout plan designed  
by Dr Jinger Gottschall

*Jinger Gottschall*

# STONE & STRENGTH

## AMPLIFY

The Tone & Strength Workout Plan is designed to give you lean muscle development with high repetition full-body and core strength offerings, and some heart pumping cardio mixed in. Each week you will complete 4-5 hours of exercise. If you don't have the required equipment, you can choose the non-equipment workout option each day. 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 - STRENGTH <b>BODYPUMP #108</b>	DAY 02 - CARDIO <b>BODYSTEP #114</b>	DAY 03 - STRENGTH <b>BODYBALANCE #83 STRENGTH</b>	DAY 04 - HIIT <b>LES MILLS GRIT #27 STRENGTH</b>	DAY 05	DAY 06 - STRENGTH <b>BODYPUMP #107</b>	DAY 07 - CARDIO <b>THE TRIP #14</b>
	OR CXWORX #34 🕒 30-55 min <input type="radio"/>	OR BODYCOMBAT #64 🕒 55 min <input type="radio"/>	<input type="radio"/> 40 min <input type="radio"/>	OR LES MILLS GRIT #27 CARDIO 🕒 30 min <input type="radio"/>	You can choose to use this as a rest day or another activity.	OR CXWORX #36 🕒 30-55 min <input type="radio"/>	OR BODYATTACK #106 🕒 45 min <input type="radio"/>
2	DAY 08 - STRENGTH <b>BODYPUMP #106</b>	DAY 09 - HIIT <b>LES MILLS GRIT #25 STRENGTH</b>	DAY 10 - STRENGTH <b>BODYPUMP #105</b>	DAY 11 - CARDIO <b>RPM #80</b>	DAY 12	DAY 13 - STRENGTH <b>BODYPUMP #104</b>	DAY 14 - CARDIO <b>BODYSTEP #112</b>
	OR CXWORX #32 🕒 30-55 min <input type="radio"/>	OR LES MILLS GRIT #25 CARDIO 🕒 30 min <input type="radio"/>	OR CXWORX #31 🕒 30-55 min <input type="radio"/>	OR BODYCOMBAT #76 🕒 55 min <input type="radio"/>	You can choose to use this as a rest day or another activity.	OR CXWORX #30 🕒 30-55 min <input type="radio"/>	OR BODYATTACK #103 🕒 45 min <input type="radio"/>
3	DAY 15 - CARDIO <b>BODYCOMBAT #79</b>	DAY 16 - STRENGTH <b>BODYPUMP #103</b>	DAY 17 - FLEXIBILITY <b>BODYBALANCE #82</b>	DAY 18 - STRENGTH <b>BODYPUMP #102</b>	DAY 19	DAY 20 - CARDIO <b>BODYSTEP #110</b>	DAY 21 - STRENGTH <b>BODYPUMP #101</b>
	OR BODYATTACK #99 🕒 45-55 min <input type="radio"/>	OR CXWORX #29 🕒 30-55 min <input type="radio"/>	<input type="radio"/> 40 min <input type="radio"/>	OR CXWORX #28 🕒 30-55 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"/>	OR CXWORX #27 🕒 30-55 min <input type="radio"/>
4	DAY 22 - CARDIO <b>RPM #81</b>	DAY 23 - STRENGTH <b>BODYPUMP #100</b>	DAY 24 - CARDIO <b>THE TRIP #13</b>	DAY 25 - HIIT <b>LES MILLS GRIT #23 PLYO</b>	DAY 26	DAY 27 - STRENGTH <b>BODYPUMP #99</b>	DAY 28 - CARDIO <b>BODYSTEP #105</b>
	OR BODYATTACK #97 🕒 45 min <input type="radio"/>	OR LES MILLS BARRE #06 🕒 45-55 min <input type="radio"/>	OR BODYATTACK #88 🕒 40-45 min <input type="radio"/>	OR LES MILLS GRIT #23 CARDIO 🕒 30 min <input type="radio"/>	You can choose to use this as a rest day or another activity.	OR CXWORX #26 🕒 30-55 min <input type="radio"/>	OR BODYCOMBAT #78 🕒 40-45 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 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!*

# TOPE & STRENGTH

## AMPLIFY

The Tone & Strength Workout Plan is designed to give you lean muscle development with high repetition full-body and core strength offerings, and some heart pumping cardio mixed in. Each week you will complete 4-5 hours of exercise. If you don't have the required equipment, you can choose the non-equipment workout option each day. 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

5	DAY 01 - HYBRID <b>HYBRID WORKOUT BONE HEALTH #01</b>	DAY 02 - CARDIO <b>BODYSTEP #113</b>	DAY 03 - STRENGTH <b>BODYPUMP #97</b>	DAY 04 - CARDIO <b>RPM #79</b>	DAY 05	DAY 06 - STRENGTH <b>BODYPUMP #96</b>	DAY 07 - HIIT <b>LES MILLS GRIT #26 STRENGTH</b>
		OR BODYATTACK #105  🕒 45 min <input type="radio"/>	OR CXWORX #24  🕒 30-55 min <input type="radio"/>	OR BODYCOMBAT #72  🕒 45-55 min <input type="radio"/>	You can choose to use this as a rest day or another activity.	OR CXWORX #23  🕒 30-55 min <input type="radio"/>	OR LES MILLS GRIT #26 CARDIO  🕒 30 min <input type="radio"/>
6	DAY 08 - STRENGTH <b>BODYPUMP #95</b>	DAY 09 - CARDIO <b>RPM #83</b>	DAY 10 - STRENGTH <b>BODYPUMP #109</b>	DAY 11 - CARDIO <b>THE TRIP #16</b>	DAY 12	DAY 13 - HIIT <b>LES MILLS GRIT #29 STRENGTH</b>	DAY 14 - STRENGTH <b>BODYPUMP #93</b>
	OR CXWORX #22  🕒 30-55 min <input type="radio"/>	OR BODYATTACK #98  🕒 45 min <input type="radio"/>	OR CXWORX #21  🕒 30-55 min <input type="radio"/>	OR BODYCOMBAT #77  🕒 55 min <input type="radio"/>	You can choose to use this as a rest day or another activity.	OR LES MILLS GRIT #29 CARDIO  🕒 30 min <input type="radio"/>	OR CXWORX #35  🕒 30-55 min <input type="radio"/>
7	DAY 15 - CARDIO <b>BODYSTEP #116</b>	DAY 16 - STRENGTH <b>BODYPUMP #108</b>	DAY 17 - FLEXIBILITY <b>BODYBALANCE #81</b>	DAY 18 - STRENGTH <b>BODYPUMP #107</b>	DAY 19	DAY 20 - CARDIO <b>RPM #78</b>	DAY 21 - STRENGTH <b>BODYPUMP #106</b>
	OR BODYCOMBAT #63  🕒 40-55 min <input type="radio"/>	OR CXWORX #34  🕒 30-55 min <input type="radio"/>	🕒 40 min <input type="radio"/>	OR CXWORX #36  🕒 30-55 min <input type="radio"/>	You can choose to use this as a rest day or another activity.	OR BODYATTACK #104  🕒 45 min <input type="radio"/>	OR CXWORX #33  🕒 30-55 min <input type="radio"/>
8	DAY 22 - CARDIO <b>RPM #77</b>	DAY 23 - STRENGTH <b>BODYPUMP #105</b>	DAY 24 - HIIT <b>LES MILLS GRIT #24 PLYO</b>	DAY 25 - STRENGTH <b>BODYPUMP #104</b>	DAY 26	DAY 27 - CARDIO <b>BODYSTEP #111</b>	DAY 28 - STRENGTH <b>BODYBALANCE #84 STRENGTH</b>
	OR BODYCOMBAT #77  🕒 55 min <input type="radio"/>	OR CXWORX #18  🕒 30-55 min <input type="radio"/>	OR LES MILLS GRIT #24 CARDIO  🕒 30 min <input type="radio"/>	OR CXWORX #32  🕒 30-55 min <input type="radio"/>	You can choose to use this as a rest day or another activity.	OR BODYCOMBAT #73  🕒 55 min <input type="radio"/>	🕒 40 min <input type="radio"/>

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# TONE & STRENGTH

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Workouts a week: 6

Intensity:

You'll need:



Alternative non-equipment workouts are noted

9	DAY 01 - STRENGTH <b>BODYPUMP #103</b>	DAY 02 - HIIT <b>LES MILLS GRIT #22 STRENGTH</b>	DAY 03 - STRENGTH <b>BODYPUMP #102</b>	DAY 04 - CARDIO <b>THE TRIP #17</b>	DAY 05	DAY 06 - STRENGTH <b>BODYPUMP #101</b>	DAY 07 - CARDIO <b>BODYSTEP #101</b>
	OR CXWORX #17  🕒 30-55 min <input type="radio"/>	OR LES MILLS GRIT #22 CARDIO  🕒 30 min <input type="radio"/>	OR CXWORX #31  🕒 30-55 min <input type="radio"/>	OR BODYCOMBAT #66  🕒 40-55 min <input type="radio"/>	You can choose to use this as a rest day or another activity.	OR CXWORX #16  🕒 30-55 min <input type="radio"/>	OR BODYATTACK #94  🕒 55 min <input type="radio"/>
10	DAY 08 - STRENGTH <b>BODYPUMP #100</b>	DAY 09 - CARDIO <b>BODYSTEP #106</b>	DAY 10 - STRENGTH <b>BODYPUMP #99</b>	DAY 11 - HIIT <b>LES MILLS GRIT #18 STRENGTH</b>	DAY 12	DAY 13 - STRENGTH <b>BODYPUMP #109</b>	DAY 14 - CARDIO <b>RPM #79</b>
	OR CXWORX #30  🕒 30-55 min <input type="radio"/>	OR BODYATTACK #104  🕒 45-55 min <input type="radio"/>	OR CXWORX #15  🕒 30-55 min <input type="radio"/>	OR LES MILLS GRIT #18 CARDIO  🕒 30 min <input type="radio"/>	You can choose to use this as a rest day or another activity.	OR CXWORX #29  🕒 30-55 min <input type="radio"/>	OR BODYCOMBAT #64  🕒 45-55 min <input type="radio"/>
11	DAY 15 - STRENGTH <b>BODYPUMP #97</b>	DAY 16 - FLEXIBILITY <b>BODYBALANCE #80</b>	DAY 17 - STRENGTH <b>BODYPUMP #96</b>	DAY 18 - CARDIO <b>BODYSTEP #115</b>	DAY 19	DAY 20 - HYBRID <b>HYBRID WORKOUT LOWER BODY #01</b>	DAY 21 - CARDIO <b>RPM #73</b>
	OR CXWORX #14  🕒 30-55 min <input type="radio"/>	🕒 40 min <input type="radio"/>	OR CXWORX #28  🕒 30-55 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.	🕒 45 min <input type="radio"/>	OR SH'BAM #37  🕒 45 min <input type="radio"/>
12	DAY 22 - HIIT <b>LES MILLS GRIT #28 STRENGTH</b>	DAY 23 - STRENGTH <b>BODYPUMP #89</b>	DAY 24 - CARDIO <b>BODYSTEP #107</b>	DAY 25 - STRENGTH <b>BODYPUMP #110</b>	DAY 26	DAY 27 - CARDIO <b>THE TRIP #12</b>	DAY 28 - STRENGTH <b>BODYPUMP #90</b>
	OR LES MILLS GRIT #28 CARDIO  🕒 30 min <input type="radio"/>	OR CXWORX #35  🕒 30-55 min <input type="radio"/>	OR BODYCOMBAT #80  🕒 55 min <input type="radio"/>	OR CXWORX #27  🕒 30-55 min <input type="radio"/>	You can choose to use this as a rest day or another activity.	OR BODYATTACK #102  🕒 40-45 min <input type="radio"/>	OR CXWORX #26  🕒 30-55 min <input type="radio"/>

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