

**LES MILLS**  
ONDEMAND

Workout plan designed  
by Dr Jinger Gottschall

*Jinger Gottschall*

# STONE ISLAND

# TONES & STRENGTH PRIME

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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 gives you around 2-3 hours of workout time. 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 - STRENGTH <b>BODYPUMP #108</b>	DAY 02 - CARDIO <b>BODYSTEP #114</b>	DAY 03	DAY 04	DAY 05	DAY 06 - STRENGTH <b>BODYPUMP #107</b>	DAY 07
	<b>OR</b> CXWORX #34  🕒 30-55 min <input type="radio"/>	<b>OR</b> 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.	You can choose to use this as a rest day or another activity.	<b>OR</b> CXWORX #33  🕒 30-55 min <input type="radio"/>	You can choose to use this as a rest day or another activity.
2	DAY 08	DAY 09 - STRENGTH <b>BODYPUMP #106</b>	DAY 10	DAY 11 - HYBRID <b>HYBRID WORKOUT #02</b>	DAY 12	DAY 13	DAY 14 - STRENGTH <b>BODYPUMP #105</b>
	You can choose to use this as a rest day or another activity.	<b>OR</b> CXWORX #32  🕒 30-55 min <input type="radio"/>	You can choose to use this as a rest day or another activity.	<b>OR</b> BODYCOMBAT #77  🕒 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.	<b>OR</b> CXWORX #31  🕒 30-55 min <input type="radio"/>
3	DAY 15	DAY 16	DAY 17 - FLEXIBILITY <b>BODYBALANCE #83</b>	DAY 18 - CARDIO <b>THE TRIP #16</b>	DAY 19	DAY 20	DAY 21 - STRENGTH <b>BODYPUMP #104</b>
	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.	<b>OR</b> BODYCOMBAT #77  🕒 40 min <input type="radio"/>	<b>OR</b> BODYCOMBAT #77  🕒 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.	<b>OR</b> CXWORX #30  🕒 30-55 min <input type="radio"/>
4	DAY 22 - CARDIO <b>RPM #81</b>	DAY 23 - STRENGTH <b>BODYPUMP #103</b>	DAY 24	DAY 25	DAY 26	DAY 27 - STRENGTH <b>BODYPUMP #102</b>	DAY 28
	<b>OR</b> BODYATTACK #106  🕒 45 min <input type="radio"/>	<b>OR</b> LES MILLS BARRE #06  🕒 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.	<b>OR</b> CXWORX #29  🕒 30-55 min <input type="radio"/>	You can choose to use this as a rest day or another activity.

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!*

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Intensity:

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5	DAY 01 - STRENGTH <b>BODYPUMP #90</b>	DAY 02	DAY 03 - STRENGTH <b>BODYPUMP #98</b>	DAY 04	DAY 05	DAY 06	DAY 07 - HIIT <b>LES MILLS GRIT #28 STRENGTH</b>
	OR CXWORX #28  🕒 30-55 min <input type="radio"/>	You can choose to use this as a rest day or another activity.	OR CXWORX #27  🕒 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.	You can choose to use this as a rest day or another activity.	OR LES MILLS GRIT #28 CARDIO  🕒 30 min <input type="radio"/>
6	DAY 08	DAY 09	DAY 10 - CARDIO <b>RPM #83</b>	DAY 11 - STRENGTH <b>CXWORX #26</b>	DAY 12	DAY 13	DAY 14 - STRENGTH <b>BODYPUMP #110</b>
	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 #103  🕒 45 min <input type="radio"/>	OR BODYPUMP #97  🕒 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 CXWORX #25  🕒 30-55 min <input type="radio"/>
7	DAY 15	DAY 16 - STRENGTH <b>BODYPUMP #108</b>	DAY 17 - FLEXIBILITY <b>BODYBALANCE #84</b>	DAY 18	DAY 19	DAY 20 - CARDIO <b>RPM #82</b>	DAY 21
	You can choose to use this as a rest day or another activity.	OR CXWORX #24  🕒 30-55 min <input type="radio"/>	  🕒 40 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 #104  🕒 45 min <input type="radio"/>	You can choose to use this as a rest day or another activity.
8	DAY 22 - CARDIO <b>RPM #80</b>	DAY 23 - STRENGTH <b>BODYPUMP #107</b>	DAY 24	DAY 25 - STRENGTH <b>BODYPUMP #106</b>	DAY 26	DAY 27	DAY 28
	OR BODYCOMBAT #79  🕒 55 min <input type="radio"/>	OR CXWORX #23  🕒 30-55 min <input type="radio"/>	You can choose to use this as a rest day or another activity.	OR CXWORX #22  🕒 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.	You can choose to use this as a rest day or another activity.

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**Workouts a week: 3**

**Intensity:** 

**You'll need:**



Alternative non-equipment workouts are noted

9	DAY 01 - STRENGTH <b>BODYPUMP #105</b>	DAY 02	DAY 03 <b>HYBRID WORKOUT: BONE HEALTH #01</b>	DAY 04	DAY 05	DAY 06	DAY 07 - CARDIO <b>BODYSTEP #116</b>
	<b>OR</b> CXWORX #21  🕒 30-55 min ○	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.	You can choose to use this as a rest day or another activity.	<b>OR</b> BODYATTACK #105  🕒 55 min ○
10	DAY 08 - STRENGTH <b>BODYPUMP #103</b>	DAY 09	DAY 10	DAY 11 - HIIT <b>LES MILLS GRIT #29 STRENGTH</b>	DAY 12	DAY 13 - STRENGTH <b>BODYPUMP #102</b>	DAY 14
	<b>OR</b> CXWORX #14  🕒 30-55 min ○	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.	<b>OR</b> LES MILLS GRIT #29 CARDIO  🕒 30 min ○	You can choose to use this as a rest day or another activity.	<b>OR</b> CXWORX #13  🕒 30-55 min ○	You can choose to use this as a rest day or another activity.
11	DAY 15	DAY 16 - FLEXIBILITY <b>BODYBALANCE #85</b>	DAY 17	DAY 18 - CARDIO <b>BODYSTEP #115</b>	DAY 19	DAY 20 - STRENGTH <b>BODYPUMP #101</b>	DAY 21
	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.	<b>OR</b> BODYCOMBAT #78  🕒 55 min ○	You can choose to use this as a rest day or another activity.	<b>OR</b> LES MILLS BARRE #05  🕒 45-55 min ○	You can choose to use this as a rest day or another activity.
12	DAY 22	DAY 23 - STRENGTH <b>BODYPUMP #109</b>	DAY 24	DAY 25 - CARDIO <b>THE TRIP #17</b>	DAY 26	DAY 27 - STRENGTH <b>BODYPUMP #89</b>	DAY 28
	You can choose to use this as a rest day or another activity.	<b>OR</b> CXWORX #36  🕒 30-55 min ○	You can choose to use this as a rest day or another activity.	<b>OR</b> BODYATTACK #102  🕒 40-45 min ○	You can choose to use this as a rest day or another activity.	<b>OR</b> CXWORX #35  🕒 30-55 min ○	You can choose to use this as a rest day or another activity.  🕒 30-55 min ○

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