

LesMILLS
ONDEMAND

Workout plan designed
by Dr Jinger Gottschall

Jinger Gottschall

BURN - PRIME

EQUIPMENT

BURN PRIME

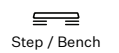
EQUIPMENT

The Burn Prime Workout Plan drives maximum calorie burn with lots of heart pumping cardio, while also 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, simply select the non-equipment option on the website or app. This Workout Plan includes three 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:



1	DAY 01 – CARDIO BODYSTEP #112	DAY 02 You can choose to use this as a rest day or do another activity.	DAY 03 You can choose to use this as a rest day or do another activity.	DAY 04 – HIIT LES MILLS GRIT #32 STRENGTH	DAY 05 You can choose to use this as a rest day or do another activity.	DAY 06 You can choose to use this as a rest day or do another activity.	DAY 07 – CARDIO THE TRIP #18
	55 min <input type="radio"/>			30 min <input type="radio"/>			40 min <input type="radio"/>
2	DAY 08 – STRENGTH BODYPUMP #106	DAY 09 You can choose to use this as a rest day or do another activity.	DAY 10 – CARDIO RPM #86	DAY 11 You can choose to use this as a rest day or do another activity.	DAY 12 You can choose to use this as a rest day or do another activity.	DAY 13 – CARDIO BODYSTEP #117	DAY 14 You can choose to use this as a rest day or do another activity.
	55 min <input type="radio"/>		45 min <input type="radio"/>			55 min <input type="radio"/>	
3	DAY 15 You can choose to use this as a rest day or do another activity.	DAY 16 – HYBRID WORKOUT BONE HEALTH #02	DAY 17 You can choose to use this as a rest day or do another activity.	DAY 18 – FLEXIBILITY BODYBALANCE/ BODYFLOW #86	DAY 19 You can choose to use this as a rest day or do another activity.	DAY 20 – CARDIO BODYSTEP #106	DAY 21 You can choose to use this as a rest day or do another activity.
		45 min <input type="radio"/>		35 min <input type="radio"/>		55 min <input type="radio"/>	
4	DAY 22 – CARDIO RPM #82	DAY 23 You can choose to use this as a rest day or do another activity.	DAY 24 – CARDIO BODYATTACK #107	DAY 25 You can choose to use this as a rest day or do another activity.	DAY 26 You can choose to use this as a rest day or do another activity.	DAY 27 You can choose to use this as a rest day or do another activity.	DAY 28 – CARDIO THE TRIP #10
	45 min <input type="radio"/>		55 min <input type="radio"/>				40 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. Work out 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!

BURN PRIME

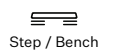
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Workouts a week: 3

Intensity: 

You'll need:



5	DAY 01 You can choose to use this as a rest day or do another activity.	DAY 02 You can choose to use this as a rest day or do another activity.	DAY 03 – CARDIO RPM #76	DAY 04 You can choose to use this as a rest day or do another activity.	DAY 05 You can choose to use this as a rest day or do another activity.	DAY 06 – HIIT LES MILLS GRIT #26 PLYO	DAY 07 – CARDIO BODYSTEP #119
			45 min <input type="radio"/>			30 min <input type="radio"/>	55 min <input type="radio"/>
6	DAY 08 You can choose to use this as a rest day or do another activity.	DAY 09 – CARDIO RPM #85	DAY 10 – STRENGTH BODYPUMP #111	DAY 11 You can choose to use this as a rest day or do another activity.	DAY 12 You can choose to use this as a rest day or do another activity.	DAY 13 – CARDIO BODYSTEP #108	DAY 14 You can choose to use this as a rest day or do another activity.
		45 min <input type="radio"/>	55 min <input type="radio"/>			55 min <input type="radio"/>	
7	DAY 15 – CARDIO THE TRIP #19	DAY 16 You can choose to use this as a rest day or do another activity.	DAY 17 – FLEXIBILITY BODYBALANCE/ BODYFLOW #87	DAY 18 – CARDIO RPM #74	DAY 19 You can choose to use this as a rest day or do another activity.	DAY 20 You can choose to use this as a rest day or do another activity.	DAY 21 You can choose to use this as a rest day or do another activity.
	40 min <input type="radio"/>		35 min <input type="radio"/>	45 min <input type="radio"/>			
8	DAY 22 You can choose to use this as a rest day or do another activity.	DAY 23 – CARDIO RPM #84	DAY 24 You can choose to use this as a rest day or do another activity.	DAY 25 You can choose to use this as a rest day or do another activity.	DAY 26 You can choose to use this as a rest day or do another activity.	DAY 27 – CARDIO BODYSTEP #104	DAY 28 – CARDIO THE TRIP #06
		45 min <input type="radio"/>				55 min <input type="radio"/>	40 min <input type="radio"/>

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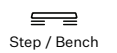
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Workouts a week: 3

Intensity: 

You'll need:



9	DAY 01 – CARDIO BODYSTEP #118	DAY 02 – HIIT LES MILLS GRIT #30 ATHLETIC	DAY 03 You can choose to use this as a rest day or do another activity.	DAY 04 – CARDIO THE TRIP #13	DAY 05 You can choose to use this as a rest day or do another activity.	DAY 06 You can choose to use this as a rest day or do another activity.	DAY 07 You can choose to use this as a rest day or do another activity.
	55 min <input type="radio"/>	30 min <input type="radio"/>		40 min <input type="radio"/>			
10	DAY 08 – CARDIO RPM #69	DAY 09 You can choose to use this as a rest day or do another activity.	DAY 10 – CARDIO BODYSTEP #103	DAY 11 – HYBRID WORKOUT HEART HEALTH #03	DAY 12 You can choose to use this as a rest day or do another activity.	DAY 13 You can choose to use this as a rest day or do another activity.	DAY 14 You can choose to use this as a rest day or do another activity.
	45 min <input type="radio"/>		55 min <input type="radio"/>	55 min <input type="radio"/>			
11	DAY 15 You can choose to use this as a rest day or do another activity.	DAY 16 – FLEXIBILITY BODYBALANCE/ BODYFLOW #88	DAY 17 – CARDIO BODYSTEP #116	DAY 18 You can choose to use this as a rest day or do another activity.	DAY 19 You can choose to use this as a rest day or do another activity.	DAY 20 You can choose to use this as a rest day or do another activity.	DAY 21 – CARDIO RPM #72
		35 min <input type="radio"/>	55 min <input type="radio"/>				45 min <input type="radio"/>
12	DAY 22 You can choose to use this as a rest day or do another activity.	DAY 23 – CARDIO THE TRIP #20	DAY 24 You can choose to use this as a rest day or do another activity.	DAY 25 You can choose to use this as a rest day or do another activity.	DAY 26 You can choose to use this as a rest day or do another activity.	DAY 27 – STRENGTH BODYPUMP #112	DAY 28 – CARDIO BODYSTEP #100
		40 min <input type="radio"/>				55 min <input type="radio"/>	55 min <input type="radio"/>

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