

LES MILLS
ONDEMAND

Workout plan designed
by Dr Jinger Gottschall

Jinger Gottschall



TONE & STRENGTHEN – AMPLIFY EQUIPMENT

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EQUIPMENT

The Tone & Strengthen Workout Plan drives lean muscle development with high repetition full body and core strength workouts, and some heart pumping cardio mixed in. Each week you will complete 4-5 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: 6

Intensity:

You'll need:



1	DAY 01 – STRENGTH BODYPUMP #112	DAY 02 – CARDIO BODYSTEP #117	DAY 03 – STRENGTH BODYBALANCE/ BODYFLOW #88	DAY 04 – HIIT LES MILLS GRIT #29 STRENGTH	DAY 05 You can choose to use this as a rest day or do another activity.	DAY 06 – STRENGTH BODYPUMP #109	DAY 07 – CARDIO THE TRIP #14
	55 min <input type="radio"/>	55 min <input type="radio"/>	35 min <input type="radio"/>	30 min <input type="radio"/>		55 min <input type="radio"/>	40 min <input type="radio"/>
2	DAY 08 – STRENGTH BODYPUMP #108	DAY 09 – HIIT LES MILLS GRIT #27 STRENGTH	DAY 10 – STRENGTH BODYPUMP #89	DAY 11 – CARDIO RPM #83	DAY 12 You can choose to use this as a rest day or do another activity.	DAY 13 – STRENGTH BODYPUMP #103	DAY 14 – CARDIO BODYSTEP #110
	55 min <input type="radio"/>	30 min <input type="radio"/>	55 min <input type="radio"/>	45 min <input type="radio"/>		55 min <input type="radio"/>	55 min <input type="radio"/>
3	DAY 15 – CARDIO BODYCOMBAT #83	DAY 16 – STRENGTH BODYPUMP #93	DAY 17 – FLEXIBILITY BODYBALANCE/ BODYFLOW #86	DAY 18 – STRENGTH BODYPUMP #102	DAY 19 You can choose to use this as a rest day or do another activity.	DAY 20 – CARDIO BODYSTEP #103	DAY 21 – STRENGTH BODYPUMP #100
	55 min <input type="radio"/>	55 min <input type="radio"/>	35 min <input type="radio"/>	55 min <input type="radio"/>		55 min <input type="radio"/>	55 min <input type="radio"/>
4	DAY 22 – CARDIO RPM #85	DAY 23 – STRENGTH BODYPUMP #110	DAY 24 – CARDIO THE TRIP #19	DAY 25 – HIIT LES MILLS GRIT #25 PLYO	DAY 26 You can choose to use this as a rest day or do another activity.	DAY 27 – STRENGTH BODYPUMP #97	DAY 28 – CARDIO BODYSTEP #107
	45 min <input type="radio"/>	55 min <input type="radio"/>	40 min <input type="radio"/>	30 min <input type="radio"/>		55 min <input type="radio"/>	55 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!

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5	DAY 01 – HYBRID WORKOUT BONE HEALTH #02	DAY 02 – CARDIO BODYSTEP #116	DAY 03 – STRENGTH BODYPUMP #108	DAY 04 – CARDIO RPM #86	DAY 05 You can choose to use this as a rest day or do another activity.	DAY 06 – STRENGTH BODYPUMP #111	DAY 07 – HIIT LES MILLS GRIT #30 STRENGTH
	45 min <input type="radio"/>	45 min <input type="radio"/>	55 min <input type="radio"/>	45 min <input type="radio"/>		55 min <input type="radio"/>	30 min <input type="radio"/>
6	DAY 08 – STRENGTH BODYPUMP #94	DAY 09 – CARDIO RPM #84	DAY 10 – STRENGTH BODYPUMP #104	DAY 11 – CARDIO THE TRIP #16	DAY 12 You can choose to use this as a rest day or do another activity.	DAY 13 – HIIT LES MILLS GRIT #22 STRENGTH	DAY 14 – STRENGTH BODYPUMP #105
	55 min <input type="radio"/>	45 min <input type="radio"/>	55 min <input type="radio"/>	40 min <input type="radio"/>		30 min <input type="radio"/>	55 min <input type="radio"/>
7	DAY 15 – CARDIO BODYSTEP #111	DAY 16 – STRENGTH BODYPUMP #102	DAY 17 – FLEXIBILITY BODYBALANCE/ BODYFLOW #87	DAY 18 – STRENGTH BODYPUMP #113	DAY 19 You can choose to use this as a rest day or do another activity.	DAY 20 – CARDIO RPM #79	DAY 21 – STRENGTH BODYPUMP #95
	55 min <input type="radio"/>	55 min <input type="radio"/>	35 min <input type="radio"/>	55 min <input type="radio"/>		45 min <input type="radio"/>	55 min <input type="radio"/>
8	DAY 22 – CARDIO RPM #78	DAY 23 – STRENGTH BODYPUMP #99	DAY 24 – HIIT LES MILLS GRIT #21 PLYO	DAY 25 – STRENGTH BODYPUMP #112	DAY 26 You can choose to use this as a rest day or do another activity.	DAY 27 – CARDIO BODYSTEP #105	DAY 28 – STRENGTH BODYBALANCE/ BODYFLOW #85
	45 min <input type="radio"/>	55 min <input type="radio"/>	30 min <input type="radio"/>	55 min <input type="radio"/>		55 min <input type="radio"/>	35 min <input type="radio"/>

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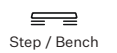
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Intensity:

You'll need:



9	DAY 01 – STRENGTH BODYPUMP #110	DAY 02 – HIIT LES MILLS GRIT #24 STRENGTH	DAY 03 – STRENGTH BODYPUMP #96	DAY 04 – CARDIO THE TRIP #13	DAY 05 You can choose to use this as a rest day or do another activity.	DAY 06 – STRENGTH BODYPUMP #99	DAY 07 – CARDIO BODYSTEP #118
	55 min <input type="radio"/>	30 min <input type="radio"/>	55 min <input type="radio"/>	40 min <input type="radio"/>		55 min <input type="radio"/>	55 min <input type="radio"/>
10	DAY 08 – STRENGTH BODYPUMP #107	DAY 09 – CARDIO BODYSTEP #102	DAY 10 – STRENGTH BODYPUMP #103	DAY 11 – HIIT LES MILLS GRIT #31 STRENGTH	DAY 12 You can choose to use this as a rest day or do another activity.	DAY 13 – STRENGTH BODYPUMP #104	DAY 14 – CARDIO RPM #75
	55 min <input type="radio"/>	55 min <input type="radio"/>	55 min <input type="radio"/>	30 min <input type="radio"/>		55 min <input type="radio"/>	45 min <input type="radio"/>
11	DAY 15 – STRENGTH BODYPUMP #90	DAY 16 – FLEXIBILITY BODYBALANCE/ BODYFLOW #82	DAY 17 – STRENGTH BODYPUMP #98	DAY 18 – CARDIO BODYSTEP #113	DAY 19 You can choose to use this as a rest day or do another activity.	DAY 20 – HYBRID WORKOUT LOWER BODY #02	DAY 21 – CARDIO RPM #77
	55 min <input type="radio"/>	35 min <input type="radio"/>	55 min <input type="radio"/>	55 min <input type="radio"/>		45 min <input type="radio"/>	45 min <input type="radio"/>
12	DAY 22 – HIIT LES MILLS GRIT #26 STRENGTH	DAY 23 – STRENGTH BODYPUMP #101	DAY 24 – CARDIO BODYSTEP #110	DAY 25 – STRENGTH BODYPUMP #109	DAY 26 You can choose to use this as a rest day or do another activity.	DAY 27 – CARDIO THE TRIP #18	DAY 28 – STRENGTH BODYPUMP #106
	30 min <input type="radio"/>	55 min <input type="radio"/>	55 min <input type="radio"/>	55 min <input type="radio"/>		40 min <input type="radio"/>	55 min <input type="radio"/>

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