

LES MILLS
ONDEMAND

Workout plan designed
by Dr Jinger Gottschall

Jinger Gottschall



TONE & STRENGTHEN – AMPLIFY





























NO EQUIPMENT

TONE & STRENGTHEN AMPLIFY

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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. You don't need any equipment. 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:** 

1	DAY 01 – STRENGTH LES MILLS BARRE #05	DAY 02 – CARDIO BODYCOMBAT #82	DAY 03 – STRENGTH BODYBALANCE/ BODYFLOW #88	DAY 04 – HIIT LES MILLS GRIT #29 CARDIO	DAY 05 You can choose to use this as a rest day or do another activity.	DAY 06 – STRENGTH CXWORX #24 AB BLAST	DAY 07 – CARDIO BODYATTACK #107
	 45 min <input type="radio"/>	 55 min <input type="radio"/>	 35 min <input type="radio"/>	 30 min <input type="radio"/>	 15 min <input type="radio"/>	 55 min <input type="radio"/>	 15 min <input type="radio"/>
2	DAY 08 – STRENGTH BODYBALANCE/ BODYFLOW #66	DAY 09 – HIIT LES MILLS GRIT #27 CARDIO	DAY 10 – STRENGTH CXWORX #25 AB BLAST	DAY 11 – CARDIO BODYCOMBAT #72	DAY 12 You can choose to use this as a rest day or do another activity.	DAY 13 – STRENGTH BODYBALANCE/ BODYFLOW #78	DAY 14 – CARDIO BODYATTACK #103
	 35 min <input type="radio"/>	 30 min <input type="radio"/>	 15 min <input type="radio"/>	 55 min <input type="radio"/>	 35 min <input type="radio"/>	 55 min <input type="radio"/>	 35 min <input type="radio"/>
3	DAY 15 – CARDIO BODYCOMBAT #83	DAY 16 – STRENGTH CXWORX #36 AB BLAST	DAY 17 – FLEXIBILITY BODYBALANCE/ BODYFLOW #86	DAY 18 – STRENGTH LES MILLS BARRE #07	DAY 19 You can choose to use this as a rest day or do another activity.	DAY 20 – CARDIO BODYCOMBAT #61	DAY 21 – STRENGTH BODYBALANCE/ BODYFLOW #84
	 55 min <input type="radio"/>	 15 min <input type="radio"/>	 35 min <input type="radio"/>	 30 min <input type="radio"/>	 55 min <input type="radio"/>	 35 min <input type="radio"/>	 35 min <input type="radio"/>
4	DAY 22 – CARDIO BODYATTACK #96	DAY 23 – STRENGTH CXWORX #27 AB BLAST	DAY 24 – CARDIO BODYATTACK #89	DAY 25 – HIIT LES MILLS GRIT #25 CARDIO	DAY 26 You can choose to use this as a rest day or do another activity.	DAY 27 – STRENGTH BODYBALANCE/ BODYFLOW #63	DAY 28 – CARDIO BODYCOMBAT #80
	 45 min <input type="radio"/>	 15 min <input type="radio"/>	 45 min <input type="radio"/>	 30 min <input type="radio"/>	 35 min <input type="radio"/>	 55 min <input type="radio"/>	 35 min <input type="radio"/>

SET GOALS & SMASH THEM!

e.g. Work out 2 times a week

Whatever your goal is, note it down and push yourself to achieve it!

Mark to complete:

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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Workouts a week: 6 **Intensity:** 

5	DAY 01 – HYBRID WORKOUT LES MILLS SAMPLER #01	DAY 02 – CARDIO BODYATTACK #93	DAY 03 – STRENGTH BODYBALANCE/ BODYFLOW #83	DAY 04 – CARDIO BODYCOMBAT #70	DAY 05 You can choose to use this as a rest day or do another activity.	DAY 06 – STRENGTH CXWORX #35 AB BLAST	DAY 07 – HIIT LES MILLS GRIT #30 CARDIO
	45 min <input type="radio"/>	45 min <input type="radio"/>	35 min <input type="radio"/>	55 min <input type="radio"/>		15 min <input type="radio"/>	30 min <input type="radio"/>
6	DAY 08 – STRENGTH CXWORX #28 AB BLAST	DAY 09 – CARDIO BODYATTACK #98	DAY 10 – STRENGTH BODYBALANCE/ BODYFLOW #76	DAY 11 – CARDIO BODYCOMBAT #63	DAY 12 You can choose to use this as a rest day or do another activity.	DAY 13 – HIIT LES MILLS GRIT #22 CARDIO	DAY 14 – STRENGTH BODYBALANCE/ BODYFLOW #80
	15 min <input type="radio"/>	45 min <input type="radio"/>	35 min <input type="radio"/>	55 min <input type="radio"/>		30 min <input type="radio"/>	35 min <input type="radio"/>
7	DAY 15 – CARDIO BODYCOMBAT #74	DAY 16 – STRENGTH LES MILLS BARRE #03	DAY 17 – FLEXIBILITY BODYBALANCE/ BODYFLOW #87	DAY 18 – STRENGTH CXWORX #34 AB BLAST	DAY 19 You can choose to use this as a rest day or do another activity.	DAY 20 – CARDIO BODYATTACK #104	DAY 21 – STRENGTH BODYBALANCE/ BODYFLOW #65
	55 min <input type="radio"/>	45 min <input type="radio"/>	35 min <input type="radio"/>	15 min <input type="radio"/>		55 min <input type="radio"/>	30 min <input type="radio"/>
8	DAY 22 – CARDIO BODYCOMBAT #78	DAY 23 – STRENGTH CXWORX #29 AB BLAST	DAY 24 – HIIT LES MILLS GRIT #21 CARDIO	DAY 25 – STRENGTH LES MILLS BARRE #01	DAY 26 You can choose to use this as a rest day or do another activity.	DAY 27 – CARDIO BODYCOMBAT #68	DAY 28 – STRENGTH BODYBALANCE/ BODYFLOW #85
	55 min <input type="radio"/>	15 min <input type="radio"/>	30 min <input type="radio"/>	45 min <input type="radio"/>		55 min <input type="radio"/>	35 min <input type="radio"/>

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
















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Workouts a week: 6

Intensity: 

9	DAY 01 – STRENGTH CXWORX #32 AB BLAST	DAY 02 – HIIT LES MILLS GRIT #24 CARDIO	DAY 03 – STRENGTH LES MILLS BARRE #09	DAY 04 – CARDIO BODYCOMBAT #83	DAY 05 You can choose to use this as a rest day or do another activity.	DAY 06 – STRENGTH BODYBALANCE/ BODYFLOW #81	DAY 07 – CARDIO BODYATTACK #95
	 15 min <input type="radio"/>	 30 min <input type="radio"/>	 30 min <input type="radio"/>	 55 min <input type="radio"/>		 30 min <input type="radio"/>	 45 min <input type="radio"/>
10	DAY 08 – STRENGTH CXWORX #30 AB BLAST	DAY 09 – CARDIO BODYATTACK #88	DAY 10 – STRENGTH BODYBALANCE/ BODYFLOW #79	DAY 11 – HIIT LES MILLS GRIT #31 CARDIO	DAY 12 You can choose to use this as a rest day or do another activity.	DAY 13 – STRENGTH LES MILLS BARRE #06	DAY 14 – CARDIO BODYCOMBAT #73
	 15 min <input type="radio"/>	 45 min <input type="radio"/>	 35 min <input type="radio"/>	 30 min <input type="radio"/>		 30 min <input type="radio"/>	 55 min <input type="radio"/>
11	DAY 15 – STRENGTH CXWORX #38 AB BLAST	DAY 16 – FLEXIBILITY BODYBALANCE/ BODYFLOW #82	DAY 17 – STRENGTH LES MILLS BARRE #08	DAY 18 – CARDIO BODYCOMBAT #63	DAY 19 You can choose to use this as a rest day or do another activity.	DAY 20 – HYBRID WORKOUT UPPER BODY #01	DAY 21 – CARDIO SH'BAM #29
	 15 min <input type="radio"/>	 35 min <input type="radio"/>	 30 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 CARDIO	DAY 23 – STRENGTH BODYBALANCE/ BODYFLOW #77	DAY 24 – CARDIO BODYCOMBAT #81	DAY 25 – STRENGTH CXWORX #24 AB BLAST	DAY 26 You can choose to use this as a rest day or do another activity.	DAY 27 – CARDIO BODYATTACK #108	DAY 28 – STRENGTH BODYBALANCE/ BODYFLOW #86
	 30 min <input type="radio"/>	 35 min <input type="radio"/>	 55 min <input type="radio"/>	 15 min <input type="radio"/>		 55 min <input type="radio"/>	 35 min <input type="radio"/>

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