

LES MILLS
ONDEMAND

Workout plan designed
by Dr Jinger Gottschall

Jinger Gottschall

TONE & STRENGTHEN – PRIME

NO EQUIPMENT













TO & STRENGTHEN PRIME

NO 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 gives you around 2-3 hours of workout time. 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: 3

Intensity: 

1	DAY 01 – STRENGTH CXWORX #36 AB BLAST	DAY 02 – CARDIO BODYCOMBAT #82	DAY 03 You can choose to use this as a rest day or do another activity.	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 – STRENGTH BODYBALANCE/ BODYFLOW #83	DAY 07 You can choose to use this as a rest day or do another activity.
	 15 min <input type="radio"/>	 55 min <input type="radio"/>					 30 min <input type="radio"/>
2	DAY 08 You can choose to use this as a rest day or do another activity.	DAY 09 – STRENGTH CXWORX #25 AB BLAST	DAY 10 You can choose to use this as a rest day or do another activity.	DAY 11 – HYBRID WORKOUT HYBRID WORKOUT #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 – STRENGTH BODYBALANCE/ BODYFLOW #81
		 15 min <input type="radio"/>		 45 min <input type="radio"/>			 30 min <input type="radio"/>
3	DAY 15 You can choose to use this as a rest day or do another activity.	DAY 16 You can choose to use this as a rest day or do another activity.	DAY 17 – FLEXIBILITY BODYBALANCE/ BODYFLOW #86	DAY 18 – CARDIO BODYCOMBAT #76	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 – STRENGTH LES MILLS BARRE #08
			 35 min <input type="radio"/>	 55 min <input type="radio"/>			 30 min <input type="radio"/>
4	DAY 22 – CARDIO BODYATTACK #107	DAY 23 – STRENGTH CXWORX #35 AB BLAST	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 BODYBALANCE/ BODYFLOW #79	DAY 28 You can choose to use this as a rest day or do another activity.
	 55 min <input type="radio"/>	 15 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!













TO & STRENGTHEN PRIME

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Workouts a week: 3

Intensity: 

5	DAY 01 – STRENGTH LES MILLS BARRE #06	DAY 02 You can choose to use this as a rest day or do another activity.	DAY 03 – STRENGTH BODYBALANCE/ BODYFLOW #77	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 You can choose to use this as a rest day or do another activity.	DAY 07 – HIIT LES MILLS GRIT #30 CARDIO
	 30 min	<input type="radio"/>	 30 min	<input type="radio"/>			 30 min
6	DAY 08 You can choose to use this as a rest day or do another activity.	DAY 09 You can choose to use this as a rest day or do another activity.	DAY 10 – CARDIO BODYATTACK #108	DAY 11 – STRENGTH CXWORX #27 AB BLAST	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 – STRENGTH BODYBALANCE/ BODYFLOW #82
			 55 min	 15 min			 35 min
7	DAY 15 You can choose to use this as a rest day or do another activity.	DAY 16 – STRENGTH CXWORX #34 AB BLAST	DAY 17 – FLEXIBILITY BODYBALANCE/ BODYFLOW #87	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 – CARDIO BODYATTACK #106	DAY 21 You can choose to use this as a rest day or do another activity.
		 15 min	 35 min			 55 min	<input type="radio"/>
8	DAY 22 – CARDIO BODYCOMBAT #81	DAY 23 – STRENGTH CXWORX #28 AB BLAST	DAY 24 You can choose to use this as a rest day or do another activity.	DAY 25 – STRENGTH LES MILLS BARRE #05	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 You can choose to use this as a rest day or do another activity.
	 55 min	 15 min		 30 min			

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Workouts a week: 3

Intensity:

9	DAY 01 – STRENGTH BODYBALANCE/ BODYFLOW #80	DAY 02 You can choose to use this as a rest day or do another activity.	DAY 03 – HYBRID WORKOUT HEART HEALTH #01	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 You can choose to use this as a rest day or do another activity.	DAY 07 – CARDIO BODYATTACK #99
	30 min <input type="radio"/>		45 min <input type="radio"/>				55 min <input type="radio"/>
10	DAY 08 – STRENGTH CXWORX #23 AB BLAST	DAY 09 You can choose to use this as a rest day or do another activity.	DAY 10 You can choose to use this as a rest day or do another activity.	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 #09	DAY 14 You can choose to use this as a rest day or do another activity.
	15 min <input type="radio"/>			30 min <input type="radio"/>		30 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 #82	DAY 17 You can choose to use this as a rest day or do another activity.	DAY 18 – CARDIO BODYCOMBAT #78	DAY 19 You can choose to use this as a rest day or do another activity.	DAY 20 – STRENGTH LES MILLS BARRE #03	DAY 21 You can choose to use this as a rest day or do another activity.
		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 – STRENGTH CXWORX #32 AB BLAST	DAY 24 You can choose to use this as a rest day or do another activity.	DAY 25 – CARDIO BODYATTACK #100	DAY 26 You can choose to use this as a rest day or do another activity.	DAY 27 – STRENGTH BODYBALANCE/ BODYFLOW #85	DAY 28 You can choose to use this as a rest day or do another activity.
		15 min <input type="radio"/>		55 min <input type="radio"/>		35 min <input type="radio"/>	

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