SIX-WEEK FAST BURNER CHALLENGE
YOU WON’T REGRET THIS. LET’S GET IT ON!

Rachael Newsham
Les Mills Program Director
Achieve rapid transformative results with 30-minute workouts.

Keen to fast-track your fitness? The Fast Burner Challenge is where it’s at! I’m Rach, and I’m here to bring the hustle, coaching you through the six-week Fast Burner Challenge. You can expect short sharp workouts, plenty of motivation, and tips that will help you make the most of your precious time.

Created alongside Dr. Jinger Gottschall, this safe but super-effective challenge balances the ideal mix of cardio, strength and yoga. Each week the exercise intensity increases but the workout is never longer than 30 minutes! Combine these power-packed workouts with healthy eating and you’ll grow lean muscle and reduce body fat in no time.

Here’s what you can expect...

- No more than 30 minutes a day
- 5 - 6 workouts a week
- Equipment and equipment-free options
- Baseline testing and goal setting
- Workout modifications suitable for all fitness levels
- Access to ongoing support and motivation

This really is the ultimate way to get amazing results without a huge time commitment.

Let’s do it!

Rachael Newsham, Les Mills Program Director
Instagram: @rachael_newsham
STEPS TO SUCCESS
The number one way to stay motivated is to track your achievements. Simply complete these two baseline tests at the beginning and end of the challenge. You can also use these tests to monitor mid-way progress if you want to. Here’s all you need to do:

**CORE STRENGTH**

**THE HOVER TEST**

Assume a hover position on your forearms with your hips lifted off the floor so that your body creates a straight line from head to toe. Start timing and stop the timer when your hips lower and you’re no longer able to hold your back in a straight line.

**MEASURE**

**WAISTLINE MEASUREMENT**

Stand and place a tape measure around your waist, just above hip bones. Keep the tape snug, but not compressing your skin. Record the measurement just after an exhale.
## MEASURES

### HOVER TEST NORMS

<table>
<thead>
<tr>
<th>AGE</th>
<th>EXCELLENT</th>
<th>VERY GOOD</th>
<th>ABOVE AVERAGE</th>
<th>AVERAGE</th>
<th>BELOW AVERAGE</th>
<th>POOR</th>
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<td>17 - 19</td>
<td>&gt; 6 min</td>
<td>4-6 min</td>
<td>2-4 min</td>
<td>30-60 sec</td>
<td>&lt; 30 sec</td>
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## TRACKING

### YOUR BASELINES

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<th>PRE-CHALLENGE</th>
<th>WEEK THREE</th>
<th>END-OF-CHALLENGE</th>
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<tbody>
<tr>
<td>HOVER DURATION</td>
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<tr>
<td>COMMENTS/HOW ARE YOU FEELING?</td>
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**see your results**
Goal setting is key to staying on track and realizing the results you deserve. Make sure your goals are SMART; specific, measurable, achievable, realistic and timebound. If you want to make your goals stick you need to write them down. It’s also a good idea to share your goals with like-minded friends and family as this is shown to boost your chances of success.

Need some goal setting inspo? These goals might work for you ...

- I want to prioritize exercise and make time for 5 to 6 30-minute workouts a week.
- I want to shift my baseline fitness from above average to very good in the next six weeks.
- I want to keep up exercise while I cut out refined sugar and alcohol for six weeks.
GOAL ONE

WEEK THREE CHECK-IN
HOW ARE YOU FEELING?

END-OF-CHALLENGE
WHAT DID YOU ACHIEVE?

GOAL TWO

WEEK THREE CHECK-IN
HOW ARE YOU FEELING?

END-OF-CHALLENGE
WHAT DID YOU ACHIEVE?

GOAL THREE

WEEK THREE CHECK-IN
HOW ARE YOU FEELING?

END-OF-CHALLENGE
WHAT DID YOU ACHIEVE?

you’ve got this!
You can’t out-train a bad diet. If you’re investing in your fitness for six weeks you need to think about making nutritional choices that serve you well. While there’s no one nutritional plan that will work for everyone here are some smart steps you can take to optimize your nutrition and maximize your results:

- Eliminate or minimize refined sugar and alcohol.
- Limit saturated fats, trans fats, salt, and added sugar.
- Eat lots of fruits, vegetables, whole grains, and low-fat dairy products.
- Include lean meats, poultry, fish, beans, eggs, and nuts in your diet.
- Make sure you are hydrated and not hungry before your workout. Learn what food gives you energy and the ideal time to eat it before exercise. Try a meal with complex carbohydrates about 1-2 hours before you begin.
- Eat a small meal within 30 minutes of completing your workout that includes both carbohydrates and protein.
+ **DIARIZE YOUR WORKOUTS**
  Plan ahead in one-week blocks and add workout time as a time to treat yourself.

+ **DON’T WORRY IF YOU MISS A WORKOUT**
  Try and fit it in the next day.

+ **ALWAYS TRAIN WITH WATER**
  Always!

+ **WORK OUT AT YOUR OWN SPEED**
  Take options to modify intensity and impact, particularly during cardio workouts.

+ **BE ACCOUNTABLE**
  Tell your friends and family what you’re doing – even encourage a friend or partner to do the challenge with you. Join the LES MILLS On Demand Fitness Challenges (official) Facebook group, share your efforts and use the hashtag #FastBurnerChallenge.

+ **REFLECT REGULARLY**
  Take note of changes and achievements and think about what you want to work on in the week ahead. It’s a great way to stay focused on your overall goal.

+ **SPEND TIME STRETCHING**
  This can improve flexibility, build strength, help injury prevention and leave you feeling calm and serene. BODYBALANCE™/BODYFLOW® is great for this.
**HAVE ONE REST DAY A WEEK**

The positive adaptations born from exercise take place when your body is in recovery. Insufficient recovery can reduce the effectiveness of your training.

**REMEMBER ...**

There are no hard and fast rules. If you want to juggle the days you do certain workouts go for it! Be sure to space your strength training out across the week and avoid HIIT workouts on consecutive days. Keen to master a specific workout? No problems, you can simply repeat that workout instead of what’s listed – consider intensity and length and try and replace like for like. You can even slot in another type of training, simply swap one of the scheduled cardio workouts for a run, or perhaps a road ride.

Throughout the challenge, we will be sharing plenty more tips, motivation and guidance. And you’ll also find round-the-clock support by joining the LES MILLS On Demand Facebook squad.

There’s no doubt some days will be tough, but if you keep at it you’ll be looking and feeling amazing in six short weeks. Remember, every workout is a win!
Make the most of your plan! Print this page, tick off your progress and keep it somewhere, that way you can easily keep record of your workouts as well as track your goals.

It’s easy to navigate which workouts to do - jump onto the LES MILLS On Demand platform and follow the Fast Burner Challenge sequence and you’ll do every suggested workout in the right order.
**NO EQUIPMENT**

No equipment required, all workouts are bodyweight only!

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**FAST BURNER**

Make the most of your plan! Print this page, tick off your progress and keep it somewhere, that way you can easily keep record of your workouts as well as track your goals.

It’s easy to navigate which workouts to do - jump onto the LES MILLS On Demand platform and follow the Fast Burner Challenge sequence and you’ll do every suggested workout in the right order.

### DAY 01 — CARDIO
- **BODYATTACK #106**
  - 30 minutes
- **CXWORX #37**
  - 30 minutes

### DAY 02 — STRENGTH
- **CXWORX #34**
  - 30 minutes

### DAY 03 — STRENGTH
- **BODYCOMBAT #75**
  - 30 minutes

### DAY 04 — CARDIO
- **BODYATTACK #102**
  - 30 minutes

### DAY 05 — STRENGTH
- **BODYBALANCE/BODYFLOW #73 STRENGTH**
  - 30 minutes

### DAY 06 — CARDIO
- **BODYATTACK #103**
  - 30 minutes

### DAY 07 — CARDIO
- **CXWORX #32**
  - 30 minutes

### DAY 08 — STRENGTH
- **BODYCOMBAT #79**
  - 30 minutes

### DAY 09 — CARDIO
- **BODYATTACK #81**
  - 30 minutes

### DAY 10 — STRENGTH
- **CXWORX #29**
  - 30 minutes

### DAY 11 — CARDIO
- **DAY 12 — STRENGTH**
- **DAY 13 — CARDIO**
- **DAY 14 — STRENGTH**
- **DAY 15 — CARDIO**
- **DAY 16 — STRENGTH**
- **DAY 17 — CARDIO**
- **DAY 18 — STRENGTH**
- **DAY 19 — CARDIO**
- **DAY 20 — STRENGTH**
- **DAY 21 — HIIT**
- **DAY 22 — CARDIO**
- **DAY 23 — HIIT**
- **DAY 24 — STRENGTH**
- **DAY 25 — CARDIO**
- **DAY 26 — STRENGTH**
- **DAY 27 — HIIT**
- **DAY 28 — CARDIO**
- **DAY 29 — HIIT**
- **DAY 30 — STRENGTH**
- **DAY 31 — CARDIO**
- **DAY 32 — STRENGTH**
- **DAY 33 — HIIT**
- **DAY 34 — STRENGTH**
- **DAY 35 — HIIT**
- **DAY 36 — CARDIO**
- **DAY 37 — STRENGTH**
- **DAY 38 — HIIT**
- **DAY 39 — STRENGTH**
- **DAY 40 — HIIT**
- **DAY 41 — CARDIO**
- **DAY 42 — STRENGTH**

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**WORKOUT PLAN**

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If you are injured we recommend consulting a medical professional before starting this Challenge. We don’t recommend starting this Challenge if you are pregnant. While exercising during pregnancy can be beneficial for you and your baby, pregnancy is not the time to strive for new fitness goals or increase exercise intensity.

⚠️ DISCLAIMER:
You acknowledge and agree that your use of this Challenge is governed by the LES MILLS On Demand Terms of Use. Consult your physician or a medical professional before starting this Challenge and follow his or her advice. If you choose to exercise using this Challenge, you do so at your own risk and acknowledge that the exercises carry an inherent risk of physical injury, particularly if you have a history of health problems or any previous injuries. Do not follow this Challenge if you have a history of chest pain, knee, ankle, wrist, shoulder, joint, or spinal (back and neck) problems or injuries. Read and follow all safety guidance provided as part of the Challenge or on the LES MILLS On Demand platform.