SIX-WEEK
START UP
CHALLENGE
A FRESH START, FRESH OPPORTUNITIES. NOW’S TIME FOR YOU.

Kylie Gates
Les Mills Creative Director
Build foundation fitness with less than four workouts each week.

New to fitness? This Start Up Challenge is the perfect place to start! I’m Kylie, and I am here to coach you through the scientifically-designed six-week Start Up Challenge. I’ll be providing all the workouts, tips and motivation you need to build strong foundation fitness and a great routine.

Developed alongside Dr. Jinger Gottschall, this safe but highly-effective challenge balances the optimal mix of cardio, strength and yoga. It starts with just a couple of short workouts a week and the workouts gradually build in intensity, length and frequency as the weeks progress.

After six weeks of exercise and healthy eating you’ll be fitter and stronger with more lean muscle and less body fat.

Here’s what you can expect...

- A baseline fitness test
- Goal-setting advice and guidance
- Four workouts a week
- Equipment-free workouts
- Workout modifications suitable for all fitness levels
- Access to ongoing support and motivation

What are you waiting for? In six short weeks, you can take your fitness from zero to hero – and I’m here to help make it happen!

You’ve got this!

Kylie Gates, Les Mills Creative Director
Instagram: @kyliegatesfitness
STEPS TO SUCCESS
The number one way to stay motivated is to track your achievements, and this baseline fitness test makes it easy.

**CARDIO ENDURANCE**

**THE 1-MILE (1.6KM) WALKING TEST**

This walking test should be done at the very beginning and repeated at the end of the challenge. You can also use it to monitor mid-way progress if you want to.

Here’s all you need to do:

Warm up by walking slowly for three to five minutes. Start a timer and walk a mile (or 1.6 km) on a flat walking track or neighborhood route. You can slow down and speed up as you wish, but the goal is to complete the mile as quickly as possible. Stop the timer at the end of the mile to the nearest second. When finished, keep walking for a few minutes to cool down and follow up with a few stretches. Refer to the table to find your baseline fitness.
### Walking Test Norms for Men (Minutes)

<table>
<thead>
<tr>
<th>AGE</th>
<th>Pre-Challenge</th>
<th>Week Three</th>
<th>End-of-Challenge</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>Walk Time</td>
<td>Walk Time</td>
<td>Walk Time</td>
</tr>
<tr>
<td>20 - 29</td>
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<td></td>
</tr>
<tr>
<td>Excellent</td>
<td>&lt;11:54</td>
<td>&lt;12:54</td>
<td>&lt;13:24</td>
</tr>
<tr>
<td>Average</td>
<td>13:01-13:42</td>
<td>13:31-14:12</td>
<td>14:01-14:42</td>
</tr>
<tr>
<td>Fair</td>
<td>13:43-14:30</td>
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<td>14:43-15:30</td>
</tr>
<tr>
<td>Poor</td>
<td>&gt;14:30</td>
<td>&gt;15:00</td>
<td>&gt;16:30</td>
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### Walking Test Norms for Women (Minutes)

<table>
<thead>
<tr>
<th>AGE</th>
<th>Pre-Challenge</th>
<th>Week Three</th>
<th>End-of-Challenge</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Walk Time</td>
<td>Walk Time</td>
<td>Walk Time</td>
</tr>
<tr>
<td>20 - 29</td>
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<tr>
<td>Excellent</td>
<td>&lt;13:12</td>
<td>&lt;14:12</td>
<td>&lt;15:06</td>
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<tr>
<td>Average</td>
<td>14:07-15:08</td>
<td>14:37-15:36</td>
<td>15:37-17:00</td>
</tr>
<tr>
<td>Fair</td>
<td>15:07-16:30</td>
<td>15:37-17:00</td>
<td>17:01-18:06</td>
</tr>
<tr>
<td>Poor</td>
<td>&gt;16:30</td>
<td>&gt;17:00</td>
<td>&gt;18:06</td>
</tr>
</tbody>
</table>

### Measures

**Walking Test Norms for Men**

**Walking Test Norms for Women**

**Comments/How Are You Feeling?**

**PRE-CHALLENGE**

**WALK TIME:**

**COMMENTS/HOW ARE YOU FEELING?**

**WEEK THREE**

**WALK TIME:**

**COMMENTS/HOW ARE YOU FEELING?**

**END-OF-CHALLENGE**

**WALK TIME:**

**COMMENTS/HOW ARE YOU FEELING?**

**TRACKING YOUR BASELINES**

**See your results**
SET YOUR GOALS
and smash them!

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 make exercise a regular habit by working out 3 to 4 times a week for the next six weeks.
• I want to shift my baseline fitness from fair to good in the next six weeks.
• I want to keep up exercise while I cut out refined sugar and alcohol for six weeks.
TRACKING YOUR GOALS

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.
MAXIMIZE YOUR RESULTS

+ **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 #StartUpChallenge

+ **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.
+ **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. 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!
## START UP

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 Start Up Challenge sequence and you’ll do every suggested workout in the right order.

### WORKOUT PLAN

<table>
<thead>
<tr>
<th>DAY 01 — CARDIO</th>
<th>DAY 02</th>
<th>DAY 03</th>
<th>DAY 04 — CARDIO</th>
<th>DAY 05</th>
<th>DAY 06</th>
<th>DAY 07</th>
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<tbody>
<tr>
<td>BODYATTACK #94 SHORT</td>
<td>REST</td>
<td>REST</td>
<td>CXWORX #24 ABS &amp; OBLIQUES</td>
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<tr>
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<th>DAY 11 — FLEXIBILITY CORE</th>
<th>DAY 12</th>
<th>DAY 13</th>
<th>DAY 14</th>
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<tbody>
<tr>
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<td>REST</td>
<td>REST</td>
<td>BODYBALANCE/BODYFLOW #63 FLEXIBILITY SHORT</td>
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<td>REST</td>
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<td>20 min</td>
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<td></td>
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<th>DAY 16</th>
<th>DAY 17</th>
<th>DAY 18 — STRENGTH CXWORX #24</th>
<th>DAY 19</th>
<th>DAY 20 — CARDIO BODYCOMBAT #72</th>
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<th>DAY 24</th>
<th>DAY 26 — FLEXIBILITY CORE</th>
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<th>DAY 27 — CARDIO BODYATTACK #106</th>
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<td>BODYFLOW #63 FLEXIBILITY</td>
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<th>DAY 30</th>
<th>DAY 31 — STRENGTH BODYBALANCE/BODYFLOW #86 STRENGTH</th>
<th>DAY 32 — CARDIO BODYATTACK #103</th>
<th>DAY 33</th>
<th>DAY 34 — STRENGTH CXWORX #37</th>
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<table>
<thead>
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<th>DAY 37</th>
<th>DAY 38 — STRENGTH CXWORX #36</th>
<th>DAY 39 — CARDIO BODYCOMBAT #81</th>
<th>DAY 40</th>
<th>DAY 41 — FLEXIBILITY CORE BODYBALANCE/BODYFLOW #86</th>
<th>DAY 42</th>
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<tbody>
<tr>
<td>SH'BAM #37</td>
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<td>30 min</td>
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<td>55 min</td>
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**Mark to complete**

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**NO EQUIPMENT**

No equipment required, all workouts are bodyweight only!
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.