SIX-WEEK
GAME CHANGER
CHALLENGE
BOOSTER
LesMills ONDEMAND
YOU’RE IN FOR A TREAT, LET’S GET IT DONE!

Ben Main
Les Mills Ambassador
Power up your training and amplify results with 5-6 workouts a week.

If you’re up for a real challenge, I’m going to bring it! I’m Ben, and I’m here to help push your limits with the Game Changer Challenge. Over six weeks I will provide you with workouts and coaching that will help you break through any fitness plateau and feel like a champion.

This scientifically-designed Game Changer Challenge was developed in conjunction with Dr. Jinger Gottschall and features a powerful combination of cardio, strength and yoga. Each week you’ll be challenged to build your endurance, speed and power. Combine this with healthy eating and you’ll maximize lean muscle mass and reduce body fat.

Here’s what you can expect...

- 5 - 6 workouts a week
- Various intensity options so you can push your limits
- Equipment and equipment-free options
- Baseline testing and goal setting
- Access to ongoing support and motivation

If you’re ready for results and up for a challenge, this is the game-changer you need.

Let’s go!

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

**UPPER BODY STRENGTH**

**THE PUSH-UP TEST**
Perform as many push-ups as you can without stopping. Start in the push-up position, lower your body until your elbows are at 90 degrees and then press up to the starting position. Alternatively you can choose the modified push-up on knees position if preferred. NB. Measure and keep the same distance between your hands for future tests.

**LOWER BODY STRENGTH**

**THE SINGLE-LEG WALL SIT TEST**
Start with your feet shoulder-width apart and your back against a smooth vertical wall. Slowly slide your back down the wall until both your knees and hips are at a 90-degree angle. Lift one leg off the ground and start the timer. When you can no longer keep that leg off the ground stop the timer. After a period of rest, test your other leg.

**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.
## PUSH-UP TEST NORMS FOR MEN

<table>
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<th>EXCELLENT</th>
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<th>ABOVE AVERAGE</th>
<th>AVERAGE</th>
<th>BELOW AVERAGE</th>
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## PUSH-UP TEST NORMS FOR WOMEN

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## SINGLE LEG WALL SIT TEST NORMS

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<tr>
<td>MEN</td>
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<td>75 - 100</td>
<td>50 - 75</td>
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<tr>
<td>WOMEN</td>
<td>&gt; 60 seconds</td>
<td>45 - 60</td>
<td>35 - 45</td>
<td>20 - 35</td>
<td>&lt; 20</td>
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## MEASURES

- **Your Baselines**
  - **Pre-Challenge**
  - **Week Three**
  - **End-of-Challenge**

- **Tracking**
  - Number of Push-Ups
  - Wall Sit (Sec) — Right Leg
  - Wall Sit (Sec) — Left Leg
  - Waistline Measurement
  - Comments/How are you feeling?
SET YOUR GOALS

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 complete at least 5 to 6 full workouts a week.
• I want to shift my baseline fitness to excellent 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 #GameChangerChallenge

+ **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!
# GAME CHANGER WORKOUT PLAN

Make the most of your plan! Print this page, tick off your progress and keep somewhere visible, 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 Game Changer Challenge sequence and you’ll do every suggested workout in the right order.

## EQUIPMENT

- Barbell
- Resistance Band
- Weight Plates
- Step/Bench

### DAY 01 — CARDIO
**BODYATTACK #107**
- 55 min

### DAY 02 — HIIT
**LES MILLS GRIT #31 CARDIO**
- 30 min

### DAY 03 — STRENGTH
**BODYPUMP #112**
- 55 min

### DAY 04 — CARDIO
**BODYCOMBAT #81**
- 30 min

### DAY 05
- **REST**
- 45 min

### DAY 06 — STRENGTH
**BODYPUMP #105**
- 55 min

### DAY 07 — CARDIO
**BODYATTACK #104**
- 55 min

### DAY 08 — STRENGTH
**CXWORX #34**
- 30 min

### DAY 09 — CARDIO
**BODYCOMBAT #82**
- 55 min

### DAY 10 — FLEX STRENGTH
**BODYFLOW #86/BODYBALANCE #86**
- 30 min

### DAY 11 — CARDIO
**BODYATTACK #105**
- 55 min

### DAY 12
- **REST**
- 30 min

### DAY 13 — HIIT
**LES MILLS GRIT #28 CARDIO**
- 55 min

### DAY 14 — STRENGTH
**BODYPUMP #111**
- 55 min

### DAY 15 — CARDIO
**BODYCOMBAT #79**
- 55 min

### DAY 16 — STRENGTH
**BODYPUMP #104**
- 55 min

### DAY 17 — HIIT
**LES MILLS GRIT #29 CARDIO**
- 30 min

### DAY 18 — STRENGTH
**BODYFLOW/BODYBALANCE #85 STRENGTH**
- 30 min

### DAY 19
- **REST**
- 45 min

### DAY 20 — CARDIO
**BODYATTACK #102**
- 30 min

### DAY 21 — HIIT
**LES MILLS GRIT #25 CARDIO**
- 55 min

### DAY 22 — CARDIO
**BODYATTACK #106**
- 55 min

### DAY 23 — STRENGTH
**BODYPUMP #109**
- 55 min

### DAY 24 — CARDIO
**BODYCOMBAT #78**
- 45 min

### DAY 25 — STRENGTH
**BODYPUMP #107**
- 30 min

### DAY 26
- **REST**
- 30 min

### DAY 27 — HIIT
**LES MILLS GRIT #26 CARDIO**
- 55 min

### DAY 28 — CARDIO
**BODYATTACK #103**
- 30 min

### DAY 29 — STRENGTH
**BODYPUMP #108**
- 55 min

### DAY 30 — HIIT
**LES MILLS GRIT #27 CARDIO**
- 30 min

### DAY 31 — CARDIO
**BODYCOMBAT #77**
- 55 min

### DAY 32 — FLEX STRENGTH
**BODYFLOW #84/BODYBALANCE #84**
- 55 min

### DAY 33
- **REST**
- 55 min

### DAY 34 — CARDIO
**BODYATTACK #99**
- 30 min

### DAY 35 — STRENGTH
**CXWORX #31**
- 30 min

### DAY 36 — HIIT
**LES MILLS GRIT #30 CARDIO**
- 30 min

### DAY 37 — STRENGTH
**BODYFLOW/BODYBALANCE #74 STRENGTH**
- 30 min

### DAY 38 — CARDIO
**BODYATTACK #92**
- 45 min

### DAY 39 — STRENGTH
**BODYPUMP #106**
- 55 min

### DAY 40
- **REST**
- 30 min

### DAY 41 — HIIT
**LES MILLS GRIT #24 CARDIO**
- 85 min

### DAY 42 — CARDIO
**BODYCOMBAT #80**
- 30 min
Make the most of your plan! Print this page, tick off your progress and keep somewhere visible, that way you can easily keep record of your workouts as well as track your goals.

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<tr>
<td>BODYATTACK #107</td>
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<th>DAY 17 — CARDIO</th>
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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.