

## Lesmills Manual

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### Lesmills Manual

Les Mills Sr. 1968 now... Every week, in more than 15,500 clubs in 80 countries, millions of people will put aside whatever else is happening in their lives and lose themselves in the pure exhilaration of a LES MILLS™ group fitness class. GF\_imp\_manual\_DF6.indd 1 5/02/15 8:56 am

### GROUP FITNESS PROGRAM IMPLEMENTATION MANUAL - lesmills.com.au

bodyattack get fit, stay fit, stay fitter; bodycombat release your inner warrior; bodyflow calm & centered, long & strong; bodyjam hear the beats, feel the moves; bodypump get lean, tone muscle, get fit; bodystep lift your fitness, raise your energy; cxworx 30 minutes of core intensity; les mills barre ballet inspired workout to shape & tone; les mills grit athletic high intensity interval ...

### Taking Fitness to the Next Level | Les Mills

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### Stages Cycling - Les Mills

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### Les Mills Release APP

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### Meet Our Tribe | Les Mills

If you're already a Les Mills instructor, your user name is the email address you have registered with us and the password you use for the digital kit portal. If you're not currently a Les Mills instructor but want to get started on your certification process, create a new account and you're on your way!

### Instructor Portal - Les Mills

Become a Les Mills instructor and join the tribe: a highly-trained group of exercise experts motivating, inspiring and changing millions of the lives through fitness.

### Become a Group Fitness Instructor | Les Mills

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### Events | Instructors | Les Mills

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### SHOP ALL - Les Mills Equipment

Exercising muscles around the core, CXWORX® provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sports - it's the glue that holds everything together.

### Les Mills - CXWORX®

Les Mills On Demand: 21 Day Challenge: Group Fitness. Everyone's doing it. More than five million people in 80 countries around the world take a Les Mills group fitness class every week and we know you'll love them too. Group fitness is a powerful tool. It's motivational, inspirational and results-focused.

### Les Mills - GROUP FITNESS

LES MILLS™ ON DEMAND: Stream Cardio, Strength, HIIT, Core, Flexibility Classes Online workouts from LES MILLS, the world leaders in group fitness. Get unlimited access to 12 different fitness programs and hundreds of high-energy, effective workouts with LES MILLS On Demand. Stream directly to you...

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New Listing Les Mills Body Pump Release 63 Instructor Kit CD & DVD And Booklet. \$35.00. Brand: Les Mills. \$2.80 shipping. or Best Offer. Watch. Les Mills RPM 65 DVD, CD, notes SPINNING CYCLING. \$65.00. \$3.00 shipping. or Best Offer. Watch. Les Mills RPM 36 DVD, CD, notes SPINNING CYCLING. \$65.00.