

# FOLLOW A PLAN

Follow the **SMART START** Six Week Fitness Schedule as a guide to gradually increasing your workout times. Just let the Instructor know that you are on the **SMART START** schedule and will be leaving class early.

## SIX WEEK WORKOUT SCHEDULE

WEEK	CARDIO	STRENGTH	CORE/ FLEXIBILITY
1	1 x 20 mins	1 x 20 mins	1 x 10 mins
2	2 x 20 mins	1 x 30 mins	1 x 20 mins
3	2 x 30 mins	1 x 30 mins 1 x 20 mins	1 x 25 mins
4	2 x 35 mins 1 x 20 mins	1 x 60 mins	1 x 40 mins
5	2 x 50 mins 1 x 20 mins	1 x 60 mins 1 x 20 mins	1 x 60 mins
6	2 x 60 mins 1 x 30 mins	1 x 60 mins 1 x 40 mins	1 x 60 mins

## THE NEXT 12 WEEK CHALLENGE

WEEKS	CARDIO	STRENGTH	CORE/ FLEXIBILITY
7-18	3 x 60 mins	2 x 60 mins	1 x 60 mins

**CARDIO** exercise is great for burning calories and important for your heart health. Examples include BODYATTACK™, BODYCOMBAT™, BODYJAM™, BODYSTEP™, BODYVIVE 3.1™, RPM™, SH'BAM™, climbing stairs, cycling, dancing, running, swimming and walking.

**STRENGTH** training builds lean muscle and helps with long-term weight loss. As well as free weight and machine weight training, you should consider BODYPUMP™ and BODYVIVE 3.1.

**CORE** strength is critical for building a strong body to create the best platform for all other exercise.

**FLEXIBILITY** reduces changes of injury, increases mobility and improves your posture. Some great Core/Flexibility workouts to consider are CXWORX™, BODYFLOW™, BODYVIVE 3.1, ab exercises, pilates, stretching, tai chi and yoga.

**LES MILLS VIRTUAL STUDIO** Try one of our Group X classes at your own pace and on your own time using the Les Mills Virtual Studio. Members can access a variety of on-demand classes using the digital kiosk. Classes include cycle, cardio, strength, core and flexibility. The programming offers 15 min. demos (on using the proper equipment) and full beginner to advanced classes.

# SMART START WORKOUT PLANNER

NAME \_\_\_\_\_

CARDIO ACTIVITIES \_\_\_\_\_

STRENGTH ACTIVITIES \_\_\_\_\_

CORE ACTIVITIES \_\_\_\_\_

FLEXIBILITY ACTIVITIES \_\_\_\_\_

## NOTES:

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1							
2							
3							
4							
5							
6							

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