

All this activity doesn't mean running a marathon on day one. Or even in month one. Research shows that the key to long-term success with exercise is to start slow.

DID YOU KNOW?



People who work out in a group (group fitness) are far more likely to stick at it than people who exercise alone. So grab a friend, and try a group fitness workout!

DID YOU KNOW?

A study conducted by Pennsylvania State University introduced 25 inactive adults to group fitness slowly by allowing them to 'dip their toes' into exercise. The result was that 20 of the group never missed a workout in 30 weeks. Not only this, they lost body fat, gained lean muscle and prevented the chances of developing cardiovascular disease. This led to SMART START.

"Group Fitness is Effective in Reducing Cardiovascular Disease Risk Factors in Healthy Adults" by The Pennsylvania State University, University Park, USA

Here are some great cardio, strength, core, flexibility and HIIT activities you could consider:

CARDIO	STRENGTH	CORE/ FLEXIBILITY	HIIT
BODYATTACK™	BODYPUMP™	CXWORX™	LES MILLS GRIT™
BODYCOMBAT™	BODYVIVE™ 3.1	BODYBALANCE™	Rowing intervals
BODYJAM™	Free weights	BODYVIVE™ 3.1	Sprint intervals
BODYSTEP™	Machine weights	Ab training	Tabata training
BODYVIVE™ 3.1		Pilates	
RPM™		Stretching	
SH'BAM™		Tai Chi	
Climbing stairs		Yoga	
Cycling			
Dancing			
Running			
Swimming			
Walking			

Les Mills Group Fitness

Les Mills has been developing group fitness workouts since 1968. Our programs can be found in gyms all over the world, with millions of participants every week. Every three months we deliver brand new routines, choreographed to the hottest sounds, using the latest in exercise science. Check your gym's timetable to see what's on offer for you!



THE FIRST
STEP
TO FITNESS
ISN'T A LEAP.

The key to long-term fitness is to start slow, build steadily and enjoy yourself.

Use the fitness system proven to help.



Your journey to fitness begins with using the SMART START fitness schedule. For best results, mix up your workout schedule and keep it interesting with a mix of cardio, strength, core and flexibility sessions. Each offer unique fitness benefits.



Cardio exercise is great for burning calories and important for your heart health



Strength training builds lean muscle and helps with long-term weight loss

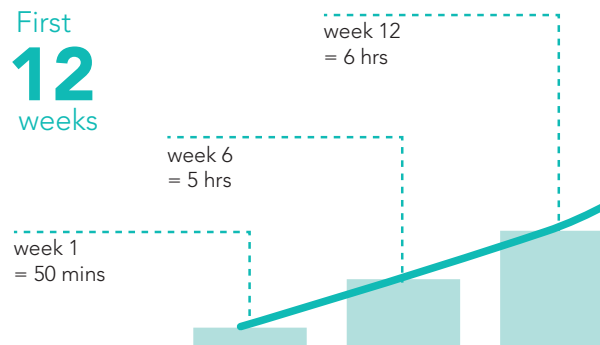


Core strength is critical for building a strong body to create the best platform for all other exercise



Flexibility reduces chances of injury, increases mobility and improves your posture, which helps you look great as well as feel good

Researchers have developed an easy to progress set of **recommended** activity levels



Give it a go

Trying something new can seem hard. You may be worried about fitting it in, your current fitness level or not knowing the moves to a class you've been thinking about. That's why it's always best to go easy on yourself and start slow. If you're heading into a fitness class, you don't have to stay for the whole workout. Give the first few tracks a go, and then build up slowly from there.

DID YOU KNOW?



Keeping going with fitness is about finding the type of routine that works for you and sticking to it. Whether it's a yoga class or running up stairs, experiment and discover what it is that motivates you to get up, get moving and keep moving.

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

The next step is to increase the intensity. The idea is that once you have a base level of fitness, getting fitter isn't about more time, it's about the level of effort you put in. High-intensity interval training (HIIT) is scientifically proven to take your fitness to the next level, using short bursts of work followed by intervals for recovery. An example of HIIT is a 30 minute LES MILLS GRIT™ workout.

Here's what researchers suggest for when you are ready to add HIIT into your schedule:

Introduce HIIT training

HIIT	CARDIO	STRENGTH	CORE/FLEXIBILITY
2 x 30 mins	2 x 60 mins	2 x 60 mins	1 x 60 mins