



# LES MILLS ON DEMAND BEGINNERS WORKOUT SCHEDULE

|                                                                                                           |                                                                                                                                                                                                       |                                                                                                           |                                                                                                                       |
|-----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|
| <b>DAY 01<br/>CARDIO - 30min</b><br>BODYATTACK<br>TUTORIAL Beginner ○<br>or<br>BODYATTACK<br>#194 Short ○ | <b>DAY 02<br/>FLEXIBILITY - 30min</b><br>BODYBALANCE/BODYFLOW<br>TUTORIAL Beginner ○<br>or<br>BODYBALANCE/BODYFLOW<br>#103 Deep Stretch ○<br><b>MINDFULNESS - 15min</b><br>MINDFULNESS OF BREATHING ○ | <b>DAY 03<br/>CARDIO - 30min</b><br>BODYCOMBAT<br>TUTORIAL Beginner ○<br>or<br>BODYCOMBAT<br>#172 Short ○ | <b>DAY 04<br/>STRENGTH - 30min</b><br>CXWORK<br>TUTORIAL Beginner ○<br>or<br>CXWORK<br>#23 Short ○                    |
| <b>DAY 08<br/>CARDIO - 30min</b><br>SH'BAM<br>TUTORIAL Beginner ○<br>or<br>SH'BAM<br>#25 Short ○          | <b>DAY 09<br/>FLEXIBILITY - 20min</b><br>BODYBALANCE/BODYFLOW<br>#178 Short ○<br><b>MINDFULNESS - 15min</b><br>BOXING THOUGHTS ○                                                                      | <b>DAY 10<br/>CARDIO - 30min</b><br>BODYATTACK<br>#102 ○                                                  | <b>DAY 11<br/>STRENGTH - 30min</b><br>LES MILLS BARRE<br>TUTORIAL Beginner ○<br>or<br>LES MILLS BARRE<br>#102 Short ○ |
| <b>DAY 15<br/>CARDIO - 30min</b><br>BODYCOMBAT<br>#78 ○                                                   | <b>DAY 16<br/>STRENGTH - 30min</b><br>CXWORK #34 ○<br><b>MINDFULNESS - 15min</b><br>CONCENTRATION TEN COUNTS ○                                                                                        | <b>DAY 17<br/>CARDIO - 30min</b><br>SH'BAM #34 ○                                                          | <b>DAY 18<br/>FLEXIBILITY - 40min</b><br>BODYBALANCE/<br>BODYFLOW<br>#152 Flexibility ○                               |

# Les Mills Program Manual

**Jiyuan Zhang**



## **Les Mills Program Manual:**

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that impact VAWG If the sustainable development goal of ending all forms of VAWG is to be achieved how should actors in the international development sector engage with religion and religious actors This book unpacks the nature of religion and religious actors in relation to VAWG with the aim of giving greater clarity on how to and how not to engage with this crucial issue Combining cutting edge research with case studies and pragmatic recommendations for academics policymakers and practitioners this concise and easily accessible volume helps instigate discussion and engagement with the incredibly important relationships between religion and VAWG The Open Access version of this book available at [www.taylorfrancis.com](http://www.taylorfrancis.com) has been made available under a Creative Commons Attribution Non Commercial No Derivatives 4.0 license      **The**

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