

		DESCRIPTION	DURATION	EXERCISE TYPE	INTENSITY	BURN RATE	EQUIPMENT	MUSIC	RESULTS
	BODYPUMP™	THE ORIGINAL. WEIGHTS CLASH THAT BUILDS STRENGTH, TONES YOUR BODY AND PUMPS YOU UP TO THE LIMIT EVERY TIME WE STRIKE.	60 MINUTES	WEIGHTS-BASED RESISTANCE TRAINING	MODERATE TO HIGH INTENSITY	AVERAGE OF 560 CALORIES	SMALL, FLAT & HEIGHT ADJUSTABLE STEP	THE LATEST HARD-HITTING & PUMPING TUNES	INCREASES STRENGTH & ENDURANCE TONES & SHAPES HELPS MAINTAIN SOME HEALTHY
	BODYCOMBAT™	A CHALLENGING MIX OF MARTIAL ARTS AND ENDURANCE. UNLEASHING STRENGTH YOU NEVER KNEW YOU HAD.	55 MINUTES	MARTIAL ARTS- INSPIRED CARDIO	HIGH INTENSITY	AVERAGE OF 740 CALORIES	N/A	THE LATEST HARD-HITTING TUNES	TONES & SHAPES INCREASES STRENGTH & ENDURANCE BUILDS SELF-CONFIDENCE
	BODYBALANCE™/ BODYFLOW™	A TONE, TIGHTEN AND PUMPING PUMPED WORKOUT THAT LEANS FLOWING, STRETCH, TONE AND CENTERING YOUR BALANCE.	55 MINUTES	INSPIRED BY YOGA, TAI CHI & PILATES	LOW INTENSITY	AVERAGE OF 390 CALORIES	YOGA MAT OPTIONAL	SOULFUL, CALMING & SOOTHING TUNES	IMPROVES JOINT FLEXIBILITY & RANGE OF MOTION TONES & SHAPES ENHANCES MENTAL WELLBEING
	BPM™	HIGH-INTENSITY INTERVAL TRAINING SET TO TUNES THAT WILL GET YOUR PULSE RACING. GET RESULTS FASTER, FOR FREE.	45 MINUTES	HIIT/SPIN CARDIO	MODERATE TO HIGH INTENSITY	AVERAGE OF 675 CALORIES	HIIT/SPIN STATIONARY BIKE	THE LATEST PULSING & HARD- HITTING TUNES	IMPROVES HEART & LUNG FITNESS INCREASES STRENGTH & ENDURANCE
	BODYATTACK™	A FULL-BODY, HIGH-ENERGY CARDIO WORKOUT TO ENDURING TUNES. BE UNSTOPPABLE.	55 MINUTES	SPORTS-INSPIRED CARDIO	HIGH INTENSITY	AVERAGE OF 735 CALORIES	N/A	THE LATEST PULSING & HARD- HITTING TUNES	IMPROVES AGILITY, COORDINATION, STRENGTH & ENDURANCE IMPROVES HEART & LUNG FITNESS
	BODYSTEP™	THE FAST-PACED, EXPLOSIVE STEP WORKOUT THAT WILL LEAVE YOU BREATHLESS AND READY FOR MORE. FEEL ALIVE.	55 MINUTES	STEP-BASED CARDIO	MODERATE TO HIGH INTENSITY	AVERAGE OF 620 CALORIES	HEIGHT ADJUSTABLE STEP	THE LATEST PULSING & PUMPY TUNES	IMPROVES HEART & LUNG FITNESS IMPROVES AGILITY & COORDINATION INCREASES STRENGTH & ENDURANCE
	BODYVIVE™	A LOW-IMPACT WORKOUT FOR THE WHOLE BODY THAT WILL GET YOUR CORE WORKING HARDER FOR A LEANER, STRONGER YOU. FEEL REWARDED.	55 MINUTES	CARDIO, BALANCE & MOBILITY RESISTANCE & CORE WORK	LOW TO MODERATE INTENSITY	AVERAGE OF 420 CALORIES	RESISTANCE TUBE & BALL	THE BEST MUSIC FROM THE 70s, 80s & 90s	IMPROVES HEART & LUNG FITNESS TONES & SHAPES INCREASES SENSE OF ENERGY REDUCES STRESS
	BODYJAM™	FUELED BY STREET CULTURE, A DANCE AND CARDIO WORKOUT THAT WILL LEAVE YOU FEELING LIVED, LIVED YOURSELF.	55 MINUTES	DANCE-INSPIRED CARDIO	MODERATE INTENSITY	AVERAGE OF 530 CALORIES	N/A	THE HOTTEST NEW SOUNDS	BURNS CALORIES TONES & SHAPES DEVELOPS SELF-EXPRESSION IMPROVES COORDINATION
	SH'BAM™	OUT LOOSE TO THE HOTTEST NEW WORKOUT WITH TUBE MOVES AND GROOVE TUNES. FREE YOURSELF.	45 MINUTES	DANCE-INSPIRED CARDIO	MODERATE INTENSITY	AVERAGE OF 510 CALORIES	N/A	CHART TOPPED HITS & REMIXED BAMS	BURNS CALORIES TONES & SHAPES DEVELOPS SELF-EXPRESSION IMPROVES COORDINATION
	CXWORX™	A PERSONAL, TRAINING-INSPIRED, SCIENTIFICALLY-BASED WORKOUT THAT CHALLENGES YOU TO BUILD AND MAINTAIN A BETTER SHAPED AND FUNCTIONING CORE.	30 MINUTES	CORE STRENGTH TRAINING	MODERATE TO HIGH INTENSITY	AVERAGE OF 210 CALORIES	RESISTANCE TUBE	GLAMOROUS TOP-40 & CURRENT HITS	TIGHTENS & TONES CORE MUSCLES IMPROVES FUNCTIONAL STRENGTH FOR BALANCE AGILITY & INJURY PREVENTION

Les Mills Grit Instructor Program Manual

Ying-Ying Zheng



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