



LES MILLS ON DEMAND BEGINNERS WORKOUT SCHEDULE

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

Les Mills Program Manual

Carnegie Library of Pittsburgh



Les Mills Program Manual:

The Total Fitness Manual Gold's Gym, 2017-01-03 Transform your body in just 12 weeks Take the challenge Cover

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actors influence norms and behaviours 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 has been made available under a Creative Commons Attribution Non Commercial No Derivatives 4.0 license

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