

STAY IN SHAPE SUMMER FUN

BENEFITS OF THIS GUIDE:

This workout plan is for the individual who wants to maintain an exercise program in the summer with flexibility for family time and travel. You will gain cardiovascular fitness and core strength while retaining endurance. All workouts can be completed at the gym or on Les Mills On Demand! Depending on the age of your children, you can include them in CARDIO training with ATTACK, COMBAT, and/or SH'BAM.

KEEP ON TRACK WITH
OUR 8-WEEK SUMMER
WORKOUT PLAN

This workout guide includes a combination of:

- Cardio
- Strength
- Core
- HIIT

	SUNDAY / MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY / SATURDAY
1	CARDIO 30 – 55 MIN BODYATTACK, BODYCOMBAT, SH'BAM	REST DAY	FLEXIBILITY 30 – 55 MIN BODYBALANCE/BODYFLOW	CARDIO 30 – 55 MIN BODYATTACK, BODYCOMBAT, SH'BAM	STRENGTH CORE 30 MIN BODYPUMP, CXWORX, BARRE
2	CARDIO 45 – 55 MIN BODYATTACK, BODYCOMBAT, SH'BAM	BORN TO MOVE 30 – 45 MIN	STRENGTH 30 – 55 MIN BODYPUMP	CARDIO 30 – 55 MIN BODYATTACK, BODYCOMBAT, SH'BAM	REST DAY
3	CARDIO 45 – 55 MIN BODYATTACK, BODYCOMBAT, SH'BAM	REST DAY	FLEXIBILITY 30 – 55 MIN BODYBALANCE/BODYFLOW	CARDIO 45 – 55 MIN BODYATTACK, BODYCOMBAT, SH'BAM	STRENGTH 30 – 55 MIN BODYPUMP
4	CARDIO 30 – 55 MIN BODYATTACK, BODYCOMBAT, SH'BAM	REST DAY	CARDIO 30 – 55 MIN BODYATTACK, BODYCOMBAT, SH'BAM, LES MILLS GRIT CARDIO	STRENGTH CORE 30 MIN BODYPUMP, CXWORX, BARRE	BORN TO MOVE 30 – 45 MIN
5	CARDIO 45 – 55 MIN BODYATTACK, BODYCOMBAT, SH'BAM	FLEXIBILITY 30 – 55 MIN BODYBALANCE/BODYFLOW	STRENGTH 30 – 55 MIN BODYPUMP	CARDIO – 30MIN BODYATTACK, BODYSTEP, BODYCOMBAT	REST DAY
6	CARDIO 45 – 55 MIN BODYATTACK, BODYCOMBAT, SH'BAM	REST DAY	BORN TO MOVE 30 – 45 MIN	CARDIO 30 – 55 MIN BODYATTACK, BODYCOMBAT, SH'BAM	STRENGTH 55 MIN BODYPUMP
7	CARDIO 45 – 55 MIN BODYATTACK, BODYCOMBAT, SH'BAM	FLEXIBILITY 30 – 55 MIN BODYBALANCE/BODYFLOW	REST DAY	CARDIO 30 – 55 MIN BODYATTACK, BODYCOMBAT, SH'BAM	STRENGTH 30 – 55 MIN BODYPUMP
8	CARDIO 30 – 55 MIN BODYATTACK, BODYCOMBAT, SH'BAM	STRENGTH CORE 30 MIN BODYPUMP, CXWORX, BARRE	FLEXIBILITY 30 – 55 MIN BODYBALANCE/BODYFLOW	BORN TO MOVE 30 – 45 MIN	STRENGTH 55 MIN BODYPUMP

