



WORKOUT PLANNER

Name:

 Cardio Activities:

 Strength Activities:

 Core Activities:

 Flexibility Activities:

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week #: _____ Date: _____							

Follow the SMART START Six Week Fitness Schedule as a guide to gradually increasing your workout times – lesmills.com/smartstart **LES MILLS**



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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 Workout Planner to stay on track.

Complete one week at a time. Submit completed workout planners to the box by the fish tank in the RAC lobby.

Complete:

- 6 consecutive weeks
- Become a RAC Smart Start Ambassador.
- Receive a Smart Start T-Shirt.

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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

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™	TRX	BODYFLOW	Rowing intervals
BODYJAM™	Free weights	NIA	Sprint intervals
BODYSTEP™	Machine weights	Ab training	Tabata training
		Pilates	
RPM™		Stretching	
ZUMBA		Tai Chi	
Climbing stairs		Yoga	
Cycling			
Dancing			
Running			
Swimming			
Walking			
Water Fitness			



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