



MAKE A SMART START

It sounds simple and it is. Your key to long-term fitness is to start slow, build steadily and enjoy yourself.

Your journey to fitness begins with using the SMART START fitness schedule. For best results, mix up your workout schedule and keep it interesting with a mix of cardio, strength, core and flexibility sessions. Each offer unique fitness benefits.

The SMART START fitness schedule is [proven by science](#) and combines a fun mix of cardio, strength, core and flexibility sessions.

FOLLOW A PLAN

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

THE NEXT 12 WEEK CHALLENGE

WEEKS	CARDIO	STRENGTH	CORE/ FLEXIBILITY
7-18	3 x 60 mins	2 x 60 mins	1 x 60 mins

CARDIO exercise is great for burning calories and important for your heart health. Examples include BODYATTACK™, BODYCOMBAT™, BODYJAM™, BODYSTEP™, BODYVIVE 3.1™, RPM™, SH'BAM™, climbing stairs, cycling, dancing, running, swimming and walking.

STRENGTH training builds lean muscle and helps with long-term weight loss. As well as free weight and machine weight training, you should consider BODYPUMP™ and BODYVIVE 3.1.

CORE strength is critical for building a strong body to create the best platform for all other exercise.

FLEXIBILITY reduces changes of injury, increases mobility and improves your posture.

Some great Core/Flexibility workouts to consider are CXWORX™, BODYBALANCE™, BODYVIVE 3.1, ab exercises, pilates, stretching, tai chi and yoga.

Not sure where you can do Les Mills group fitness classes? Check out [lesmills.com/findaclass](https://www.lesmills.com/findaclass) and get started today.