

# 30 MINUTE EXPRESS FORMATS

## LES MILLS BODYATTACK

Track 1: Warmup  
Track 2: Mixed Impact  
Track 4: Plyometric  
Track 7: Agility  
Track 9: Power  
Express 5: Athletic Strength

## LES MILLS BODYCOMBAT

Track 1a: Upper Body Warmup  
Track 1b: Lower Body Warmup  
Track 1c: Integrated Warmup  
Track 8: Power Training 3  
Track 6: Combat 3  
Track 10: Cooldown (approx. 2mins)

## LES MILLS BODYPUMP

Track 1: Warmup  
Track 2: Squats  
Track 3: Chest  
Track 4: Back  
Track 9: Core

## LES MILLS BODYVIVE 3.1

OPTION 1	OPTION 2
Track 1: Warmup	Track 1: Warmup
Track 2: Cardio 1	Track 2: Cardio 2
Track 3: Cardio 2	Track 5: Peak Cardio
Track 4: Cardio 3	Track 6 : Integrated Strength
Track 5: Peak Cardio	Track 7: Core Strength – Hips
Track 6: Active Recovery	Track 8: Core Strength – Abs

## LES MILLS SH'BAM

Tracks 1, 2, 3, 4, 5, 8, 9, 10

## LES MILLS BODYBALANCE

STRENGTH FORMAT	FLEXIBILITY FORMAT
Track 2: Sun Salutations	Track 1: Tai Chi Warmup
Track 3: Standing Strength	Track 2: Sun Salutations
Track 4: Balance	Track 5: Hip Openers
Track 6 : Core – Abdominals	Track 8: Twists
Track 7: Core – Back	Track 9: Forward Bends – Hamstrings
Track 10: Relaxation/Meditation (short)	Track 10: Relaxation/Meditation (short)

## LES MILLS BODYJAM

Track 1: Warmup  
Track 2: Isolations  
Block 1 or 2  
Groovedown

## LES MILLS BODYSTEP

CLASSIC FORMAT	ATHLETIC FORMAT
Track 1: Warmup	Track 1: Warmup
Track 2: Step Warmup	Track 3: Step Orientation ATHLETIC
Track 3: Step Orientation CLASSIC	Track 4: Step ATHLETIC
Track 4: Peak 1	Track 5: Mixed Strength
Track 6: Peak 2	AC: Athletic Circuit
Track 7: Conditioning 1	

As there is no Cooldown/Stretch in both the Classic and Athletic 30-minute and 45-minute formats, advise your class to do their own stretches and keep moving until their breathing and heart rate return to normal.

## LES MILLS RPM

Track 1: Pack Ride	Track 1: Pack Ride
Track 2: Pace	Track 3: Hills
Track 3: Hills	Track 4: Mixed Terrain
Track 4: Mixed Terrain	Track 5: Intervals
Track 5: Intervals	Track 7: Mountain Climb
Track 8: Ride Home/Stretch	Track 8: Ride Home/Stretch

# 45 MINUTE EXPRESS FORMATS

## LES MILLS BODYATTACK

- Track 1: Warmup
- Track 2: Mixed Impact
- Track 4: Plyometric
- Track 5: Athletic Strength
- Track 6: Running
- Track 7: Agility
- Track 9: Power
- Track 10: Core

## LES MILLS BODYBALANCE

FLEXIBILITY FORMAT	STRENGTH FORMAT
Track 1: Tai Chi Warmup	Track 1: Tai Chi Warmup
Track 2: Sun Salutations	Track 2: Sun Salutations
Track 3: Standing Strength	Track 3: Standing Strength
Track 4: Balance	Track 4: Balance
Track 5: Hip Openers	Track 6: Core – Abdominals
Track 8: Twists	Track 7: Core – Back
Track 9: Forward Bends – Hamstrings	Track 9: Forward Bends – Hamstrings
Track 10: Relaxation/Meditation	Track 10: Relaxation/Meditation

## LES MILLS BODYCOMBAT

- Track 1a: Upper Body Warmup
- Track 1b: Lower Body Warmup
- Track 1c: Integrated Warmup
- Track 2: Combat 1
- Track 3: Power Training 1
- Track 6: Combat 3
- Track 7: Muay Thai
- Track 8: Power Training 3
- Track 10: Cooldown

## LES MILLS BODYJAM

- Track 1: Warmup
- Cardio Block 1 & 2 (Be mindful to use cardio blocks that fit into the time-frame)
- Groovedown

## LES MILLS BODYSTEP

CLASSIC FORMAT	ATHLETIC FORMAT
Track 1: Warmup	Track 1: Warmup
Track 2: Step Warmup	Track 3: Step Orientation ATHLETIC
Track 3: Step Orientation CLASSIC	Track 4: Peak 1
Track 4: Peak 1	Track 5: Mixed Strength
Track 5: Mixed Strength	Track 6: Peak 2
Track 6: Peak 2	Track 7: Conditioning 1
Track 7 Conditioning 1	AC: Athletic Circuit ATHLETIC
Track 8 Party Step	Track 11: Conditioning 2
Track 10 Peak 3	

As there is no Cooldown/Stretch in both the Classic and Athletic 30-minute and 45-minute formats, advise your class to do their own stretches and keep moving until their breathing and heart rate return to normal.

## LES MILLS BODYPUMP

- Track 1: Warmup
- Track 2: Squats
- Track 3: Chest
- Track 4: Back
- Track 7: Lunges
- Track 8: Shoulders
- Track 9: Core
- Track 10: Cooldown

# NEW 45 MINUTE BODYPUMP FORMAT

## **LES MILLS** **BODYPUMP**

Track 1: Warmup

Track 2: Squats

Track 3: Chest

Track 4: Back

Track 5: (45) Triceps/Biceps

Track 6: (45) Lunges/Shoulders

Track 9: Core

Track 10: Cooldown

# 55 MINUTE FORMAT

## **LES MILLS** **BODYVIVE 3.1**

Track 1: Warmup

Track 2: Cardio 1

Track 3: Cardio 2

Track 4: Cardio 3

Track 5: Peak Cardio

Track 6: Integrated Strength

Bonus 1 Upper Body Strength

Track 7 Core Strength – Hips

Track 8: Core Strength - Abs

Bonus 2 Core Strength - Back

Track 9 Active Recover