

BECOME A
LES MILLS INSTRUCTOR

LES MILLS

/ life-changing fitness experiences /

WHO ARE WE?

Every Olympic athlete aims high and wants to be the best in their field. Our founder is a four-time Olympian who always sets big goals. Les Mills Snr started his first gym in Auckland, New Zealand in 1968. Now, nearly four decades on, LES MILLS™ workouts are loved by millions and available in clubs and gyms all across the planet.

We inspire millions of people to get moving every week. They engage

with us and rely on us for the world's best group training. We mix great music and cutting-edge science to help people fall in love with fitness.

Our workouts are licensed by 17,500 partners in 100 countries around the world. We support our partners with research, marketing and new workouts every three months. Our tribe of 130,000 certified Instructors bring those workouts to life every day.

The future of fitness is merging physical and digital. We are leading the way with immersive training and workouts on demand.



WHY LES MILLS?

DO YOU BELIEVE YOU CAN CHANGE LIVES EVERY DAY? BECAUSE WE DO.

You love fitness. You love the idea of inspiring and motivating a class full of people. Now, we'll help you take the next steps towards achieving great things.

TEACH SCIENTIFICALLY-PROVEN CLASSES

Know that you're leading safe, effective and fun workouts that your classes will love. Get fresh new choreography and up to date session plans every 90 days.

GET NEW HITS FROM THE FRESHEST ARTISTS

Music is what moves your class, and we bring you the best. We update our

playlists every quarter so you have the freshest hit music that syncs perfectly with the workout.

GROW YOUR CAREER, FIND YOUR GREATNESS

Your journey as a Les Mills Instructor has no limits. Ongoing education, advanced training and amazing career opportunities are all ahead of you. Plus, there's an amazing global community of 130,000 other instructors ready to help support and build you.

MAKE THE WORLD YOUR STAGE

You can take your training all over the world with Les Mills. Our programs are internationally recognized and taught in over 16,500

clubs worldwide, with more added every day.

SECURE EXCLUSIVE DISCOUNTS

Our instructors get access to the ReebokONE community. This gives you a 25% instructor discount off Reebok and Les Mills gear, access to exclusive fitness content and a connection to other fitness professionals around the world.

ATTEND INSPIRING AND MOTIVATING EVENTS

Become part of a something bigger. Receive invitations to some of the world's most inspiring fitness experiences, regional events and exclusive training opportunities.

WHAT CAN YOU TEACH?

Group Training

BODYPUMP

The world's most popular barbell workout, scientifically proven to burn calories and build lean, athletic muscles.

BODYCOMBAT

Our incredibly popular workout that gets people fit, fast and strong, using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

BODYBALANCE / BODYFLOW

Ideal for everyone, our yoga-based workout fuses elements of Tai Chi and Pilates set to music. It's a modern take on yoga, scientifically designed for a fitness club environment..

CXWORX

Suitable for all fitness levels, this 30-minute core conditioning workout helps your members improve functional strength. Your members can get a stronger core, and better results from other workouts.

BODYATTACK

Catering for all fitness levels, BODYATTACK combines cardio, agility and strength exercises for a highly motivating workout that tones, shapes and burns calories.

RPM

The perfect start for people new to group fitness, LES MILLS RPM is a highly motivating and often addictive cycle workout to burn calories, build cardio fitness, and dial up the challenge factor to match a participant's fitness level.

SH'BAM

A fun-loving, insanely addictive dance workout, Les Mills SH'BAM is an ego-free zone - no dance experience required.

BODYJAM

Inspired by the freshest moves and most on-trend music from all over the world, BODYJAM is the high-energy cardio workout that turns a fitness studio into a dancefloor.

BODYSTEP

The effective full body cardio workout that tones the legs and glutes. We've been refining the original step workout for over 25 years to create a high-energy program that's uplifting, fun and driven by results.

BODYVIVE 3.1

An optimal mix of strength, cardio and core training, this full body, cross training workout is designed to be inclusive of all members, from the newcomers right through to the most fit.

Youth Training

BORN TO MOVE

Designed for 2-16 year olds, BORN TO MOVE™ makes it easy to engage and encourage young people. The age-appropriate classes use music and moves kids love, fostering positive physical habits for life.

Immersive Fitness

THE TRIP

Inspired by cinema, live concert experiences and interactive gaming, THE TRIP is an immersive fitness experience that combines a purpose-built studio, live instructors with immersive video.

High-Intensity Interval Training

LES MILLS SPRINT

LES MILLS SPRINT is HIIT on a bike, a high-intensity workout that delivers rapid results. It's a short, intense style of training where the thrill and motivation comes from pushing physical and mental limits.

LES MILLS GRIT

STRENGTH/PLYO/CARDIO

30 minutes high intensity interval training workout, designed to improve strength, increase speed, maximize calorie burn and ake you perform like an athlete.



THE BEST DECISION I EVER MADE

“LES MILLS HELPS ME BECOME THE REAL ME”

I am Mum of a 4 and 2-year-old children. I am also a secondary school English Teacher, wife and I just certified as a BODYCOMBAT Instructor with BODYATTACK training planned.

I discovered my passion for fitness after having my first child. Initially it was about losing baby weight. Then it became a lifestyle.

It was difficult to keep the pace to start with but eventually everything started to fall into place. I loved the sense of empowerment and release of stress these classes give. They became my therapy - as a mum of young children and teacher of teens, I need it!

It's been the best decision I've ever made. Despite being quite a low-key, reserved person, I feel myself come to life when I teach this programme. It's something just for me and

the participants in front of me - no home or work stress gets a look in when I'm teaching! It's given me an identity beyond 'mummy' or 'Mrs Ainslie' and I love being a part of it.

“I think it's so important for women in particular to maintain their identity after they become a mum.”

Lisa Ainslie
Les Mills Instructor

HOW TO BECOME A LES MILLS INSTRUCTOR?

1. FINDING THE RIGHT PROGRAMME FOR YOU

Make sure you choose the right programme for you. Talk to Instructors you know to get their feedback and tips on this and the journey you're about to embark on. Make sure to try the classes you are interested in to get a sense of what you're passionate about.

2. FIND AN INITIAL MODULE TRAINING (IMT) NEAR YOU

You'll need to find and book onto an Initial Module Training in a location and on a date that suits you. Contact your local team via the website for the latest module dates.

3. RECEIVE YOUR INITIAL MODULE TRAINING PACK

This is where you'll get all detailed information you'll need to be well prepared. You'll also find out what tracks you'll be teaching during the module, including the music, choreography and notes.

4. 10 DAYS BEFORE, YOU'LL RECEIVE ALL THE DETAILED INFORMATION YOU'LL NEED TO BE WELL PREPARED.

What an experience you will have! A full weekend learning something truly life-changing, along with meeting a whole group of other tribe members on the same journey as you are. Sweat, laughter and a lot of learning, you'll come out the other side armed to

motivate others and with a host of new friends.

5. MAKE IT OFFICIAL

After your Initial Module Training take the opportunity to shadow teach as many classes as you can. This will prepare you for when you film your assessment video. This assessment video is the final stage to becoming certified and it ensures that all Les Mills Instructors are of the highest quality.

6. BEING AN INSTRUCTOR

Start your journey as a certified Les Mills Instructor and benefit from ongoing education and refreshed programmes every 90 days.



WHAT TO EXPECT AT THE INITIAL MODULE TRAINING

The course is designed to cater for a range of adult learning styles, incorporating a mixture of lectures, discussions, practical sessions, teaching practice, individual and group feedback, and the opportunity for self-reflection. We will give you time to learn 2 allocated tracks before you arrive at training so nothing is a surprise.

Over the duration of the course, you will learn everything you need to be able to teach the programme safely, to include:

- **Class structure and purpose**, reasons for exercise sequencing, and class benefits
- **How to interpret**, understand and learn choreography

- **How to perform and evaluate** correct exercise technique, together with an in-depth understanding of how and why exercises are executed in a particular way.
- **How to coach** the class so that it is both safe and inspirational
- **How to create** a memorable, fun and effective workout experience

CONTACT INFO

Contact your local team through:
www.lesmills.com/contact

If you have any questions,
we would love to hear from you.



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