

STRENGTH DEVELOPMENT FULL-BODY HYPERTROPHY

05

MUSIC

CLASS STRUCTURE

01. WARM-UP

02. LOWER-BODY PREPARATION

03. PYRAMID 1: LOWER-BODY

04. PYRAMID 2: CHEST

05. PYRAMID 3: BACK

06. CON-SETS

07. COOLDOWN

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MUSIC

01.

All Over Me (4:02)
Mow Music
© 2021 Les Mills Music Licensing Ltd.
Written by: Oudeweernink

02.

Be Great (2:46)
INF
Courtesy of Les Mills Music Licensing Ltd.
Written by: Tyson

03.

The Locust King (2:48)
NOAM DEE
Courtesy of Les Mills Music Licensing Ltd.
Written by: Fairley

DaDa (2:24)
Mow Music
© 2020 Les Mills Music Licensing Ltd.
Written by: Oudeweernink

The Locust King (2:44)
NOAM DEE
Courtesy of Les Mills Music Licensing Ltd.
Written by: Fairley

04.

Topaz (2:51)
JJ Indecisive
Courtesy of Les Mills Music Licensing Ltd.
Written by: Naley

Buckeye (2:21)
Downward Years
© 2020 Les Mills Music Licensing Ltd.
Written by: Newport, Langveld, van de Geer

Topaz (2:43)
JJ Indecisive
Courtesy of Les Mills Music Licensing Ltd.
Written by: Naley

05.

Upon Prey (2:50)
NOAM DEE
© 2021 Les Mills Music Licensing Ltd.
Written by: Fairley

Roll Deep (2:21)
NOAM DEE
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Upon Prey (2:44)
NOAM DEE
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06.

Prime (2:45)
INF
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Written by: Tyson

Cool Like That (2:21)
Dan Draper
© 2021 Les Mills Music Licensing Ltd.
Written by: Beasley

Crystal Splash (2:26)
Bobby Weaving
© 2020 Les Mills Music Licensing Ltd.
Written by: Arts

07.

Sliding Your Way (3:05)
Ashley Alexander
Courtesy of Les Mills Music Licensing Ltd.
Written by: Alexander



CLASS STRUCTURE

1.	WARM-UP
2.	LOWER-BODY PREPARATION
3.	PYRAMID 1: LOWER-BODY
4.	PYRAMID 2: CHEST
5.	PYRAMID 3: BACK
6.	CON-SETS
7.	COOLDOWN

WORKOUT SET-UP

Beginner: Barbell, bench with risers, and a selection of light to medium weights
Intermediate: Barbell, bench with risers, and a selection of 2x light, 4-6x medium and 2x heavy weights
Advanced: Barbell, bench with risers, and a selection of 2x light, 4x medium and 4-6x heavy weights

Note: This is only a recommendation. Each workout is uniquely structured and requires a variety of weights.

CLASS INTRODUCTION

This is a **full-body hypertrophy** workout. The purpose of hypertrophy is to build muscle. We use moderate to heavy weight, so lighter than we would use in a pure or foundational strength workout and aim to hit higher number of reps. This whole workout is in intervals of time and you decide the weight you would like to work with. This whole workout is off the beat of the music but we will give you tempo guides to make this a really good hypertrophy workout for you.

The workout begins with the Warm-up, then we prepare and hit three Pyramids and finish with conditioning.

WEIGHT GUIDE

Base weight on barbell: LES MILLS GRIT™ Strength weight or Back track weight in BODYPUMP™
New to strength training: Light weights to get a feel for the workout

KEY
RDO: RANGE DEVELOPMENT OPTION
↓ : REGRESSION
↑ : PROGRESSION



01. WARM-UP

TRACK SET-UP: Light weight on barbell

FINDING NEUTRAL

- Stand upright and place your hands side by side on top of each other – this is your *neutral position*.
- If you round your back, note that your hands overlap.
- If you arch your back, your hands will separate.
- Ensure to maintain your *neutral position* throughout most movements in this workout.

Exercise	
0:30	Hip Hinge
0:30	Barbell Deadlift
0:30	Shoulder Circle & Wrist Roll
0:30	Hip Opener + Thoracic Rotation
0:30	Pushup
0:30	Air Squat
0:30	Barbell Front Squat
0:30	Barbell Overhead Press (Strict)
	Recovery



01. ALL OVER ME 4:02mins

TECHNIQUE

LAYER 1

HIP HINGE

- **Place your hands on abdomen, stacked vertically with the edges of your fingers touching each other. The upper hand should be placed just below the ribcage on the upper abdominals.**
- **Slight bend in the knees**
- **Chest up**
- **Core braced**
- **Chin tucked in**
- **Hinge forward from the hips**
- ***Maintain neutral position throughout move***

BARBELL DEADLIFT

- **Feet hip-width apart**
- **Slight bend in the knees**
- **Chest up**
- **Core braced**
- **Hold barbell close to body throughout the move**
- **Chin tucked in**
- **Hips square to front**
- **Hinge forward from the hips**
- **Barbell to knee height**
- **Extend hips to stand**
- ***Maintain neutral position throughout move***

SHOULDER CIRCLE

- **Hips and shoulders square to front**
- **Move arms in a circular motion at the shoulders**
- **Elbows straight**
- ***Maintain neutral position throughout move***

WRIST ROLL

- **Hold hands in front and form a fist with each hand**
- **While maintaining arms reasonably still, move wrists in a circular motion in both directions**

HIP OPENER

- **Lift knee up**
- **Open knee outwards in a circular motion and return to standing**
- **Repeat in opposite direction**
- **Alternate sides**
- **Hips square to front**
- ***Maintain neutral position throughout move***

THORACIC ROTATION

- **Feet just outside hip width**
- **Hips square to front**
- **Keep both feet on floor**
- **Move torso and thoracic spine through rotational movements, alternating sides**

PUSHUP

- **Hands outside shoulder width**
- **Core braced**
- **Shoulders away from ears**
- **Keep shoulders retracted**
- **Hips and shoulders square to floor**
- **Whole body to move as one unit**
- **Head and neck in neutral position**
- **Elbows track back and out in 45-degree angle**
- **Chest to elbow height**
- ***Maintain neutral position throughout move***

↓ Pushup on knees

AIR SQUAT

- **Feet just outside hip-width**
- **Chest up**
- **Core braced**
- **Hips sit back and down**
- **Butt stops just above knee at 90 degrees**
- **Knees track forward in line with toes**
- **Press weight evenly through the entire foot, and evenly through both feet**
- **Maintain strong heel of foot to floor contact**
- **Extend hips to stand**
- ***Maintain neutral position throughout move***



01. ALL OVER ME 4:02mins

TECHNIQUE

BARBELL FRONT SQUAT

- Clean barbell onto collarbones to front rack position
- **Feet just outside hip-width**
- **Barbell to sit in the middle of the hand (secure grip)**
- **Elbows facing forward**
- **Chest up**
- **Core braced**
- **Chin tucked in**
- **Hips sit back and down**
- **Hips and knees to 90 degrees**
- **Knees track forward, in line with toes**
- **Press weight evenly through the entire foot, and evenly through both feet**
- Maintain strong heel of foot to floor contact
- Extend hips to stand
- ***Maintain neutral position throughout move***

BARBELL OVERHEAD PRESS (STRICT)

- **Clean barbell onto collarbones to front rack position**
- **Chest up**
- **Core braced**
- **Press barbell vertically**
- **Chin tucked in**
- Biceps close to ears
- Avoid knee and hip bend (strict Press)
- Return barbell to front rack position
- ***Maintain neutral position throughout move***



02. LOWER-BODY PREPARATION

TEMPO: Refer to move – first number represents the first part of the move

Exercise	
0:30	Set up Barbell Backward-Stepping Lunge with base weight on barbell
0:30	Barbell Backward-Stepping Lunge (2-0-1-0)
0:20	Recovery and add weight to barbell
0:30	Barbell Front Squat (2-0-2-0)
0:20	Recovery and add weight to barbell
0:30	Barbell Back Squat (2-0-2-0)
	Recovery and maintain same weight on barbell for Pyramid



02. BE GREAT 2:46mins

TECHNIQUE

LAYER 1

BARBELL BACKWARD-STEPPING LUNGE

- Clean barbell over to meaty part of upper back
- Feet hip-width apart
- Chest up
- Brace core
- Take a long step back
- Hips and shoulders level and square to the front
- Knees in line with toes
- Front knee above ankle
- Bend back knee and moves towards the floor
- Front thigh parallel to the floor
- Body weight even on both legs
- ***Maintain neutral position throughout move***

BARBELL FRONT SQUAT

- Clean barbell onto collarbones to front rack position
- Feet just outside hip-width
- Barbell to sit in the middle of the hand (secure grip)
- Elbows facing forward
- Chest up
- Core braced
- Chin tucked in
- Hips sit back and down
- Hips and knees to 90 degrees
- Knees track forward, in line with toes
- Press weight evenly through the entire foot, and evenly through both feet
- Maintain strong heel of foot to floor contact
- Extend hips to stand
- ***Maintain neutral position throughout move***

BARBELL BACK SQUAT

- Clean barbell over to meaty part of upper back
- Feet just outside hip width
- Chest up
- Core braced
- Chin tucked in
- Hips sit back and down
- Hips and knees to 90 degrees
- Knees track forward, in line with toes
- Press weight evenly through the entire foot, and evenly through both feet
- Maintain strong heel of foot to floor contact
- Extend hips to stand
- ***Maintain neutral position throughout move***



03. PYRAMID 1: LOWER-BODY

TEMPO: Refer to move – first number represents the first part of the move
REP RANGE: Refer to move

	Exercise	Rep Range
0:30	Set up Barbell Front Squat with maximum weight on barbell from Squat preparation	
0:40	Barbell Front Squat (2-0-2-0)	10 – 15
0:20	Recovery and set up Barbell Front Squat	
0:40	Barbell Front Squat (2-0-2-0)	10 – 15
0:40	Barbell Back Squat (2-0-2-0)	10 – 15
0:20	Recovery and set up Barbell Front Squat	
0:40	Barbell Front Squat (2-0-2-0)	10 – 15
0:40	Barbell Back Squat (2-0-2-0)	10 – 15
0:40	Barbell Backward-Stepping Lunge (2-0-1-0)	
0:20	Recovery and set up Barbell Back Squat	
0:40	Barbell Back Squat (2-0-2-0)	10 – 15
0:40	Barbell Backward-Stepping Lunge (2-0-1-0)	
0:20	Recovery and set up Barbell Backward-Stepping Lunge	
0:40	Barbell Backward-Stepping Lunge (2-0-1-0)	
	Recovery	



03. THE LOCUST KING / DADA 7:56mins

TECHNIQUE

LAYER 1

BARBELL FRONT SQUAT

- Clean barbell onto collarbones to front rack position
- **Feet just outside hip-width**
- **Barbell to sit in the middle of the hand (secure grip)**
- **Elbows facing forward**
- **Chest up**
- **Core braced**
- **Chin tucked in**
- **Hips sit back and down**
- **Hips and knees to 90 degrees**
- **Knees track forward, in line with toes**
- **Press weight evenly through the entire foot, and evenly through both feet**
- Maintain strong heel of foot to floor contact
- Extend hips to stand
- ***Maintain neutral position throughout move***

BARBELL BACK SQUAT

- Clean barbell over to meaty part of upper back
- **Feet just outside hip width**
- **Chest up**
- **Core braced**
- **Chin tucked in**
- **Hips sit back and down**
- **Hips and knees to 90 degrees**
- **Knees track forward, in line with toes**
- **Press weight evenly through the entire foot, and evenly through both feet**
- Maintain strong heel of foot to floor contact
- Extend hips to stand
- ***Maintain neutral position throughout move***

BARBELL BACKWARD-STEPPING LUNGE

- Clean barbell over to meaty part of upper back
- **Feet hip-width apart**
- **Chest up**
- **Brace core**
- Take a long step back
- **Hips and shoulders level and square to the front**
- **Knees in line with toes**
- **Front knee above ankle**
- Bend back knee and moves towards the floor
- **Front thigh parallel to the floor**
- Body weight even on both legs
- ***Maintain neutral position throughout move***



04. PYRAMID 2: CHEST

TEMPO: (2-0-1-0) – first number represents the first part of the move

REP RANGE: Approximately 10 – 15 reps

	<i>Exercise</i>	<i>Rep Range</i>
0:30	Set up Pull-over	
0:40	Pull-over (2-0-1-0)	10 – 15
0:20	Recovery and set up Pull-over	
0:40	Pull-over (2-0-1-0)	10 – 15
0:40	Barbell Chest Press (2-0-1-0)	10 – 15
0:20	Recovery and set up Pull-over	
0:40	Pull-over (2-0-1-0)	10 – 15
0:40	Barbell Chest Press (2-0-1-0)	10 – 15
0:40	Rotational Chest Press (2-0-1-0)	10 – 15
0:20	Recovery and set up Barbell Chest Press	
0:40	Barbell Chest Press (2-0-1-0)	10 – 15
0:40	Rotational Chest Press (2-0-1-0)	10 – 15
0:20	Recovery and set up Rotational Chest Press	
0:40	Rotational Chest Press (2-0-1-0)	10 – 15
	Recovery	



04. TOPAZ / BUCKEYE 7:55mins

TECHNIQUE

LAYER 1

PULL-OVER

- Lie down on the bench facing up
- **Core braced**
- **Press lower back towards the bench**
- Feet hip-width apart and close to the bench
- Push upper back into the middle of the bench
- Plates pressed just below shoulder line, with plates facing inwards
- **Shoulders away from ears**
- **Slight bend in elbows**
- Reach plates over head
- **Plates stop with elbows just in front of shoulder line**
- *Maintain neutral position throughout move*

BARBELL CHEST PRESS

- Lie down on the bench, facing up upwards
- **Hands wide on the barbell**
- **Barbell above shoulders**
- **Core braced**
- **Press lower back towards the bench**
- Feet hip-width apart and close to the bench
- **Push upper back into the middle of the bench**
- **Bring barbell to middle of the chest**
- **Elbows stop at bench level**
- Press barbell back to shoulder level

LAYER 2

RDO: Barbell fist height away from the chest

ROTATIONAL CHEST PRESS

- Lie down on the bench facing up
- **Core braced**
- **Press lower back towards the bench**
- Feet hip-width apart and close to the bench
- Push upper back into the middle of the bench
- **Shoulders away from ears**
- **Start with plates in front of chest, slightly below shoulder level, plates internally rotated to 45 degrees**
- Lower plates down, externally rotating the plates at 45 degrees
- **Elbows out at 45-degree angle**
- **Elbows stop at bench level**
- **Press plates above chest, externally rotating to 45 degrees, ending just below shoulder height**



05. PYRAMID 3: BACK

TEMPO: (1-0-2-0) – first number represents the first part of the move
REP RANGE: Approximately 10 – 15 reps

	<i>Exercise</i>	<i>Rep Range</i>
0:30	Set up Underhand Barbell Row	
0:40	Underhand Barbell Row (1-0-2-0)	10 – 15
0:20	Recovery and set up Underhand Barbell Row	
0:40	Underhand Barbell Row (1-0-2-0)	10 – 15
0:40	Reverse Fly (1-0-2-0) with 2x weight plates	10 – 15
0:20	Recovery and set up Underhand Barbell Row	
0:40	Underhand Barbell Row (1-0-2-0)	10 – 15
0:40	Reverse Fly (1-0-2-0) with 2x weight plates	10 – 15
0:40	Back Extension	10 – 15
0:20	Recovery and set up Reverse Fly	
0:40	Reverse Fly (1-0-2-0) with 2x weight plates	10 – 15
0:40	Back Extension	10 – 15
0:20	Recovery and set up Back Extension	
0:40	Back Extension	10 – 15
	Recovery	



05. UPON PREY / ROLL DEEP 7:55mins

TECHNIQUE

LAYER 1

UNDERHAND BARBELL ROW

- **Feet under hips**
- **Core braced**
- Strong underarm grip on barbell
- **Hinge forward from the hips**
- Squeeze shoulder blades together
- **Shoulders away from ears**
- Pull barbell into the belly
- ***Maintain neutral position throughout move***

REVERSE FLY

- **Feet under hips**
- **Tip forward from the hips**
- Plates just in front of hips
- **Chest up**
- **Core braced**
- **Chin tucked in**
- Eye gaze approximately 3¼ feet (1 meter) in front
- **Elbows slightly bent**
- **Keep shoulders and back locked in position**
- **Shoulders away from ears**
- Raise plates up, leading with elbows
- Squeeze between the shoulder blades
- **Lift elbows to just below shoulder line**
- Keep body still
- ***Maintain neutral position throughout move***

BACK EXTENSION

- Lie face down
- **Chin tucked in**
- Feet together
- Point toes away from body
- **Squeeze the glutes and press hips into the floor**
- Chest lifted away from the floor
- Arm forward and wide in front with elbows extended
- Lift arms and keep arms off the floor for the duration of the move
- Point thumbs toward the ceiling to activate the upper back's postural muscles
- Pull elbows in towards the ribs
- Extend arms forward and wide in front with elbows extended



06. CON-SETS

Exercise	
0:45	Set up Halo , standing with 2x medium weight plates stacked
SET 1	
0:30	Halo with 2x medium weight plates stacked
0:30	Clean & Press + Seesaw Press L&R with 2x medium weight plates
0:30	Full + Partial Bicep Curl with 2x medium weight plates
0:30	Single-Leg V-Tap From Extension Hold
0:20	Recovery and set up Halo
SET 2	
0:30	Halo with 2x medium weight plates stacked
0:30	Clean & Press + Seesaw Press L&R with 2x medium weight plates
0:30	Full + Partial Bicep Curl with 2x medium weight plates
0:30	Single-Leg V-Tap From Extension Hold
0:20	Recovery and set up Halo
SET 3	
0:30	Halo with 2x medium weight plates stacked
0:30	Clean & Press + Seesaw Press L&R with 2x medium weight plates
0:30	Full + Partial Bicep Curl with 2x medium weight plates
0:30	Single-Leg V-Tap From Extension Hold
	Recovery



06. PRIME / COOL LIKE THAT / CRYSTAL SPLASH 7:32mins

TECHNIQUE

LAYER 1

HALO

- Feet just outside hip-width
- **Knees and hips slightly bent**
- **Chest up**
- **Core braced**
- Hold plate in front of one thigh, slightly away from the leg
- Take plate around the head in a circular motion
- Return plate to starting position, in front of opposite thigh
- Repeat in alternating directions (clockwise and anticlockwise)
- ***Maintain neutral position throughout move***

CLEAN & PRESS + SEESAW PRESS

- **Feet just outside hip-width**
- Grip plates in front of thighs with palms facing inward
- **Chest up**
- **Core braced**
- **Clean plates to shoulder level**
- **During Clean, when plates reach shoulder level, sit hips back and drop under plates quickly to catch at shoulder level**
- Drive hips forward to stand and Press both plates overhead
- Return plates back to shoulder level
- **Elbows in front of body and at 90 degrees, in line with shoulders**
- Plates facing in towards each other
- **Shoulders away from ears**
- Press one plate directly up
- **Plate slightly forward**
- Repeat on opposite side
- Lower plates back down to starting position, at front of thighs with palms facing in
- ***Maintain neutral position throughout move***

FULL + PARTIAL BICEP CURL

- Feet hip-width apart
- **Core braced**
- **Chest up**
- Plates by side of body with plates facing forward (palms facing forward)
- Curl plates upwards to in front of shoulders
- Keep elbows locked in by the side of ribcage
- Extend elbows back, bringing the plates downwards halfway, and stop with elbows at 90 degrees
- Curl plates back upwards to in front of shoulders
- Extend elbows all the way down to starting position, with plates facing forward
- ***Maintain neutral position throughout move***

SINGLE-LEG V-TAP FROM EXTENSION HOLD

- Lie down on back
 - Arms and legs long
 - Legs, shoulders and upper back off the floor
 - Knees fully extended
 - Point toes away from body
 - **Drive ribs to hips**
 - **Core braced**
 - **Press lower back towards the floor**
 - **Chin tucked in**
 - **Feet together**
 - Lift one leg up and reach towards toes with both hands while keeping the other leg in the Extension Hold position
 - Repeat on the other side
- ↓ Single-Leg V-Tap with legs on the floor



07. COOLDOWN

Exercise	
0:30	Lying Hamstring Stretch L&R
0:30	Figure 4 L&R
0:30	Kneeling Hip Flexor Stretch L&R and Open Chest
0:30	Childs Pose
0:30	Standing Quadricep Stretch
0:30	Shoulder Stretch L&R and Wrist Stretch + Roll



07. SLIDING YOUR WAY 3:05mins

TECHNIQUE

LAYER 1

LYING HAMSTRING STRETCH

- Lie down on back
- Lift left leg off the floor to above hips
- Maintain right leg on the floor
- Hold both hands around the left thigh
- Attempt to maintain full knee extension
- Foot and ankle relaxed
- Relax entire body
- Take deep breaths in and out to relax further
- Hold for approximately 15 seconds
- Repeat on opposite side
- You should feel the stretch in the back of the left thigh/hamstring

FIGURE 4

- Lie down on back
- Lift left leg off the floor to above hips
- Place right ankle on left thigh just above knee in a figure 4 position
- Reach behind thigh of left leg
- Gently pull left leg towards chest
- Maintain right knee away from body
- Use arm to gently push right knee away from body
- Relax hips and legs
- Take deep breaths in and out to relax further
- Hold for approximately 15 seconds
- Repeat on opposite side
- You should feel the stretch in the right glute behind the hip

KNEELING HIP FLEXOR STRETCH AND OPEN CHEST

- Right leg forward and long step back into a Lunge with left leg
- Place left knee on floor
- Both knees to 90 degrees
- Tuck toes under on left foot
- Squeeze left glute to maintain *neutral position*
- Push hips forward
- You should feel the stretch in the front of the upper thigh
- Push shoulders away from ears and reach behind to clasp hands together
- Pull shoulders back to feel stretch through the chest
- Relax entire body
- Take deep breaths in and out to relax further
- Hold for approximately 15 seconds
- Repeat on opposite side
- You should feel the stretch across the chest

CHILDS POSE

- Kneel down on the floor
- Sit hips back onto heels
- Reach both arms forward and fold chest over towards the floor
- Reach as far forward as possible while sitting back onto heels
- Round through back
- Relax entire body
- Take deep breaths in and out to relax further
- Hold for approximately 30 seconds
- You should feel the stretch throughout your back

STANDING QUADRICEP STRETCH

- From standing position, bend left leg behind, reach with left hand to hold left leg
- Squeeze glutes and drive hips forward
- Lift chest
- Stand tall
- Gently pull left leg back, bringing heel of left foot towards left glute
- Relax entire body
- Take deep breaths in and out to relax further
- Hold for approximately 15 seconds
- Repeat on opposite side
- You should feel the stretch down the front of the thigh



07. SLIDING YOUR WAY 3:05mins

TECHNIQUE

SHOULDER STRETCH

- Reach left arm forward in front of chest
- Left elbow straight at full extension
- Tuck right elbow under left arm
- Gently pull left arm towards chest with right arm
- Rotate torso clockwise (towards the right) for a deeper stretch
- You should feel the stretch in the back of the shoulder
- Relax entire body
- Take deep breaths in and out to relax further
- Hold for approximately 10 seconds
- Repeat on opposite side
- You should feel this stretch in the back of the shoulder

WRIST STRETCH

- Hold left hand in front, externally rotated with fingers facing towards floor
- Elbow extended on left arm
- Use right hand to gently pull left hand's fingers towards body
- Repeat on opposite side

WRIST ROLL

- Hold hands in front and form a fist with each hand
- While maintaining arms reasonably still, move wrists in a circular motion in both directions



WE ARE ONE GLOBAL FAMILY

We are one global family of leaders, passionately devoted to creating a fitter planet.

We fearlessly inspire others to discover their true potential by falling in love with exercise.

Exercise is our global movement.

Our movement shakes the world. We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement.

Millions of us bind together every day to unite through sweat. Music is in our soul. We are passionate about it. It gives us drive and focus.

While honouring our heritage, we set course for the future looking to inspire, innovate and create as much as humanly possible.

We are ludicrous enough to believe that we can change the world.

We are United.

OUR DECLARATION OF INTENT

The Les Mills family is made up of fitness clubs, Instructors and millions of participants from around the globe.

We may differ in location, religion, race, color and language, but we unite in our love of movement, music and the pursuit of healthy living, for every single person on our planet.

At Les Mills, we believe in the dignity of each individual within our community, and we strive towards equality for all.

We celebrate and showcase all cultures through our choice of role models, music and movements, with the aim of broadening cultural awareness.

We know that what is considered appropriate in some contexts can be seen as inappropriate in others, and we aim to traverse these delicate

situations with the utmost respect to everyone.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen all music and try to avoid any language or references that may cause offense. Sometimes there will be an alternative track (at the bottom of the track list) for you to use instead.

We embrace open communication with our global family so that differences of opinion can be expressed, and education will always continue.

We are here, doors open, ready to listen and learn.

Above all, we are passionate about delivering life-changing fitness experiences, every time, everywhere, for everybody.

