

STRENGTH DEVELOPMENT

10

FULL-BODY HYPERTROPHY

MUSIC

CLASS STRUCTURE

01. WARM-UP

02. WARM-UP CIRCUIT

03. 8x CIRCUITS: LOWER X UPPER

04. CON-SETS: SUPERSETS

05. COOLDOWN

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MUSIC

01. **Flex** (4:07)
LUCKSON feat. INF
© 2020 Les Mills Music Licensing Ltd.
Written by: Luckson, Tyson

02. **The Blessing** (3:38)
JIM JUNK
Courtesy of Les Mills Music Licensing Ltd.
Written by: Nasir

03. **Tiger King** (3:44)
Kettlebellz
© 2020 Les Mills Music Licensing Ltd.
Written by: Landell, McCarthy, Yeh, Sanders

8TANE (3:01)
St Urbain
© 2021 Les Mills Music Licensing Ltd.
Written by: Yeh

Basit Low (3:02)
Eastern Bloc
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Written by: Aldridge

We Have Spoken (2:51)
NOAM DEE
Courtesy of Les Mills Music Licensing Ltd.
Written by: Fairley

Tiger King (3:07)
Kettlebellz
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Written by: Landell, McCarthy, Yeh, Sanders

8TANE (3:01)
St Urbain
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Written by: Yeh

Basit Low (3:03)
Eastern Bloc
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Written by: Aldridge

We Have Spoken (3:06)
NOAM DEE
Courtesy of Les Mills Music Licensing Ltd.
Written by: Fairley

04. **Anything You Want** (2:50)
Tilde Key
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Written by: McCarthy, Tyson, Tanner

Rari (2:40)
Swimnaked
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Written by: Price

Anything You Want (2:44)
Tilde Key
© 2020 Les Mills Music Licensing Ltd.
Written by: McCarthy, Tyson, Tanner

05. **Elevate** (3:03)
Ashley Alexander
© 2020 Les Mills Music Licensing Ltd.
Written by: Alexander



CLASS STRUCTURE

1.	WARM-UP
2.	WARM-UP CIRCUIT
3.	8x CIRCUITS: LOWER X UPPER
4.	CON-SETS: SUPERSETS
5.	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 aim for a moderate to heavy weight, lighter than we would in a pure or foundational strength workout, and aim to hit a 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 for some exercises.

We begin with a warm-up, then prepare the moves for our circuits. Then we hit eight 3-minute circuits back-to-back, alternating between lower and upper body, and finish with con-sets.

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 Overhead Press (Strict)
0:30	Barbell Backward-Stepping Lunge
	Recovery



01. FLEX 4:07mins

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

- Slight bend in the knees
- Chest up
- Core braced
- Hold barbell close to body throughout the move
- Chin tucked in
- 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. FLEX 4:07mins

TECHNIQUE

BARBELL OVERHEAD PRESS (STRICT)

- Clean barbell onto collarbones to front rack position
- **Lift chest**
- **Brace core**
- **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***

BARBELL BACKWARD-STEPPING LUNGE

- Clean barbell over to meaty part of upper back
- **Feet hip-width apart**
- **Chest up**
- **Core braced**
- 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***



02. WARM-UP CIRCUIT

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

Exercise	
0:30	Set up Barbell Front Squat with base weight on barbell
0:30	Barbell Front Squat (2-0-2-0)
0:30	Barbell Backward-Stepping Lunge (2-0-1-0)
0:30	Barbell Back Squat + Squat Pulse
0:30	Barbell Chest Press (2-0-2-0)
0:30	Barbell Row + High Pull (1-1-1-1)
0:30	Pushup + Pushup Pulse
	Recovery



02. THE BLESSING 3:38mins

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 BACKWARD-STEPPING LUNGE

- Clean barbell over to meaty part of upper back
- **Feet hip-width apart**
- **Chest up**
- **Core braced**
- 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 BACK SQUAT + SQUAT PULSE

- **Clean barbell over to meaty part of upper back**
- **Feet just outside hip width**
- **Chest up**
- **Core braced**
- **Hips sit back and down**
- **Hips and knees to 90 degrees**
- Come up halfway to the middle of Squat range
- **Hips back down to knee height at bottom of Squat**
- Stand back upright to starting position
- **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 CHEST PRESS

- Lie down on the bench facing 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 upperback into the middle of the bench**
- **Bring barbell to middle of the chest**
- **Elbows stop at bench level**
- Press barbell back up to above shoulders

LAYER 2

RDO: Barbell fist height away from the chest



02. THE BLESSING 3:38mins

TECHNIQUE

BARBELL ROW + HIGH PULL

- **Feet under hips**
- **Core braced**
- **Shoulders away from ears**
- **Hinge forward from the hips**
- Keep elbows in
- Squeeze shoulder blades together
- Strong grip on barbell
- Pull barbell to lower ribcage and return to starting position
- Stand back upright to feet under hips
- **Chest lifted**
- Slight pinch between the shoulder blades
- **Pull barbell up to lower chest**
- **Keep barbell close to body**
- **Lead with elbows**
- Return barbell to starting position and repeat movement
- ***Maintain neutral position throughout move***

PUSHUP + PUSHUP PULSE

- **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**
- Push back up to halfway of Pushup range
- Chest back down to elbow height
- Push back up all the way to starting position
- ***Maintain neutral position throughout move***

↓ Pushup + Pushup Pulse on knees

LAYER 2

RDO: Chest down to fist height away from floor



03. 8x CIRCUITS: LOWER X UPPER

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

Exercise	
0:45	Set up Circuit 1 (LOWER BODY)
	CIRCUIT 1 (LOWER BODY)
3:00	15x Barbell Front Squat (2-0-2-0) 12x Barbell Backward-Stepping Lunge (2-0-1-0) (L&R = 2 reps) 9x Barbell Back Squat + Squat Pulse Remaining Time = Recovery and set up for Barbell Chest Press <i>Note: Beep marks 30 seconds left of circuit</i>
	CIRCUIT 2 (UPPER BODY)
3:00	15x Barbell Chest Press (2-0-2-0) 12x Barbell Row + High Pull (1-1-1-1) (Row + High Pull = 1 rep) 9x Pushup + Pushup Pulse Remaining Time = Recovery and set up for Barbell Front Squat <i>Note: Beep marks 30 seconds left of circuit</i>
	CIRCUIT 3 (LOWER BODY)
3:00	15x Barbell Front Squat (2-0-2-0) 12x Barbell Backward-Stepping Lunge (2-0-1-0) (L&R = 2 reps) 9x Barbell Back Squat + Squat Pulse Remaining Time = Recovery and set up for Barbell Chest Press <i>Note: Beep marks 30 seconds left of circuit</i>
	CIRCUIT 4 (UPPER BODY)
3:00	15x Barbell Chest Press (2-0-2-0) 12x Barbell Row + High Pull (1-1-1-1) (Row + High Pull = 1 rep) 9x Pushup + Pushup Pulse Remaining Time = Recovery and set up for Barbell Front Squat <i>Note: Beep marks 30 seconds left of circuit</i>
	CIRCUIT 5 (LOWER BODY)
3:00	15x Barbell Front Squat (2-0-2-0) 12x Barbell Backward-Stepping Lunge (2-0-1-0) (L&R = 2 reps) 9x Barbell Back Squat + Squat Pulse Remaining Time = Recovery and set up for Barbell Chest Press <i>Note: Beep marks 30 seconds left of circuit</i>



03. 8x CIRCUITS: LOWER X UPPER

Exercise	
	CIRCUIT 6 (UPPER BODY)
3:00	15x Chest Press (2-0-2-0) 12x Barbell Row + High Pull (1-1-1-1) (Row + High Pull = 1 rep) 9x Pushup + Pushup Pulse Remaining Time = Recovery and set up for Barbell Front Squat <i>Note: Beep marks 30 seconds left of circuit</i>
	CIRCUIT 7 (LOWER BODY)
3:00	15x Barbell Front Squat (2-0-2-0) 12x Barbell Backward-Stepping Lunge (2-0-1-0) (L&R = 2 reps) 9x Barbell Back Squat + Squat Pulse Remaining Time = Recovery and set up for Barbell Chest Press <i>Note: Beep marks 30 seconds left of circuit</i>
	CIRCUIT 8 (UPPER BODY)
3:00	15x Chest Press (2-0-2-0) 12x Barbell Row + High Pull (1-1-1-1) (Row + High Pull = 1 rep) 9x Pushup + Pushup Pulse Remaining Time = Recovery and set up for Barbell Front Squat <i>Note: Beep marks 30 seconds left of circuit</i> Recovery



03. TIGER KING / 8TANE / BASIT LOW / WE HAVE SPOKEN 24:55mins

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 BACKWARD-STEPPING LUNGE

- **Clean barbell over to meaty part of upper back**
- **Feet hip-width apart**
- **Chest up**
- **Core braced**
- 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 BACK SQUAT + SQUAT PULSE

- **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**
- Pulse at the bottom range of Squat
- Stand back upright to starting position
- **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 CHEST PRESS

- Lie down on the bench facing 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 up to above shoulders

LAYER 2

RDO: Barbell fist height away from the chest



03. TIGER KING / 8TANE / BASIT LOW / WE HAVE SPOKEN 24:55mins

TECHNIQUE

BARBELL ROW + HIGH PULL

- **Feet under hips**
- **Core braced**
- **Shoulders away from ears**
- **Hinge forward from the hips**
- Keep elbows in
- Squeeze shoulder blades together
- Strong grip on barbell
- Pull barbell to lower ribcage and return to starting position
- Stand back upright to feet under hips
- **Chest up**
- Slight pinch between the shoulder blades
- **Pull barbell up to lower chest**
- **Keep barbell close to body**
- **Lead with elbows**
- Return barbell to starting position and repeat movement
- ***Maintain neutral position throughout move***

PUSHUP + PUSHUP PULSE

- **Hands outside shoulder width**
- **Core braced**
- **Shoulders away from ears**
- **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**
- Push back up to halfway of Pushup range
- Chest back down to elbow height
- Push up all the way to starting position
- ***Maintain neutral position throughout move***

↓ Pushup + Pushup Pulse on knees

LAYER 2

RDO: Chest down to fist height away from floor



04. CON-SETS: SUPERSETS

Exercise	
0:30	Set up Tricep Dip with 2x light to medium weight plates
SET 1	
0:30	Tricep Dip
0:30	Boat Kick
0:20	Recovery and set up for Side Raise to Front Raise – Reverse
0:30	Side Raise to Front Raise – Reverse
0:30	Iron Cross
0:20	Recovery and set up for Tricep Dip
SET 2	
0:30	Tricep Dip
0:30	Boat Kick
0:20	Recovery and set up for Side Raise to Front Raise – Reverse
0:30	Side Raise to Front Raise – Reverse
0:30	Iron Cross
0:20	Recovery and set up for Tricep Dip
SET 3	
0:30	Tricep Dip
0:30	Boat Kick
0:20	Recovery and set up for Side Raise to Front Raise – Reverse
0:30	Side Raise to Front Raise – Reverse
0:30	Iron Cross
	Recovery



04. ANYTHING YOU WANT / RARI 8:14mins

TECHNIQUE

LAYER 1

TRICEP DIP

- Feet hip-width apart
- Keep whole of both feet on floor
- Knees at 90 degrees
- Place weight plate on thigh, close to hips
- **Hands on the edge of bench, fingers facing forward**
- **Chest up**
- **Shoulders away from ears**
- **Hips close to bench**
- **Bend elbows towards the back**
- Elbows close to ribcage
- Elbows extended at the top of the move

↓ Tricep Dip without weight plate

↑ Walk feet away from the bench, up to full knee extension

BOAT KICK

- Sit on the short edge of bench
- **Lean back partially on bench using hands to balance weight**
- **Chest up**
- **Chin tucked in**
- **Core braced**
- **Shoulders away from ears**
- Bring knees into chest
- Pivot body to one side from the bench and kick legs out, extending fully at the knees
- Bring knees back into chest and pivot body to the opposite side and kick legs out
- Repeat, alternating between the two sides
- ***Maintain neutral position throughout move***

SIDE RAISE TO FRONT RAISE – REVERSE

- Feet hip-width apart
- Plates on either side of the body facing inwards
- **Chest up**
- **Chin tucked in**
- **Core braced**
- **Shoulders away from the ears**
- **Elbows slightly bent**
- **Lift plates laterally to slightly below shoulder level**
- **Elbows slightly forward of shoulder line**
- Maintain plate height and bring plates forward to in front of shoulders
- Lower plates down to bring plates in front of thighs with palms facing towards body
- Raise plates up, back to in front of shoulders
- Maintain plate height and bring plates back to lateral position slightly below shoulder level
- Lower plates back down to either side of the body
- ***Maintain neutral position throughout move***

IRON CROSS

- Lie down on bench
- **Plates facing each other in front of chest**
- **Elbows slightly bent**
- Feet hip-width apart and lifted above hips
- Knees straight
- **Core braced**
- **Slide ribs to hips**
- **Chin tucked in**
- **Push lower back towards the bench**
- **Open the plates outwards and lower legs down to 45 degrees**
- Maintain slight bend in the elbows
- **Elbows stop just above shoulder height**
- **Anchor the shoulders down**

↓ Iron Cross without plates



05. 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

05. ELEVATE 3:03mins

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



05. ELEVATE 3:03mins

TECHNIQUE

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

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.

