



# 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://lesmills.com/findaclass) and get started today.**