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ON DEMAND |
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Product Review | Les
Mills Smart Bar ~~Les~~
~~Mills Grit Cardio, by~~
~~Michelle~~ Les Mills

BodyPump with Romi
THE NEXT CHAPTER
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LIFE ~~Are Body Pump~~
~~Classes A Waste Of~~
~~Time?~~ □□□□□□□□ LES

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MILLS GRIT HIIT

Beyond Level 2 Is
Bodyump a good
workout? ~~Les Mills~~

~~BODYPUMP Home~~

~~Workout~~ Les Mills

BODYPUMP w/

Brooke Rosenbauer -

Class #5 Les Mills

Bodyump Home

Workout LES MILLS

ON DEMAND |

BODYPUMP HIIT

BEYOND | LES MILLS

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GRIT x Reebok

30-minute HIIT
workout LES MILLS
ON DEMAND | LES

MILLS GRIT LES

MILLS ON DEMAND |

THE TRIP ~~LES MILLS~~

~~ON DEMAND |~~

~~SH'BAM~~ Les Mills On

Demand Review | Plus

Size Fitness DANCE

#LIKENINA |

40-minute Reebok x Les

Mills BODYJAM

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Workout Les Mills On

Demand - Workout
From Home Les Mills
On Demand Program

LES MILLS On

Demand lets you do
your workouts on most
popular devices. In
addition to the website,
LES MILLS On

Demand workouts are
available through our
free apps on:

Smartphone: iPhone,

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Android phone; Tablet:
iPad, Android tablet,
Kindle Fire tablets; TV
streaming: Amazon Fire
TV, Roku, Apple TV4,
and Android TV;
Gaming console: Xbox
One

Workout App | LES
MILLS On Demand
LES MILLS GRIT is
one program with three
effective workout

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formats: Strength,
Cardio and Athletic.

LES MILLS GRIT

Strength uses barbells,
plates and bodyweight
exercises to blast all
major muscle groups,
improve strength,
cardiovascular fitness
and build lean muscle.

LES MILLS On
Demand - Getting
started

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World leading fitness in your home. Choose from over 1000 online workouts to stream - everything from cardio, strength, HIIT training and flexibility.

Sign in - LES MILLS
ON DEMAND

Integrating LES MILLS
On Demand as an at-home workout option for your members

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increases the value of their club experience, and earns you more revenue. Become an affiliate partner and promote LES MILLS On Demand to your members. It delivers more options for them and offers far-reaching benefits for your business. Become an Affiliate Now

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Club Affiliate Program -
Les Mills

There are official LES MILLS on Demand workout calendars; however, I wanted to create my own. I wanted to mix strength, flexibility, core work and cardio together in a 5-day schedule. You do get access to their official workout schedules with the Free

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Trial too though! Their calendars help you start slow and build up to the harder workouts.

LES MILLS on Demand
Workout Calendar -

Free Printable

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Demand lets you do
your workouts on most
popular devices. In
addition to the website,

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Demand workouts are available through our free apps on:

Smartphone: iPhone, Android phone; Tablet: iPad, Android tablet, Kindle Fire tablets; TV streaming: Amazon Fire TV, Roku, Apple TV4, and Android TV; Gaming console: Xbox One

At Home Workout

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Videos | LES MILLS

On Demand US

6-week Les Mills fitness initiation with a variety of cardio, ballet inspired and weights-based strength training, and some flexibility workouts and mindfulness too. Non equipment alternatives offered.

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Demand

Not only will your coach set you up with a personalized workout plan, they will keep you on track and make sure you're doing the best LES MILLS On

Demand workouts to suit your goals. Your coach will answer training questions in your weekly calls and give you the

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motivational boost you
need to stay on track.

LES MILLS Coaching -
Home

Les Mills On Demand is
such an amazing way to
start experiencing the
Les Mills difference ☐
and you can do it with
no gym equipment to
get started as well (then,
if you find that you stick
with it, you can invest in

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a barbell, resistance
band and yoga mat).

Everything you need to
know about Les Mills
workouts and ...

**ALL LES
MILLS WORKOUTS.**

Fitness classes, high-
intensity interval
training workouts and
fun, physical activity for
children. Learn more
about every LES

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MILLS program here.
The full-body weights
workout, BODYPUMP
is for anyone looking to
get lean, toned and fit
fast. Also available as a
Virtual class and On
Demand. Exercise Type.

All Fitness Classes,
Workouts & Exercises |
Les Mills
Services like Les Mills
on Demand make it very

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easy to cross train and
achieve total body
conditioning. If you
workout at home I
recommend you try out
a new exercise on
demand service every 6
months. It's the best
way to keep things
interesting and find out
what you love. The only
way to know if Les
Mills on Demand is
ideal for you is to try it

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Program FAQ

A Review of the Les Mills on Demand Service (Read this ...

What Kinds Of Workouts Can Be Found In The Les Mills On Demand Library?

There are 21 different Les Mills programs.

There's something for everyone. You'll find strength training, cardio,

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yoga, kickboxing,
aerobic step, dance, spin
classes and more.

Here's a complete list of
the programs:

Beachbody On Demand
vs Les Mills: Which
One Is Right For You
LES MILLS On

Demand Program
Review A few members
of the GenTwenty team
tested out the Les Mills

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On Demand program for
review as well. Here's
what they had to say: ☐ ☐
it is nice that you have
an option to work out in
your own home, on your
own time, at your own
pace.☐

LES MILLS On
Demand Review - Free
30-Day Trial! |
GenTwenty
LES MILLS On

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Demand Partnerships;
Partner with Les Mills;
News; Contact. Piracy;

THE 30-MINUTE
BALLET INSPIRED
WORKOUT TO
SHAPE AND TONE
ALSO AVAILABLE
AS A VIRTUAL
CLASS. Exercise Type:
Dance. THE HIGH-
ENERGY FITNESS
CLASS WITH MOVES
THAT CATER FOR

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**TOTAL BEGINNERS
TO TOTAL ADDICTS
AND GETS YOU FIT
FOR THE SPORT OF
LIFE.**

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