

# BODYATTACK™

IS THE SPORTS-INSPIRED  
CARDIO WORKOUT  
FOR BUILDING  
STRENGTH AND  
STAMINA.

This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals. No matter what your fitness level, you'll get fit, stay fit and get fitter!

Like all the LES MILLS™ programs, a new BODYATTACK™ class is produced every three months with new music and choreography.



THE DEEPER YOU DIG,  
THE HIGHER THE HIGH.

lesmills.com



# WHAT WILL BODYATTACK™ DO FOR ME?

- Burn lots of calories for a leaner body
- Tone and shape your body
- Raise your overall fitness and stamina for high energy sports like football or tennis
- Improve your co-ordination and agility
- Make you stronger through core conditioning work
- Improve your bone health and density
- Increase your heart and lung fitness



# DESCRIBE A TYPICAL CLASS

BODYATTACK™ is a 55-minute class with two aerobic sections to challenge your cardio fitness and stamina. Muscle conditioning will strengthen and tone your entire body.

## 1. Warmup

The focus in the opening track is on big, simple aerobic moves to get the body warm.

## 2. Mixed Impact

This track will take you through an increasing range of moves and footstrikes, preparing the body for the aerobic action ahead.

## 3. Aerobic

Step up the intensity and range of motion and get into your personal training 'zone' ahead of the peak track to follow.

## 4. Plyometric

This is where the class hits its first intensity peak, putting the body under load through quick-fire plyometric exercises often used in sports training.

## 5. Upper Body Conditioning

Time to bring the heart rate down, recover and build strength. The focus here is on shoulders, chest, triceps and core-conditioning work for toning and shaping the upper body.

## 6. Running

Loosen up with some free and patterned running and lift your heart rate again.

## 7. Agility

Test your speed and agility with a big mix of sports-inspired moves and have fun with some class interaction.

## 8. Interval

Challenge your cardio system with a series of work-recovery blocks.

## 9. Power

The final peak where you dig deep and push through powerful moves for maximum effort and fitness results.

## 10. Lower Body Conditioning

Strengthen and tone the lower body including the legs and abdominals.

## 11. Cooldown

Congratulations, you made it. Time to recover and stretch.

# FAQs:

## WHAT DO I NEED TO BRING?

A good pair of shoes for foot stability. Dress in comfortable clothes and bring a towel and water bottle.

## HOW FIT DO I NEED TO BE?

BODYATTACK™ is for anyone who wants to get fit, stay fit and get fitter. There are low-impact options so you can enjoy the class regardless of your fitness level and the moves are simple so you don't need to be especially well coordinated.

## HOW OFTEN SHOULD I TAKE A CLASS?

Have a rest day between classes. For best results, try and attend three BODYATTACK™ classes a week.

## FOR FURTHER INFORMATION

If you'd like to know more, ask your instructor or visit [www.lesmills.com/bodyattack](http://www.lesmills.com/bodyattack)

