

BODYSTEP™

IS THE ENERGIZING
STEP WORKOUT
THAT MAKES YOU
FEEL LIBERATED
AND ALIVE.

Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-along music and approachable instructors. Cardio blocks push fat-burning systems into high gear followed by muscle-conditioning tracks that shape and tone your body.

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



lesmills.com

IT'S NOT A STEP, IT'S A LAUNCH PAD.



WHAT WILL BODYSTEP™ DO FOR ME?

- Burns lots of calories for a leaner body
- Tones and shapes the body
- Raises overall fitness levels
- Improves coordination
- Builds strength through core-conditioning work
- Improves your bone health and density
- Increases your heart and lung capacity through a full-body cardio fitness workout

DESCRIBE A TYPICAL CLASS

There are 12 tracks of music in a BODYSTEP™ class. Each track has a specific exercise focus to create a full-body workout.

1. Warmup

Warm the body with simple aerobic moves.

2. Step Warmup

Learn how to step correctly as we continue to warm the body.

3. Step Orientation

In this track, we gradually lift the intensity of the workout by increasing our range of motion and adding light propulsions.

4. Step Athletic

This is the first peak. It's time to lift the energy and your heart rate, break a sweat and climb higher with more athletic stepping moves.

5. Mixed Strength

Time to lower the step a level. We ease back on the cardio and place bigger demands on the legs and glutes for lower body strength and toning.

6. Power Peak

Power up for the second peak. We use powerful stepping exercises and dynamic lateral movement to improve cardio and endurance fitness.

7. Step Recovery

Catch your breath with slower and more controlled stepping exercises to focus on balance and stability and on lower body toning and sculpting.

8. Party Step

Let your hair down and have fun in this 'anything goes' part of the class. We use different themes and movement styles to create a party on the step.

9. Speed Step

A signature track for BODYSTEP™. Lower the step height and step faster for speed and agility training.

10. Peak

This is the third and final cardio peak where you have the option to raise the height of your step. This track is a physically challenging combination of dynamic propulsive exercises and strong lower-body moves.

11. Recovery/Leg Strength/Pushups/Abdominals

Catch your breath as you work your gluteals and legs, then move to the floor for conditioning work for the upper body and abdominals.

12. Cooldown/Stretch

We stretch our worked muscles as we cool down. This completes the full-body workout.

TIPS FOR BEGINNERS

- Start on a lower step height.
- Do the class without using your arms. Focus on what your feet need to do.
- If you get lost in a move, continue stepping with a move that you feel comfortable with. Observe, and if you feel up to the challenge, give the move a go.

FAQs:

IT LOOKS TRICKY – I THINK I'M TOO UNCOORDINATED

It usually takes a few BODYSTEP™ classes before you start to feel 'in flow' on the step. Don't give up! You'll feel more comfortable with each class you attend. If your club runs BODYSTEP™ intro classes, try to attend one before your first class.

WHAT DO I NEED TO BRING?

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

HOW FIT DO I NEED TO BE?

BODYSTEP™ is for people of all fitness levels. You can vary the intensity of the workout by changing the height of your step.

HOW OFTEN SHOULD I TAKE A CLASS?

For best results, try to attend three BODYSTEP™ classes a week. For more information ask your instructor or visit www.lesmills.com/bodystep

