



**MISSING
YOUR
FAVOURITE
WORKOUTS?**

DO THEM AT HOME

**SWIPE FOR HOME
ALTERNATIVE TO**

**Les Mills
BodyAttack**

Feel it all.

**LES MILLS
BODYATTACK**

SET 1

AS MANY ROUNDS AS POSSIBLE

3 EXERCISES BACK TO BACK FOR 3 MINS.

1 MIN REST. REPEAT.

**SQUAT
JUMPS
X 10**



**PUSH
UPS
X 10**

**JUMPING
LUNGES
X 10**



SET 2

30 SECS OF EACH EXERCISE.

10 SECS REST BETWEEN EACH EXERCISE.

1 MINS REST. REPEAT.

Burpees

Mountain Climbers

Skaters

Plank Shoulder Taps

Jumping Jacks

SET 3

TABATA ROUND

20 SECS ON. 10 SECS REST. REPEAT X 8.

HIGH KNEES

HOW DID YOU DO?
LET US KNOW USING

#WeLiveActive