



**MISSING
YOUR
FAVOURITE
WORKOUTS?**

DO THEM AT HOME

**SWIPE FOR HOME
ALTERNATIVE TO**

**Les Mills
BodyBalance, Yoga
or Pilates**

Feel it all.

**LES MILLS
BODYBALANCE**

SET 1 - SEQUENCE

**MOVE THROUGH THE FOLLOWING IN A SEQUENCE,
TAKE YOUR TIME TO GO FROM ONE TO THE NEXT**

- **STANDING FULL BODY STRETCH / REACH**
- **FORWARD FOLD**
- **DOWNWARD DOG**
- **3 LEGGED DOWNWARD DOG - RIGHT**
- **3 LEGGED DOWNWARD DOG - LEFT**
- **DOWNWARD DOG**
- **PLANK**
- **FORWARD FOLD**

REPEAT SEQUENCE 4 - 6 TIMES

SET 2 - CORE

20 SECS OF EACH EXERCISE X 2

- PLANK
- SIDE PLANK - RIGHT
- SIDE PLANK - LEFT
- CHILD'S POSE

SET 3 - CORE

30 SECS OF EACH EXERCISE X 2

- CRUNCHES
- HIP BRIDGE PULSES
- BICYCLE CRUNCH

SET 4 - STRETCHES

LIE ON YOUR BACK. HOLD EACH FOR 30 SECS.

- **HAMSTRING STRETCH - RIGHT**
- **HAMSTRING STRETCH - LEFT**
- **KNEE TO CHEST - RIGHT**
- **KNEE TO CHEST - LEFT**
- **BOTH KNEES DROP TO RIGHT SIDE**
- **BOTH KNEES DROP TO LEFT SIDE**

HOW DID YOU DO? LET US KNOW USING

#WELIVEACTIVE