



# MISSING YOUR FAVOURITE WORKOUTS?

DO THEM AT HOME

SWIPE FOR HOME  
ALTERNATIVE TO

Les Mills  
BodyPump  
or Circuits

Feel it all.

LES MILLS  
**BODYPUMP**

# THE RULES.

**5 STATIONS. 2 EXERCISES PER STATION.**

## ROUND 1.

**30 SECS EACH EXERCISE - BACK TO BACK.  
30 SECS REST BETWEEN STATIONS.**

## ROUND 2.

**45 SECS EACH EXERCISE - BACK TO BACK.  
30 SECS REST BETWEEN STATIONS.**

## ROUND 3.

**60 SECS EACH EXERCISE - BACK TO BACK.  
30 SECS REST BETWEEN STATIONS.**

**STATION  
1**

**REST**

**REST**

**STATION  
2**

**REST**

**STATION  
3**

**REST**

**STATION  
4**

**REST**

**STATION  
5**



# **STATION 1.**

**WIDE SQUATS & SQUAT JUMPS**

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# **STATION 2.**

**WIDE PUSH UPS & MOUNTAIN CLIMBERS**

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# **STATION 3.**

**BACKWARD STEP LUNGES & SIDE LUNGES**

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# **STATION 4.**

**TRICEP DIPS & SQUAT THRUSTS**

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# **STATION 5.**

**HIP BRIDGES & CRUNCHES**