

A photograph of two women, one Black and one white, both smiling and wearing light blue athletic tank tops and black waistbands with the Les Mills logo. The background is a soft, out-of-focus mix of orange and teal colors.

SIX - WEEK

WELLNESS

RESET WORKOUT PLAN

LesMILLS



**“YOUR KEY TO LONG-TERM
WELLNESS IS TO START
SLOW, BUILD STEADILY
AND ENJOY IT”**

Dr Jackie Mills MD

MOVE TO BE WELL

Nourish your health with this six-week
Wellness Reset Workout Plan.

Self-care and wellness are becoming an integral part of our lives, with many of us embracing physical and mental wellbeing activities as an essential ritual.

Regular meditation, mindfulness, breathwork, and yoga sessions... these are all effective methods that research shows can have a remarkable effect on your mood, energy and sleep.

[> Research](#)

We've worked with Dr. Jinger Gottschall to create this six-week Wellness Reset Workout Plan that will help you nurture your body, enhance recovery and get in a great headspace.

You can enjoy flexible and convenient fitness at home with your Les Mills digital membership.

After six weeks of yoga, mindful wellness sessions and healthy eating you'll be on the way to a healthier, happier version of yourself.

Here's what you can expect...

- Six-week introductory wellness-themed yoga workout plan for beginners to advanced fitness levels
- 30 – 55 minutes per day
- Up to three yoga sessions a week
- Evening at-home mindfulness and meditation guidance to aid recovery and create higher-quality slumber
- Equipment-free workouts
- Goal-setting advice and guidance



Dr Jackie Mills MD
Les Mills Creative Director

THE FIRST STEP TO HOLISTIC WELLBEING

To support your self-care journey, here are some great holistic activities to consider, all are available online via your digital Les Mills membership.



BODYBALANCE/BODYFLOW

The new generation yoga class that will improve your mind, body and your life. Strengthen your entire body and finish feeling calm and centered.



LES MILLS STRETCH

A carefully-curated combination of equipment-assisted stretching designed to increase your range of motion and relax your muscles.



LES MILLS Wellness

Diana Archer Mills and Mark Nu'u-Steele collaborate with expert practitioners to bring you these calming practices; the perfect complement to your physical workouts. Adding one or two sessions to your weekly routine it can make a remarkable difference to your overall sense of wellbeing.

FIRST UP, TICK THESE OFF

- Congratulate yourself for taking this first step, and read through this challenge pack
- Have a go at setting your own holistic goals
- Try your first workout — you'll find all of the workouts listed in the planner





HEALTH GOALS

Setting yourself goals and tracking achievements is a good way to stay motivated and achieve results.

We recommend focusing on three goals

1. Creating a **Habit**
2. Improving **Baseline Fitness**
3. Improving **Nutrition**

It's important that your goals are SMART; Specific, Measurable, Achievable, Realistic and Timebound.

Is weight loss a good goal?

It's more important to track how you feel than what the scales say. When you feel good physically and emotionally you keep at your healthy habits—and that's when long term body changes happen. If you would like to weigh yourself, do it once a week, at the same time of day. But be aware that there are lots of variables and what the scale says isn't the best indicator of success.

Keep track

Keep a journal or write quick notes about how you feel during across the six weeks. Be honest about how you are feeling before and after exercise.

FORGE NEW MINDFUL HABITS

Grab a friend

It's a good idea to share this journey with a like-minded friend or family member. Working out alongside others can be a great help when you're starting something new.

Grab a plan

Take control of your workouts by planning. Plan ahead in a one-week block and schedule your workouts in the same way you would an important meeting. The best time to do the workouts is whenever works best for you – as this will help you be consistent. Research does show that the evening is best for flexibility sessions, so if that works for you make it happen. But if it's easiest for you to do it as soon as you wake, that's much better than putting it off till later in the day and then not doing it at all.

Reflect regularly

Keep note of changes and achievements and think about what you want to work on in the week ahead. It's a great way to stay focused on your overall goals.

Ask yourself

- Are there reasons or barriers why you do not complete sessions?
- What do you look forward to the most?
- How would you rate your sleep quality NOW, after 3 weeks in the program, and after the 6 weeks are complete?
- How would you rate your energy level NOW, after 3 weeks in the program, and after the 6 weeks are complete?

Keep rest front of mind

The positive adaptations born from exercise take place when your body is in recovery. So you must rest between workouts and have at least one rest day per week. Of course, a rest day doesn't mean you can't leave the sofa! If you're an active relaxer, gentle walks, swimming and even light yoga sessions are all fantastic low key activities for your rest day.

FORGE NEW MINDFUL HABITS

Sleep well

Sleep is so important. Did you know that your body repairs during your sleep? Start a good bedtime routine by reducing screen time two hours before bed and try avoid having caffeine at least six hours before bed. If you're exercising regularly your body needs a recovery to repair itself in preparation for more exercise. If you are not getting adequate sleep, that's 7-9 hours sleep a night, you will not be getting the repair needed to be able to undertake the next day's exercise. So go to bed early if you can.

Enjoy flexibility and stretching

There's no such thing as too much stretch! Stretching and yoga sessions are a great way to improve flexibility, help injury prevention, and leave you feeling calm and serene. Feel free to add extra BODYBALANCE/BODYFLOW Flexibility sessions to your weekly schedule as much as you like.

If you have a resistance band and a weight plate and you want to mix things up, you might also like to check out some of the new LES MILLS STRETCH sessions available as part of your online membership.

Try flexibility at night

It's especially good to do the BODYBALANCE/BODYFLOW Flexibility sessions in the evening.

Research from the Les Mills Lab found that adding BODYBALANCE/BODYFLOW to your life results in

- 15% increase in sleep quality
- 39% increase in positive feeling relating to confidence
- 39% decrease in feelings of sadness and negativity
- 29% increase in motivation
- 26% decrease in negative emotions, anxiety and tension

FORGE NEW MINDFUL HABITS

Embrace LES MILLS Wellness

Calming practices such as breath training, meditation and yoga are the perfect complement to any busy lifestyle. Start experimenting with these different practices by adding one or two sessions to your weekly routine – it can make a remarkable difference to your sense of wellbeing.

The LES MILLS Wellness sessions include

- **Yoga:** Follow a full guided yoga journey or choose short yoga practices to center yourself at any time of the day.
- **Breath Training:** Explore breath techniques to increase energy, vitality and inner power. These sessions can help create clarity of mind, shift anxiety, and so much more.
- **Meditation:** Choose from various guided meditations and be guided to a state of peace and wellbeing.

Add state-changing sessions any time of day

These short sessions can provide some remarkable benefits – and five minutes is all it takes!

Join Diana Archer Mills for a short three-part practice that will help you get to sleep quickly.

Search for the LES MILLS Wellness:

MEDITATION #03 Guided Sleep Practice video online to begin.

Learn how to transition your mindset from the busyness of the day to a state of calm.

Look for the LES MILLS Wellness:

MEDITATION #05 Work to Home State Change

In just five minutes you'll move through five grounding yoga postures that you can use to center yourself any time of day.

Take a break with the LES MILLS Wellness:

YOGA #03 Yoga Break session, available now.

FORGE NEW MINDFUL HABITS

Remember

There are no hard and fast rules. If you want to juggle the days you do certain workouts go for it. Be sure to space your strength training out across the week. Keen to master a specific workout? No problems, you can simply repeat that workout instead of what's listed. You can even slot in another type of training, if you like.

There's no doubt some days it will feel hard, but if you keep at your body and your mind will thank you. Remember, every workout is working wonders for your physical and mental wellbeing.

DISCLAIMER

If you are injured we recommend consulting a medical professional before starting this Challenge or workout plan. We don't recommend starting this Challenge or workout plan if you are pregnant. While exercising during pregnancy can be beneficial for you and your baby, pregnancy is not the time to strive for new fitness goals or increase exercise intensity.

Consult your physician or a medical professional before starting this Challenge or workout plan and follow his or her advice. If you choose to exercise using this Challenge or workout plan, you do so at your own risk and acknowledge that the exercises carry an inherent risk of physical injury, particularly if you have a history of health problems or any previous injuries.

Do not follow this Challenge or workout plan if you have a history of chest pain, knee, ankle, wrist, shoulder, joint, or spinal (back and neck) problems or injuries. Read and follow all safety guidance provided as part of the Challenge or workout plan.



WELLNESS RESET WORKOUT PLAN

Here are all the workouts you'll do during the Wellness Reset. The workouts on this plan can be done online using your digital Les Mills membership option. It's a great idea to print this workout plan and use it to tick off your progress – it will help you stay motivated and on track!

Mark to complete ☑

Monday	Tuesday or Wednesday	Thursday or Friday	Saturday or Sunday
YOGA FLEXIBILITY BODYBALANCE/BODYFLOW	YOGA YOGA BODYBALANCE/BODYFLOW	MEDITATE BEFORE BED LES MILLS Wellness Meditation #03 Guided Sleep Practice	YOGA STRENGTH BODYBALANCE/BODYFLOW
🕒 15 min <input type="radio"/>	🕒 45 min <input type="radio"/>	🕒 6 min <input type="radio"/>	🕒 15 min <input type="radio"/>
YOGA STRENGTH BODYBALANCE/BODYFLOW	WELLNESS YOGA LES MILLS Wellness Yoga #01 Yin Yoga	YOGA STRENGTH BODYBALANCE/BODYFLOW	CORE LES MILLS CORE
🕒 30 min <input type="radio"/>	🕒 50 min <input type="radio"/>	🕒 30 - 40 min <input type="radio"/>	🕒 30 min <input type="radio"/>
YOGA BODYBALANCE/BODYFLOW	MEDITATE BEFORE BED LES MILLS Wellness Breathwork #01 Duality and Depth + Meditation #02 Emergency State Shift	CORE LES MILLS CORE	YOGA BODYBALANCE/BODYFLOW
🕒 30 - 40 min <input type="radio"/>	🕒 15 min <input type="radio"/>	🕒 30 min <input type="radio"/>	🕒 40 - 55 min <input type="radio"/>
MEDITATE BEFORE BED LES MILLS Wellness Breathwork #06 Pulse Breath	YOGA BODYBALANCE/BODYFLOW	YOGA BODYBALANCE/BODYFLOW	YOGA BODYBALANCE/BODYFLOW
🕒 15 min <input type="radio"/>	🕒 30 - 40 min <input type="radio"/>	🕒 40 - 55 min <input type="radio"/>	🕒 20 min <input type="radio"/>
YOGA STRENGTH BODYBALANCE/BODYFLOW	YOGA FLEXIBILITY BODYBALANCE/BODYFLOW	MEDITATE BEFORE BED LES MILLS Wellness Breathwork #05 Draw Breath	YOGA BODYBALANCE/BODYFLOW
🕒 30 - 40 min <input type="radio"/>	🕒 40 - 55 min <input type="radio"/>	🕒 15 min <input type="radio"/>	🕒 30 - 40 min <input type="radio"/>
CORE LES MILLS CORE	WELLNESS YOGA LES MILLS Wellness Yoga #02 Slow Vinyasa Yoga	YOGA BODYBALANCE/BODYFLOW	YOGA BODYBALANCE/BODYFLOW
🕒 30 min <input type="radio"/>	🕒 40 - 55 min <input type="radio"/>	🕒 30 - 40 min <input type="radio"/>	🕒 40 - 55 min <input type="radio"/>

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