



What will BODYSTEP™ do for me?

- Burn lots of calories for a leaner body
- Tone and shape your body
- Raise your overall fitness levels
- Improve your coordination
- Make you stronger through core conditioning work
- Improve your bone health and density
- Increase your heart and lung capacity through a full-body cardio workout

BODYSTEP™

The stepping workout that
makes you feel alive.



www.lesmills.com

LIFT YOURSELF WITH BODYSTEP™



BODYSTEP™

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What's that?

BODYSTEP™ is a simple, athletic and fun workout using an adjustable step platform to step up and down to uplifting music. Some of the benefits you can expect to achieve in this class are toning for the lower body, increased cardio fitness and coordination, and upper and lower body conditioning for functional strength.



So describe a typical class.

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

1. Warmup

This is where we warm the body with simple aerobic moves.

2. Step Warmup

Think of this track as 'Step School'. This is where we 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 movement and adding light propulsions.

4. Step Athletic

This is the first peak, or high point in the class. It's time to lift the energy and your heart rate, break a sweat and climb higher with more athletic stepping exercises to improve cardio fitness.

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

It's time to power up, and hit the second peak. We use powerful stepping exercises and dynamic lateral movement to improve cardio and endurance fitness.

7. Step Recovery

This is where we catch our breath with slower and more controlled stepping exercises to work on our balance and stability. We also focus on lower body toning and sculpting.

8. Party Step

Let your hair down, smile and have fun in this 'anything goes' approach to stepping. We use different themes and movement styles to create a party on a step.

9. Speed Step

A signature track for BODYSTEP. We lower the step height, and move our feet 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 moves. You'll be encouraged to give it all you've got, and then feel rewarded as you make it to the end.

11. Recovery/Pushups/Abdominals

In this track we catch our breath, 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.

Like all the Les Mills programs, a new BODYSTEP class is released every three months with new music and choreography.

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! With each class you attend, you'll feel more comfortable and eventually feel alive with BODYSTEP.

If your club runs BODYSTEP intro classes, try to attend one before your first class.

- Start on a lower step height.
- Do the class without using your arms. Focus on what the 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.

What do I need to bring?

Make sure you have a good pair of shoes for foot stability. Dress in comfortable clothes and bring along a towel and water bottle.

How fit do I need to be?

BODYSTEP caters to all fitness levels. You can increase/decrease the intensity of the workout by raising/lowering the height of your step.

How often should I take a class?

Classes are best done with a rest day between them. For best results try to attend three BODYSTEP classes a week.

So what's next?

Go for it! Good luck with BODYSTEP and if you need more information, talk to us or visit our website www.lesmills.com

