



SIX - WEEK

# GAME CHANGER

CHALLENGE

**BOOSTER**

**LesMILLS**  
ONDEMAND



“ ”

**YOU'RE  
IN FOR A  
TREAT,  
LET'S GET  
IT DONE!**

**Ben Main**

Les Mills Ambassador



# GAME CHANGER SIX-WEEK CHALLENGE

**Power up your training and amplify results with 5-6 workouts a week.**

If you're up for a real challenge, I'm going to bring it! I'm Ben, and I'm here to help push your limits with the Game Changer Challenge. Over six weeks I will provide you with workouts and coaching that will help you break through any fitness plateau and feel like a champion.

This scientifically-designed Game Changer Challenge was developed in conjunction with Dr. Jinger Gottschall and features a powerful combination of cardio, strength and yoga. Each week you'll be challenged to build your endurance, speed and power. Combine this with healthy eating and you'll maximize lean muscle mass and reduce body fat.

Here's what you can expect...

- 5 - 6 workouts a week
- Various intensity options so you can push your limits
- Equipment and equipment-free options
- Baseline testing and goal setting
- Access to ongoing support and motivation

If you're ready for results and up for a challenge, this is the game-changer you need.

**Let's go!**



**Ben Main**, Les Mills Ambassador  
Instagram: [@imbenmain](https://www.instagram.com/imbenmain)

A high-angle photograph of a green running track. A long, dark shadow of a person in a running pose is cast across the track from the upper left towards the center. A white curved line is visible in the lower third of the image. The text 'STEPS TO SUCCESS' is overlaid in the center, with 'STEPS' in white and 'TO SUCCESS' in white text on a red rectangular background.

# STEPS TO SUCCESS

STEP 01

*start today!*

# FIND YOUR BASELINE

The number one way to stay motivated is to track your achievements. Simply complete these three baseline tests at the beginning and end of the challenge and you can monitor your progress. You can also use these tests to monitor mid-way progress if you want to. Here's all you need to do:

## UPPER BODY STRENGTH

### + THE PUSH-UP TEST

Perform as many push-ups as you can without stopping. Start in the push-up position, lower your body until your elbows are at 90 degrees and then press up to the starting position. Women you can choose the modified push-up on knees position if preferred. NB. Measure and keep the same distance between your hands for future tests.

## LOWER BODY STRENGTH

### + THE SINGLE-LEG WALL SIT TEST

Start with your feet shoulder-width apart and your back against a smooth vertical wall. Slowly slide your back down the wall until both your knees and hips are at a 90-degree angle. Lift one leg off the ground and start the timer. When you can no longer keep that leg off the ground stop the timer. After a period of rest, test your other leg.

## MEASURE

### + WAISTLINE MEASUREMENT

Stand and place a tape measure around your waist, just above hip bones. Keep the tape snug, but not compressing your skin. Record the measurement just after an exhale.

see your results

→ TRACKING

# YOUR BASELINES

PRE-CHALLENGE	WEEK THREE	END-OF-CHALLENGE
NUMBER OF PUSH-UPS	NUMBER OF PUSH-UPS	NUMBER OF PUSH-UPS
WALL SIT (SEC) — RIGHT LEG	WALL SIT (SEC) — RIGHT LEG	WALL SIT (SEC) — RIGHT LEG
WALL SIT (SEC) — LEFT LEG	WALL SIT (SEC) — LEFT LEG	WALL SIT (SEC) — LEFT LEG
WAISTLINE MEASUREMENT	WAISTLINE MEASUREMENT	WAISTLINE MEASUREMENT
COMMENTS/HOW ARE YOU FEELING?	COMMENTS/HOW ARE YOU FEELING?	COMMENTS/HOW ARE YOU FEELING?

## MEASURES

PUSH-UP TEST NORMS FOR MEN						
AGE	17 - 19	20 - 29	30 - 39	40 - 49	50 - 59	60 - 65
EXCELLENT	> 56	> 47	> 41	> 34	> 31	> 30
GOOD	47 - 56	39 - 47	34 - 41	28 - 34	25 - 31	24 - 30
ABOVE AVERAGE	35 - 46	30 - 39	25 - 33	21 - 28	18 - 24	17 - 23
AVERAGE	19 - 34	17 - 29	13 - 24	11 - 20	9 - 17	6 - 16
BELOW AVERAGE	11 - 18	10 - 16	8 - 12	6 - 10	5 - 8	3 - 5
POOR	< 10	< 9	< 7	< 5	< 4	< 2

PUSH-UP TEST NORMS FOR WOMEN						
AGE	17 - 19	20 - 29	30 - 39	40 - 49	50 - 59	60 - 65
EXCELLENT	> 35	> 36	> 37	> 31	> 25	> 23
GOOD	27 - 35	30 - 36	30 - 37	25 - 31	21 - 25	19 - 23
ABOVE AVERAGE	21 - 27	23 - 29	22 - 30	18 - 24	15 - 20	13 - 18
AVERAGE	11 - 20	12 - 22	10 - 21	8 - 17	7 - 14	5 - 12
BELOW AVERAGE	6 - 10	7 - 11	5 - 9	4 - 7	3 - 6	2 - 4
POOR	< 5	< 6	< 4	< 3	< 2	< 1

SINGLE LEG WALL SIT TEST NORMS					
	EXCELLENT	GOOD	AVERAGE	BELOW AVERAGE	POOR
MEN	> 100 seconds	75 - 100	50 - 75	25 - 50	< 25
WOMEN	> 60 seconds	45 - 60	35 - 45	20 - 35	< 20



STEP 02

# SET YOUR GOALS

→ and smash them!

Goal setting is key to staying on track and realizing the results you deserve. Make sure your goals are SMART; specific, measurable, achievable, realistic and timebound. If you want to make your goals stick you need to write them down. It's also a good idea to share your goals with like-minded friends and family as this is shown to boost your chances of success.

Need some goal setting inspo? These goals might work for you ...

- I want to complete at least 5 to 6 full workouts a week.
- I want to shift my baseline fitness to excellent in the next six weeks.
- I want to keep up exercise while I cut out refined sugar and alcohol for six weeks.



# TRACKING YOUR GOALS

## GOAL ONE

you've got this!  
↑

WEEK THREE CHECK-IN  
**HOW ARE YOU FEELING?**

END-OF-CHALLENGE  
**WHAT DID YOU ACHIEVE?**

## GOAL TWO

WEEK THREE CHECK-IN  
**HOW ARE YOU FEELING?**

END-OF-CHALLENGE  
**WHAT DID YOU ACHIEVE?**

## GOAL THREE

WEEK THREE CHECK-IN  
**HOW ARE YOU FEELING?**

END-OF-CHALLENGE  
**WHAT DID YOU ACHIEVE?**



## STEP 03

# **SORT YOUR NUTRITION**

→ *eat wisely*

You can't out-train a bad diet. If you're investing in your fitness for six weeks you need to think about making nutritional choices that serve you well. While there's no one nutritional plan that will work for everyone here are some smart steps you can take to optimize your nutrition and maximize your results:

- Eliminate or minimize refined sugar and alcohol.
- Limit saturated fats, trans fats, salt, and added sugar.
- + Eat lots of fruits, vegetables, whole grains, and low-fat dairy products.
- + Include lean meats, poultry, fish, beans, eggs, and nuts in your diet.
- + Make sure you are hydrated and not hungry before your workout.  
Learn what food gives you energy and the ideal time to eat it before exercise. Try a meal with complex carbohydrates about 1-2 hours before you begin.
- + Eat a small meal within 30 minutes of completing your workout that includes both carbohydrates and protein.

# MAXIMIZE YOUR RESULTS

top tips

## + DIARIZE YOUR WORKOUTS

Plan ahead in one-week blocks and add workout time as a time to treat yourself.

## + DON'T WORRY IF YOU MISS A WORKOUT

Try and fit it in the next day.

## + ALWAYS TRAIN WITH WATER

Always!

## + WORK OUT AT YOUR OWN SPEED

Take options to modify intensity and impact, particularly during cardio workouts.

## + BE ACCOUNTABLE

Tell your friends and family what you're doing – even encourage a friend or partner to do the challenge with you. Join the LES MILLS On Demand Fitness Challenges (official) Facebook group, share your efforts and use the hashtag #GameChangerChallenge

## + REFLECT REGULARLY

Take 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 goal.

## + SPEND TIME STRETCHING

This can improve flexibility, build strength, help injury prevention and leave you feeling calm and serene. BODYBALANCE™/BODYFLOW® is great for this.

### + **HAVE ONE REST DAY A WEEK**

The positive adaptations born from exercise take place when your body is in recovery. Insufficient recovery can reduce the effectiveness of your training.

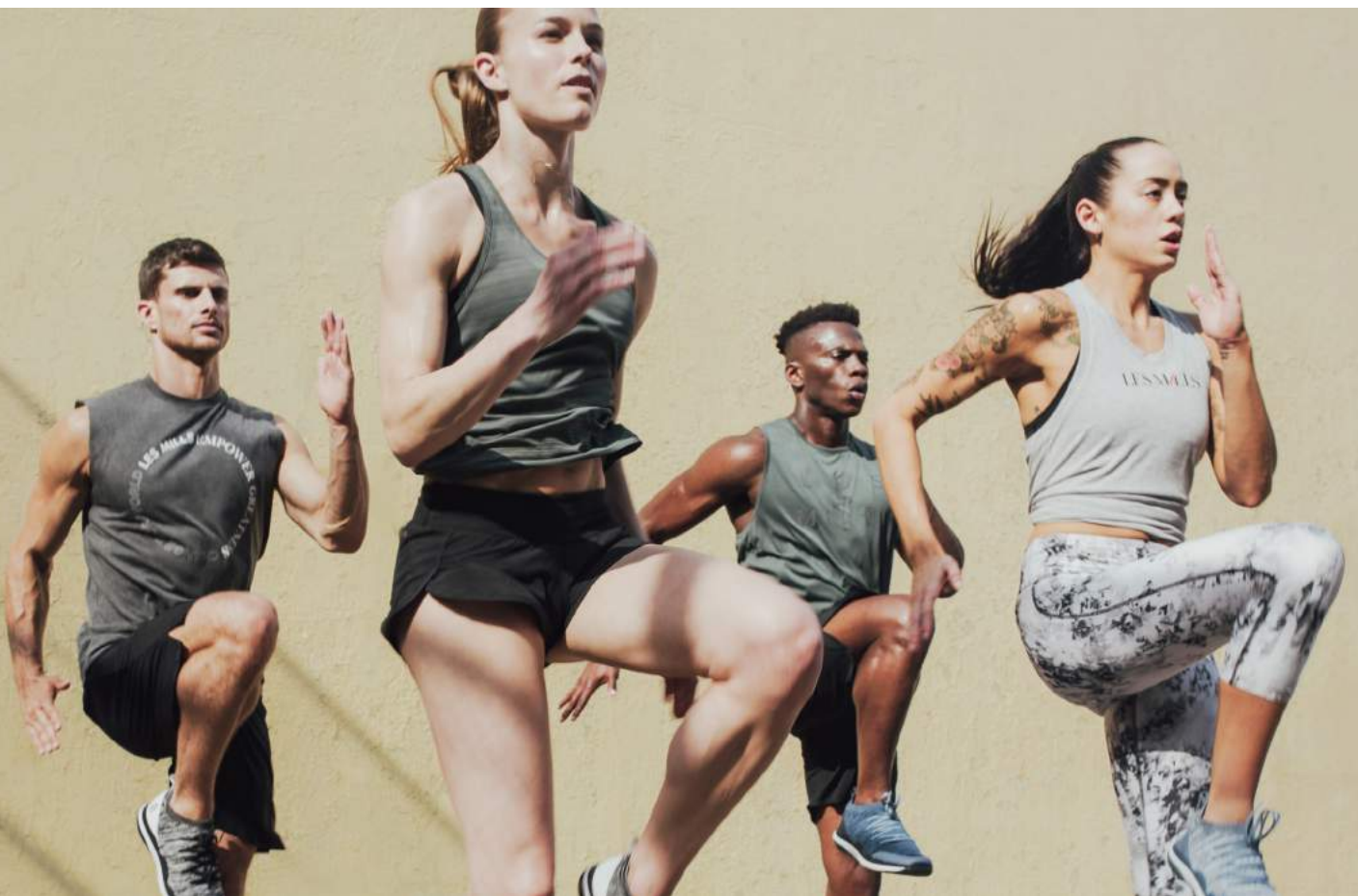
### + **REMEMBER ...**

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 and avoid HIIT workouts on consecutive days. Keen to master a specific workout? No problems, you can simply repeat that workout instead of what's listed – consider intensity and length and try and replace like for like. You can even slot in another type of training, simply swap one of the scheduled cardio workouts for a run, or perhaps a road ride.

also

Throughout the challenge, we will be sharing plenty more tips, motivation and guidance. And you'll also find round-the-clock support by joining the LES MILLS On Demand Facebook squad.

There's no doubt some days will be tough, but if you keep at it you'll be looking and feeling amazing in six short weeks. Remember, every workout is a win!









# WORKOUT PLAN

# GAME CHANGER

Make the most of your plan! Print this page, tick off your progress and keep somewhere visible, that way you can easily keep record of your workouts as well as track your goals.

It's easy to navigate which workouts to do - jump onto the LES MILLS On Demand platform and follow the Game Changer Challenge sequence and you'll do every suggested workout in the right order.

## EQUIPMENT

Barbell	
Resistance Band	
Weight Plates	
Step/Bench	

1	DAY 01 — CARDIO <b>BODYATTACK #107</b>  ⌚ 55 min <input type="radio"/>	DAY 02 — HIIT <b>LES MILLS GRIT #31 CARDIO</b>  ⌚ 30 min <input type="radio"/>	DAY 03 — STRENGTH <b>BODYPUMP #112</b>  ⌚ 55 min <input type="radio"/>	DAY 04 — CARDIO <b>BODYCOMBAT #81</b>  ⌚ 30 min <input type="radio"/>	DAY 05  REST	DAY 06 — STRENGTH <b>BODYPUMP #105</b>  ⌚ 45 min <input type="radio"/>	DAY 07 — CARDIO <b>BODYATTACK #104</b>  ⌚ 55 min <input type="radio"/>
	DAY 08 — STRENGTH <b>CXWORX #34</b>  ⌚ 30 min <input type="radio"/>	DAY 09 — CARDIO <b>BODYCOMBAT #82</b>  ⌚ 55 min <input type="radio"/>	DAY 10 — FLEX STRENGTH <b>BODYFLOW #86/ BODYBALANCE #86</b>  ⌚ 55 min <input type="radio"/>	DAY 11 — CARDIO <b>BODYATTACK #105</b>  ⌚ 55 min <input type="radio"/>	DAY 12  REST	DAY 13 — HIIT <b>LES MILLS GRIT #28 CARDIO</b>  ⌚ 30 min <input type="radio"/>	DAY 14 — STRENGTH <b>BODYPUMP #111</b>  ⌚ 55 min <input type="radio"/>
3	DAY 15 — CARDIO <b>BODYCOMBAT #79</b>  ⌚ 55 min <input type="radio"/>	DAY 16 — STRENGTH <b>BODYPUMP #104</b>  ⌚ 55 min <input type="radio"/>	DAY 17 — HIIT <b>LES MILLS GRIT #29 CARDIO</b>  ⌚ 30 min <input type="radio"/>	DAY 18 — STRENGTH <b>BODYFLOW/BODYBALANCE #85 STRENGTH</b>  ⌚ 30 min <input type="radio"/>	DAY 19  REST	DAY 20 — CARDIO <b>BODYATTACK #102</b>  ⌚ 45 min <input type="radio"/>	DAY 21 — HIIT <b>LES MILLS GRIT #25 CARDIO</b>  ⌚ 30 min <input type="radio"/>
	DAY 22 — CARDIO <b>BODYATTACK #106</b>  ⌚ 55 min <input type="radio"/>	DAY 23 — STRENGTH <b>BODYPUMP #109</b>  ⌚ 55 min <input type="radio"/>	DAY 24 — CARDIO <b>BODYCOMBAT #78</b>  ⌚ 55 min <input type="radio"/>	DAY 25 — STRENGTH <b>BODYPUMP #107</b>  ⌚ 45 min <input type="radio"/>	DAY 26  REST	DAY 27 — HIIT <b>LES MILLS GRIT #26 CARDIO</b>  ⌚ 30 min <input type="radio"/>	DAY 28 — CARDIO <b>BODYATTACK #103</b>  ⌚ 55 min <input type="radio"/>
5	DAY 29 — STRENGTH <b>BODYPUMP #108</b>  ⌚ 55 min <input type="radio"/>	DAY 30 — HIIT <b>LES MILLS GRIT #27 CARDIO</b>  ⌚ 30 min <input type="radio"/>	DAY 31 — CARDIO <b>BODYCOMBAT #77</b>  ⌚ 55 min <input type="radio"/>	DAY 32 — FLEX STRENGTH <b>BODYFLOW #84/ BODYBALANCE #84</b>  ⌚ 55 min <input type="radio"/>	DAY 33  REST	DAY 34 — CARDIO <b>BODYATTACK #99</b>  ⌚ 55 min <input type="radio"/>	DAY 35 — STRENGTH <b>CXWORX #31</b>  ⌚ 30 min <input type="radio"/>
	DAY 36 — HIIT <b>LES MILLS GRIT #30 CARDIO</b>  ⌚ 30 min <input type="radio"/>	DAY 37 — STRENGTH <b>BODYFLOW/BODYBALANCE #74 STRENGTH</b>  ⌚ 30 min <input type="radio"/>	DAY 38 — CARDIO <b>BODYATTACK #92</b>  ⌚ 45 min <input type="radio"/>	DAY 39 — STRENGTH <b>BODYPUMP #106</b>  ⌚ 55 min <input type="radio"/>	DAY 40  REST	DAY 41 — HIIT <b>LES MILLS GRIT #24 CARDIO</b>  ⌚ 30 min <input type="radio"/>	DAY 42 — CARDIO <b>BODYCOMBAT #80</b>  ⌚ 55 min <input type="radio"/>

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# GAME CHANGER

Make the most of your plan! Print this page, tick off your progress and keep somewhere visible, that way you can easily keep record of your workouts as well as track your goals.

It's easy to navigate which workouts to do - jump onto the LES MILLS On Demand platform and follow the Game Changer Challenge sequence and you'll do every suggested workout in the right order.

## NO EQUIPMENT

No equipment required,  
all workouts are  
bodyweight only!

1	DAY 01 — CARDIO <b>BODYATTACK #107</b> <hr/> 55 min <input type="radio"/>	DAY 02 — HIIT <b>LES MILLS GRIT #31 CARDIO</b> <hr/> 30 min <input type="radio"/>	DAY 03 — STRENGTH <b>CXWORX #37</b> <hr/> 30 min <input type="radio"/>	DAY 04 — CARDIO <b>BODYCOMBAT #81</b> <hr/> 30 min <input type="radio"/>	DAY 05 REST	DAY 06 — STRENGTH <b>CXWORX #29</b> <hr/> 30 min <input type="radio"/>	DAY 07 — CARDIO <b>BODYATTACK #104</b> <hr/> 55 min <input type="radio"/>
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3	DAY 15 — CARDIO <b>BODYCOMBAT #79</b> <hr/> 55 min <input type="radio"/>	DAY 16 — HIIT <b>LES MILLS GRIT #29 CARDIO</b> <hr/> 30 min <input type="radio"/>	DAY 17 — CARDIO <b>BODYATTACK #102</b> <hr/> 45 min <input type="radio"/>	DAY 18 — STRENGTH <b>BODYFLOW/BODYBALANCE #85 STRENGTH</b> <hr/> 30 min <input type="radio"/>	DAY 19 REST	DAY 20 — CARDIO <b>BODYCOMBAT #76</b> <hr/> 55 min <input type="radio"/>	DAY 21 — HIIT <b>LES MILLS GRIT #25 CARDIO</b> <hr/> 30 min <input type="radio"/>
4	DAY 22 — CARDIO <b>BODYATTACK #106</b> <hr/> 55 min <input type="radio"/>	DAY 23 — STRENGTH <b>CXWORX #36</b> <hr/> 30 min <input type="radio"/>	DAY 24 — CARDIO <b>BODYCOMBAT #78</b> <hr/> 55 min <input type="radio"/>	DAY 25 — STRENGTH <b>CXWORX #33</b> <hr/> 30 min <input type="radio"/>	DAY 26 REST	DAY 27 — HIIT <b>LES MILLS GRIT #26 CARDIO</b> <hr/> 30 min <input type="radio"/>	DAY 28 — CARDIO <b>BODYATTACK #103</b> <hr/> 55 min <input type="radio"/>
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If you are injured we recommend consulting a medical professional before starting this Challenge. We don't recommend starting this Challenge 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.

**✖ DISCLAIMER:**

You acknowledge and agree that your use of this Challenge is governed by the LES MILLS On Demand Terms of Use. Consult your physician or a medical professional before starting this Challenge and follow his or her advice. If you choose to exercise using this Challenge, 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 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 on the LES MILLS On Demand platform.