

## Become a group fitness instructor with **LES MILLS**



**As a Varala Student you have 20% discount on Les Mills Initial Module trainings.**

Book your spot at [lesmills.com/nordic](https://lesmills.com/nordic)

1. Find your favourite program
2. Choose training date -> Buy now
3. Create New Account
4. Register for the training
5. Choose Initial Training Ticket, use discount code VARALA20 to get 20% off
6. Confirm the booking, and pay by credit card.

If you have questions or need help with your booking, you are welcome to contact us at [nordic@lesmills.com](mailto:nordic@lesmills.com) | +46(0)8-556 096 90

## Our programs & trainings

**Are you ready to inspire and motivate people to change their lives?  
Whether you've been teaching for years, or you're just starting your journey,  
we'll give you everything you need for a successful career as a Les Mills Instructor.**

The 2-day live and online course is run over a Saturday and Sunday

By the end of the weekend, you'll learn how to safely and effectively teach the Les Mills program of your choice

You'll receive comprehensive training materials, including music and choreography

Submit an assessment video within 60 days of completing your Initial Training to become certified

World-class trainers take you through the training, step by step

### **LES MILLS BODYPUMP**

BODYPUMP™ is a barbell workout using light to moderate weights and high reps to get you lean and toned. You'll work all your major muscles as you build strength and burn calories, getting fitter, faster.

### **LES MILLS BODYCOMBAT**

BODYCOMBAT™ is a mixed martial arts-inspired workout that fuels cardio fitness and defines and strengthens your whole body. You'll feel empowered and in control as you build phenomenal core strength.

### **LES MILLS BODYBALANCE**

BODYBALANCE™ is the yoga, tai chi and Pilates workout that helps you build your flexibility and core strength while reducing stress and focusing your mind to create a lasting sense of wellbeing.

### **LES MILLS BODYATTACK**

BODYATTACK™ is a high-energy, athletic workout focused on cardio fitness, muscle endurance and agility. It combines sports-inspired training like running, lunging and jumping with strength exercises.

### **LES MILLS RPM**

RPM™ is a cardio peak cycle workout that burns calories and improves cardio fitness. Find your rhythm in the music, set your own resistance level and hit an endorphin high.

### **LES MILLS BODYSTEP**

BODYSTEP™ is an athletic and uplifting step workout that increases your cardio fitness and conditions your whole body, pushing it into high gear to burn calories and build functional strength.

### **LES MILLS tone**

LES MILLS TONE™ combines strength, cardio and core exercises in one complete workout. It's an all-in-one functional fitness mix that gives you the freedom to work out at your own intensity.

### **LES MILLS BODYJAM**

BODYJAM™ is a totally unique dance experience. It mashes up fresh choreography with the world's most cutting edge music, creating a high-energy cardio workout that burns calories and blows out stress.

### **LES MILLS SH'BAM**

Want a dance workout that gives more than it takes? SH'BAM™ is the cheeky and cool dance workout where anything goes and everything is encouraged! It's over in no time, and leaves you feeling better than it found you – inside and out!

### **LES MILLS CXWORX**

CXWORX™ is an intense core workout for functional fitness. It's scientifically designed to build strength, stability and endurance in the muscles that support your core, including the abs, glutes and back.

### **LES MILLS barre**

LES MILLS BARRE™ is a modern version of ballet training, designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday. It combines cardio with high-rep strength exercises.

### **LES MILLS THE TRIP**

THE TRIP™ is a fully immersive experience, combining a multi-peak cycling workout and a cinematic journey through digitally-created worlds. It takes motivation and calorie burn to the next level.

### **LES MILLS sprint**

LES MILLS SPRINT™ is a High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training that pushes your physical and mental limits.

### **LES MILLS GRIT**

LES MILLS GRIT™ Strength is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups.

### **BORN TO MOVE**

BORN TO MOVE™ enables children to experience the vitality and joy that comes from moving to music – and in turn, nurtures a life-long love of physical activity. Each of the five different BORN TO MOVE™ programs is optimized for a specific age group and their core developmental stage, to suit both early years and school years.