



LES MILLS  
**tone**

TIME	TYPE OF TRAINING	INTENSITY	EQUIPMENT	MUSIC	RESULTS
45, but also available as a 55- or 30 minute class	Cardio and functional strength training	Moderate to high intensity	Resistance tubes, weight plates and mat	Mixed modern music	Improved cardio, strength, mobility and balance and stronger core muscles

## FAQs

### How often should I attend LES MILLS TONE™?

If you are new to LES MILLS TONE™, we recommend that you start with one class a week and build up to two to three times a week with at least one day's rest between the classes..

### Who can participate?

LES MILLS TONE™ instructors provide options for everyone regardless of fitness level, allowing you to easily adapt the class to your personal level while exercising effectively and safely. Already after a couple of classes you will notice that your fitness and strength have improved. The result depends on how hard you push yourself during the class, but of course it is up to you when you feel ready to dial up the intensity.

### What do I need to bring?

- Comfortable workout clothes.
- Supportive shoes.
- Water bottle and towel.
- A resistance tube, weight plates and mat will be supplied in the class.

For more information, ask your instructor or visit [lesmills.com/tone](https://lesmills.com/tone).

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## YOUR COMPLETE WORKOUT

Strength, core and cardio

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## What is LES MILLS TONE™?

LES MILLS TONE™ gives you the optimal mix of strength-, cardio- and core training, a complete workout in 30, 45 or 55 minutes. The challenging mix of functional training such as squats and lunges is combined with exercises using a resistance tube and small weight plates to help you increase your heart rate and take your workout to the next level. LES MILLS TONE™ provides options to match all fitness levels, allowing everyone to train effectively regardless of previous training experience. Because the choreography is easy to follow, you will feel successful and in full control!

Les Mills classes are pre-choreographed, which makes it easy for you as a participant to recognise the class

structure regardless of whether you are a beginner or an experienced participant. Choreography and music are changed every three months.

### LES MILLS TONE™ - What's in it for me?

- Improves fitness and strength.
- Improves mobility and balance.
- Burns calories.
- Builds core strength.

### The structure of a LES MILLS TONE™ class

LES MILLS TONE™ is functional training where the mix of strength, fitness and core training challenges everyone regardless of previous experience.

The class may vary as the cardio sequence can be extended depending on the length of the class.

### Warmup

The body is warmed up by simple moves, preparing for the rest of the class.

### Cardio block

Through various cardio exercises, focus is on improving fitness and at the same time having fun, all based on options to match your level.

### Strength block

Focus is functional strength through various exercises where resistance tubes and weight plates are added as an (optional) extra challenge.

### Core

Exercises to strengthen the abdominal- and back muscles that help stabilizing the upper body.

### Stretch

The class ends with a cooldown where the heart rate drops and the targeted muscles are stretched.

