



LES MILLS CXWORX

DURATION	EXERCISE TYPE	INTENSITY	CALORIES	EQUIPMENT	MUSIC	RESULTS
30 MINUTES	CORE STRENGTH TRAINING	MODERATE TO HIGH	UP TO 230 CALORIES	RESISTANCE TUBE AND PLATES	CLASSIC TOP 40 AND CURRENT HITS TO KEEP YOU MOTIVATED	INCREASES STRENGTH AND TONES ALL MUSCLES OF THE CORE

FAQs

HOW OFTEN SHOULD I TAKE A CLASS?

It's best to take a rest day between classes to give your body time to recover, but you can also take CXWORX® on the end of other Les Mills programs or before a cardio class.

HOW FIT DO I NEED TO BE?

CXWORX® is low impact and low cardio, just bring your strength and determination! This class has options that cater to all levels.

WHAT DO I NEED TO BRING?

Just wear some comfortable workout clothes and gym shoes, and bring a drink bottle, towel and a positive attitude. We'll provide a resistance tube.

If you need more information, talk to your instructor or visit lesmills.com/cxworx.

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CORE DEFINING INTENSITY

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**BASED ON CUTTING-EDGE SCIENTIFIC RESEARCH,
THIS PROGRAM IS THE ULTIMATE WAY TO GET A
TIGHT AND TONED CORE.**

With dynamic training that hones in on your abs, glutes, back, obliques and “slings” connecting the upper and lower body, this workout will leave you looking good and feeling strong.

Like all Les Mills programs, CXWORX® classes will be refreshed every three months with new moves and new music.

WHAT WILL CXWORX® DO FOR ME?

- A quick, efficient workout in 30 minutes.
- A tough workout that challenges you mentally and physically.
- Improves functional strength for balance, mobility and injury prevention
- Better understanding of how the core works and its importance to your physical health.
- Motivates you to venture outside your comfort zone.

DESCRIBE A TYPICAL CLASS

Thirty minutes of Les Mills CXWORX® is all you'll need to give your core a challenging workout that features a mix of isolation exercises (like crunches or leg extensions) that target specific muscles and integrated moves that use two or more muscle groups together.

1. WARMUP

Connects you with your core muscles and teaches you how to engage these muscles.

2. CORE STRENGTH 1

Increases the challenge on your lower and upper abs, and begins activating your muscular slings.

3. STANDING STRENGTH 1

Trains your glutes, abs and sling muscles in standing, and improves your awareness of how these muscles function in daily activities.

4. STANDING STRENGTH 2

Increases the demands on your glutes, using squat and hip pulse moves.

5. CORE STRENGTH 2

Trains your obliques in three patterns of movement – laying twists, side hovers and mountain climbers in a plank position. This is “superset” core training.

6. CORE STRENGTH 3

Brings your focus to the back muscles to improve trunk extension.

There are options so everyone can get the workout they need to succeed and build strength, from beginner to high performance athlete.

