



**LES MILLS**  
**CXWORX**

TIME	TYPE OF TRAINING	INTENSITY	EQUIPMENT	MUSIC	RESULTS
30 minutes	Functional strength	Moderate to high intensity	A resistance tube, mat and weight plates	Mixed hits	Improved core strength

## FAQs

### How often should I do CXWORX®?

If you are new to CXWORX®, 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 classes.

### Who can participate?

The class includes options to suit everyone, from beginner to advanced. CXWORX® is a favourable complement to other strength- and fitness classes.

### What do I need to bring?

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

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

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[lesmills.com](https://lesmills.com)

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**STRONGER CORE,  
STRONGER EVERYTHING**

**Intense core training**

[lesmills.com](https://lesmills.com)





## What is CXWORX®?

CXWORX® is a simple and effective workout, designed to build strength in your global muscles, which include the abdominals, back and glutes. CXWORX® is scientifically proven to fire up the muscles of the posterior chain and enhance the body's functional strength and fitness. During class you use a resistance tube, weight plates and body weight for resistance exercises like Crunches and Hovers.

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.

### CXWORX® - What's in it for me?

- Time efficient.
- Tones and conditions abs, glutes and back.
- Increases core strength and balance.
- Improves posture and movement control.
- Challenges muscular endurance and resilience.
- Restores function and flexibility to your core.

### The structure of a CXWORX® class

30 minutes of CXWORX® is all you need for a challenging and effective workout.

#### 1. Warmup

Focuses on finding and activating the core muscles.

#### 2. Core strength 1

Focuses on the deep abdominal muscles and the interaction between different muscle groups, which is crucial for core stability.

#### 3. Standing strength 1

Functional standing strength that strengthens the glutes and abdominal muscles for increased body control.

#### 4. Standing strength 2

Challenging the glutes and the stabilizing muscles of the hip.

#### 5. Core strength 2

Focuses on the oblique abdominal muscles in three different movement patterns; static, rotating and lifting.

#### 6. Core strength 3

Focuses on the glutes and back muscles to balance the workout and improve posture.

