



The Medical Fitness Association and Les Mills understand how important a healthy lifestyle is. In partnership with Les Mills, the Medical Fitness Association is pleased to introduce your hospital employees and/or fitness facility members to Les Mills On Demand – where your favorite workouts are available anytime, anywhere.

Get unlimited access to Les Mills workouts loved by millions for 60 days...absolutely **FREE!**  
You can cancel at any time!

When you sign up you'll be asked to enter your payment details, but you won't be charged for the 60-day trial. If you want to continue beyond that, you'll automatically become a paying subscriber at this special rate we've negotiated with Les Mills. Please note this trial is valid for new subscribers only.

After your 60-day free trial, you can continue at the discounted rate of \$9.99/mo.

### **WHAT IS LES MILLS ON DEMAND?**

LES MILLS On Demand gives you the best, authentic Les Mills workouts anywhere, anytime, on almost any device. We've customized the workouts we teach in health clubs and made them available to you as online videos. Many of the workouts are only 20-30 minutes – ideal for in-home – and they're just as challenging and rewarding as going to the gym. In addition, LES MILLS On Demand provides workout schedules customized to your level of fitness, Les Mills Nutrition knowledge to improve your training and videos to get the most out of your workout regimen.

### **WHICH WORKOUT SHOULD I DO FIRST?**

Sometimes it's hard to know where to start. We have workouts that cater for all levels of fitness. Which program you start with will depend on your current level of fitness, as well as the results you're after. Check out our full suite of LES MILLS On Demand workouts [here](#) to see which ones will help you reach your goals. If strengthening and toning is what you're after, [BODYPUMP](#) is the workout for you. If you're keen to burn fat and send your cardio fitness through the roof, you can't go past [BODYCOMBAT](#). Whatever the program, there will be options to start slowly and take low-impact options throughout the workout. Check out our [SMARTSTART section](#) for advice on how to get started. If you're already exercising regularly and have a

good base level of fitness, you might be ready to introduce some HIIT into your schedule with the [LES MILLS GRIT Series](#). We also have a comprehensive [GETTING STARTED](#) section dedicated to a 5-step process of where to begin with LES MILLS ON DEMAND.

### **HOW FIT DO I NEED TO BE TO START DOING LES MILLS ON DEMAND WORKOUTS?**

Anyone, of any age or fitness level can work out with LES MILLS On Demand and see awesome fitness benefits. If you haven't worked out with us before, click on the workout you want to access and watch it first. We mean that... kick back, relax and enjoy the music. Once you've seen what you're about to do, you'll feel more confident jumping in and giving it a go. For your first workout, start with just 20 minutes of one workout and see how you go. If you're tired, and feel like you're short of breath then that's enough. You'll be able to do more next time. For more information on the best way to get started with your new fitness routine, check out our [SMART START guide](#).

### **WHAT EQUIPMENT OR PREPARATION DO I NEED FOR A LES MILLS ON DEMAND WORKOUT?**

Many of the LES MILLS On Demand workouts don't require any equipment at all. All you need is space to move safely (we recommend at least 6sqm of clear space). BODYPUMP and LES MILLS GRIT Strength are weights-based workouts that use a [barbell](#) and/or weights plates, CXWORX requires a [resistance band](#) and weight plates and RPM requires a stationary cycle.

### **QUESTIONS?**

Please contact Mariann Murphy, Director of Marketing at the Medical Fitness Association, at 910-420-8610 or email [mariann.murphy@medicalfitness.org](mailto:mariann.murphy@medicalfitness.org).