

BODYVIVE™

THE LOW-IMPACT GROUP FITNESS WORKOUT THAT LETS YOU CHOOSE HOW HARD YOU WORK.

Les Mills's BODYVIVE™ is a full-body workout that leaves you feeling thoroughly invigorated, rejuvenated and energised.

Using the VIVE™ ball and VIVE™ tube, you'll enjoy a 55-minute group fitness workout which includes cardio exercise, resistance work, core training, mobility and balance. Great music from the 70s, 80s, 90s and today provides the perfect soundtrack to your workout.

Like all the LES MILLS™ programs, a new BODYVIVE™ class is released every three months with new music and new choreography.

DEFY EXPECTATIONS WITH BODYVIVE™

BODYVIVE™ LEAVES YOU REJUVENATED AND ENERGISED



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POWERED BY **fitpro**



WHO'S IT FOR?

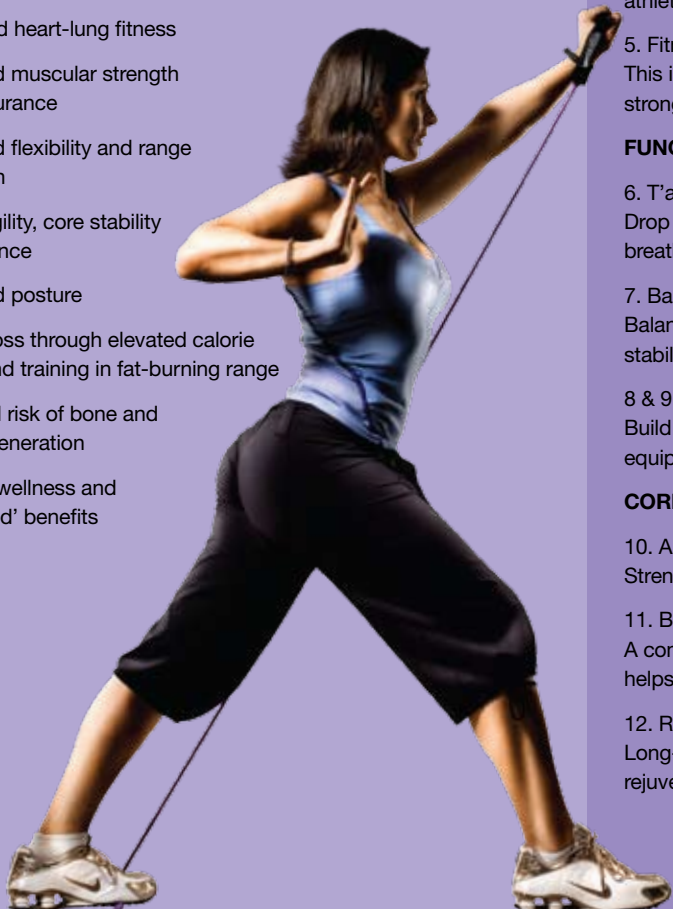
BODYVIVE™ is a great entry-level programme for anyone seeking the motivation and benefits of group exercise that delivers results. It's especially suited to people new to group fitness, those returning to exercise or rehabilitating after an injury, pre- and postnatal mothers, and active adults who want the benefits of improved cardio fitness, strength and flexibility.

WHAT WILL BODYVIVE™ DO FOR ME?

BODYVIVE™ offers the core benefits of all LES MILLS™ programmes: namely, an enjoyable, motivating group fitness experience that delivers real results.

Specifically, BODYVIVE™ is designed to deliver:

- Increased heart-lung fitness
- Improved muscular strength and endurance
- Improved flexibility and range of motion
- Better agility, core stability and balance
- Improved posture
- Weight loss through elevated calorie usage and training in fat-burning range
- Reduced risk of bone and joint degeneration
- General wellness and 'feel-good' benefits



DESCRIBE A TYPICAL CLASS

BODYVIVE™ starts with a simple warm-up and cardio training which makes up the Heart Fitness block. It continues with a Functional Strength block, before a final block of Core and Restorative exercises. Throughout the class, you will use the VIVE™ ball and VIVE™ tube.

HEART FITNESS

- 1. Rise & Shine**
The class opens with easy, flowing moves to warm the body.
- 2. Connect & Go**
The muscles of the upper body are activated with bigger movements to drive the heart rate up as the VIVE™ ball is introduced to the workout.
- 3. Dance Cardio**
Have fun with simple dance steps and rhythms. Enjoy developing coordination while you work out.
- 4. Interactive Cardio**
The room dynamic changes and intensity increases with simple athletic-type moves and a focus on powerwalking.
- 5. Fitness Cardio**
This is the 'peak' and your last chance to lift your heart rate with big, strong and simple athletic moves.

FUNCTIONAL STRENGTH

- 6. T'ai Chi & Yoga**
Drop down a gear to work on mobility and flexibility with a big focus on breathing to help recovery.
- 7. Balance & Leg Strength**
Balancing your body – on one leg or both – builds strength and stabilises the muscles that support great posture.
- 8 & 9. Functional Strength**
Build strength in the upper and lower body using the BODYVIVE™ equipment.

CORE & RESTORE

- 10. Ab Strength**
Strengthen and tone the abdominal muscles with Pilates-based moves.
- 11. Back Care**
A combination of strength, stabilisation and mobility work, this track helps build and maintain great posture.
- 12. Release and Restore**
Long-held stretches to unwind the body and leave you feeling rejuvenated and energised.

FAQs

WHAT DO I NEED TO BRING?

Water and a towel. Wear comfortable clothing – a T-shirt and track-pants are fine! Friends and family are highly recommended!

HOW FIT DO I NEED TO BE?

You don't need to be fit – just physically active and able to move freely.

HOW OFTEN SHOULD I DO BODYVIVE™?

There is no limit! We suggest two to three times a week, in conjunction with other physical activities.

