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Les Mills - SPRINT®
LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It 's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.

RPM – Indoor Cycling Fitness Classes – Les Mills
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GRIT Series | Les Mills Asia Pacific
RPM™ is a group indoor cycling workout where you control the intensity. It 's fun, low impact and you can burn up to 675 calories a session*. With great music pumping and the group spinning as one, this workout takes you on a journey of hill climbs, sprints and flat riding. In an RPM workout you repeatedly spin the pedals to reach your cardio peak then ease back down, keeping pace with the ...

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Group 2, who did the LES MILLS GRIT™ Series workouts, enjoyed the same benefits but on a much grander scale. You're reading that right: the results were more than twice as good on every fitness dimension for those who did LES MILLS GRIT™ Series.

LesMills GRIT Series 21 (download torrent) - TPB
RPM™ is a group indoor cycling workout where you control the intensity. It 's fun, low impact and you can burn up to 675 calories a session**. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding.

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On the Instructor Portal there is an Events page where you can search for upcoming events in your area. If you're not currently a Les Mills instructor you can create a new Instructor Portal account. Select the program you'd like to train in, then purchase a ticket.

RPM - LES MILLS ON DEMAND
THE TRIP 11 just launched! This new release will take you on an epic journey through beautiful islands with rocky cliff faces... before plunging into the sea...

Instructor Portal – Les Mills
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Les Mills Sprint 12 music track listing. Sprint 12 brings a high performance mind-set to our HIIT workout - we get stronger, faster, and more powerful, while getting leaner and fitter! In the Accelerated Warmup, we literally ' Rise Up ' with a Kiwi EDM classic.

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Les Mills SPRINT® is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It 's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.

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LES MILLS SPRINT – HIIT Cycle Workouts – Les Mills
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