

WHAT IS LES MILLS SPRINT?

LES MILLS SPRINT® uses stationary bike resistance to simulate gravity for sprint training, drag for power training, and weight for strength training. The idea is to use the recovery periods so you can work at maximum effort during each training block. It will motivate and challenge participants' physical and mental limits, with the payoff of smashing fitness goals and burning calories for hours after each workout. Instructors use Floor Coaching to increase personal connection and hold participants accountable.

WHAT IS THE ESSENCE?

Take fitness to the next level. More intensity, fewer words, a kick start, or a pure and simple athletic performance workout. LES MILLS SPRINT is the HIIT workout that uses a stationary bike to get you fit fast.

KEY INSTRUCTOR TRAITS

**ATHLETIC & FIT.
PHYSICALLY INSPIRING.
MOTIVATING &
INSPIRATIONAL.
COOL & CONFIDENT.
POSSESSES STRONG
LEADERSHIP SKILLS.
PASSIONATE ABOUT SPORT
AND FITNESS.**

CLASS LENGTHS



EQUIPMENT NEEDED

STATIONARY BIKE.

