

START DATE: _____

FINISH DATE: _____

LES MILLS PUMP



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	PUMP CHALLENGE	REST DAY	PUMP CHALLENGE	FLOW WALK 45 MIN	PUMP CHALLENGE	HARD CORE ABS WALK 45 MIN	REST DAY
WEEK 2	PUMP & BURN	WALK 30 MIN	PUMP CHALLENGE HARD CORE ABS	FLOW	PUMP & BURN	REST DAY	HARD CORE ABS WALK 45 MIN
WEEK 3	PUMP & BURN	HARD CORE ABS WALK 45 MIN	PUMP & BURN	FLOW HARD CORE ABS	REST DAY	PUMP & BURN	HARD CORE ABS WALK 45 MIN
WEEK 4	PUMP & BURN	REST DAY	PUMP & BURN	HARD CORE ABS WALK 45 MIN	PUMP & BURN	PUMP & BURN	FLOW
WEEK 5	PUMP & SHRED	HARD CORE ABS WALK 45 MIN	PUMP & BURN	FLOW HARD CORE ABS	REST DAY	PUMP & SHRED	HARD CORE ABS WALK 45 MIN

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 6	PUMP & SHRED	HARD CORE ABS WALK 45 MIN	PUMP & SHRED	FLOW HARD CORE ABS	WALK 45 MIN	PUMP & SHRED	REST DAY
WEEK 7	PUMP & BURN HARD CORE ABS	REST DAY	PUMP REVOLUTION	HARD CORE ABS WALK 45 MIN	PUMP & SHRED	FLOW HARD CORE ABS	WALK 60 MIN
WEEK 8	PUMP EXTREME	HARD CORE ABS WALK 45 MIN	PUMP & SHRED	REST DAY	FLOW HARD CORE ABS	PUMP EXTREME	WALK 60 MIN
WEEK 9	PUMP REVOLUTION	REST DAY	PUMP EXTREME	FLOW HARD CORE ABS	REST DAY	PUMP REVOLUTION	WALK 45 MIN

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 10	PUMP EXTREME	FLOW	REST DAY	PUMP REVOLUTION	FLOW HARD CORE ABS	PUMP EXTREME	WALK 60 MIN
WEEK 11	PUMP REVOLUTION	WALK 60 MIN	REST DAY	PUMP EXTREME	FLOW	WALK 60 MIN	PUMP REVOLUTION
WEEK 12	WALK 60 MIN	PUMP EXTREME	FLOW	REST DAY	PUMP REVOLUTION	WALK 60 MIN	PUMP EXTREME
WEEK 13	FLOW HARD CORE ABS	PUMP REVOLUTION	REST DAY	WALK 60 MIN	REST DAY	PUMP EXTREME	

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