

# 21 DAY CHALLENGE

## WELCOME...

...to LES MILLS GRIT™ SERIES 21 Day Challenge. First thing's first – you need to know this is going to be hard.

This isn't just another fad diet, this WORKS. This is a way to reset your body to healthier eating patterns.

If you choose to put your body through this program, you are going to lose weight and fat.

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Corey Baird  
C.H.E.K Practitioner and Poliquin-certified Strength Conditioning Specialist, Levels 1 & 2. International Master Trainer, Les Mills International Ltd

There are many ways to lose weight, sure, but this plan will maintain your energy levels and muscle mass. It also lets you eat normal whole unprocessed food.

Oh, and it only takes 3 weeks – not that long when you think about it. So why not give it a go?

Promise, you won't regret it. You will only regret not trying it sooner.

Dr Jackie Mills B Phys Ed, MBCh B, Dip Obstetrics  
Group Fitness Director, Les Mills International Ltd

Diana Mills BA  
Creative Director, Les Mills International Ltd



# FOOD? YES!

LES MILLS GRIT™ SERIES 21 day challenge, will reset your body to a healthier eating pattern with a benefit of losing body fat, especially around your waist. It does all of this while maintaining your energy levels and lean muscle mass. You also get to eat normal whole foods.

## THE 21 DAY CHALLENGE

21 days high protein, low carb – this plan is going to literally rip the fat off you.

5 meals per day for women, 6 meals per day for men. One of these is a post-workout protein shake.

The other 4/5 meals are:

### 1. Protein

1 palm full (size and thickness of the palm of your hand) of lean beef, lamb, chicken, duck, turkey, fish, shell fish, pork or eggs

### 2. Fat

A thumb size of nuts and seeds, Avocado, Olive oil, Fish oil or Flaxseed oil.

### 3. Vegetables (non-starch carbs)

1-2 handfuls of Broccoli, Lettuce, Cabbage, Cauliflower, Green beans, Asparagus, Mushrooms, Brussels sprouts, Cucumber, Spinach, Watercress, Onions, all forms of Peppers, RAW Carrots, Tomatoes, Zucchini, Egg plant.

**Yes all three: each meal = protein + fat + vegetables**

**Sound impossible? It's not. Just do it!**

### Post work out shake<sup>1,2</sup>

Drink within 10 minutes of working out.

Women 0.3 grams of protein per kg of body weight.

Men 0.5 grams of Protein per kg of body weight.

This is worth doing – it will stop that “I’d rather put wild ferrets down my pants than work out” feeling the day after a big training session.

### Hydration<sup>3</sup>

Take your body weight in kilograms and multiply by 0.033 = Litres of water per day.

Add one extra glass of water for every hour of exercise.

To get some extra trace minerals, add 1 small pinch of unrefined sea salt to every litre of water and this will also help maintain hydration levels.





Seriously, water will not only hydrate you but also make you feel fuller and detox your body, flushing away the nasties and leaving you with that gorgeous “look how thin I am” glow.

## Foods to avoid

- Dairy products except for whey Protein post-workout shake (If you have a sensitivity to whey Protein try rice Protein or pea Protein)
- Roasted salted nuts – eat plain nuts as the fats in roasted nuts can be nasty
- Grains – wheat, cereals, oats, rice etc. If it comes in a cardboard box, THROW IT IN THE BIN
- Fruit. Mmmm tasty, but you are what you eat and do you want to look like an apple?
- Legumes
- Starchy vegetables – such as sweet potato, potato, kumara, parsnip, yams and pumpkin – nature’s answer to bread. BAD.
- Soy products except for Tamari soy sauce (don’t be fooled, these are CARBS, not proteins)

## What can I drink?

Water, Herbal Tea, Coffee, Black Tea, No sweeteners

(Oh please, please just a little vodka? NOT IF YOU WANT THE RIGHT KIND OF STARES AT THE BEACH, BUDDY)

## TIPS

- Never skip meals. Plan them throughout the day so you do not go hungry
- If you feel hungry, snack on nuts (6-8 nuts = 1 serve)
- Always eat breakfast
- Try to stop eating 2 hours before bed so the digestion process does not affect your sleep and recovery
- Rotate Protein sources to get a good mix of amino acids and to avoid food sensitivities

## I’m only being cruel to be kind!

Trust me, this WORKS. It is tough; you will have moments where you want to chew your own arm off, times where you seriously consider mugging someone for their french fries, or doing a runner from Starbucks with someone’s soy mocha latte. But when you slide gracefully into those skinny jeans in 3 weeks time, all the pain will be forgotten. Go to your cupboard, put everything in a box, drive to a homeless shelter, leave the box, go to the gym. And enjoy the next 21 days of SHEER UNADULTERATED BLISS.



# WAIST MEASUREMENTS 21 DAY CHALLENGE

## Why measure waist circumference?

Measuring your waist circumference is a simple check to tell how much body fat you have and where it is placed around your body.

Where your fat is located can be an important sign of your risk of developing an ongoing health problem.

No matter what your height or build, an increased waistline is a sign that you could be at greater risk of developing serious health problems including type 2 diabetes, heart disease, stroke, high blood pressure and some cancers.<sup>4</sup>

Measuring your waistline is a simple check. For an accurate measurement:

- Measure directly against your skin
- Breathe out normally
- Make sure the tape is snug, without compressing the skin
- The correct place to measure your waist is horizontally halfway between your lowest rib and the top of your hipbone. This is roughly in line with your belly button.<sup>5</sup>

## What does my waist measurement mean?

The waist measurements below<sup>6</sup> (no matter what your height is) suggest you have an increased risk of developing a chronic disease:

### Increased risk -

- Men: more than 94 centimetres
- Women: more than 80 centimetres

### Greatly increased risk -

- Men: more than 102 centimetres
- Women: more than 88 centimetres

<http://www.health.gov.au/internet/abhi/publishing.nsf/Content/factsheet-waist-measurement>



# FOLLOW UP NUTRITION FOR LES MILLS GRIT™ SERIES 21 DAY CHALLENGE



So you've made it through the 21 days,  
you've got great results!

## Now what?

Welcome back to the real world of food choices.

There are many foods you will have missed and have cravings for.

So how do we eat those foods while maintaining the awesome results we've got from the 21 day challenge?

## SIMPLE

We stick with the hand eye ball method and use it to monitor our portion sizes so we can eat some of the foods we like.

We'd still like you to stay away from processed foods as much as possible as we believe this is better for long-term health as you are eliminating food colourings, preservatives and sweeteners which are all harmful to your health.



So think of eating like this 80% of the time and 20% you can eat what you like.

Stay with a palm of protein each time you sit down to eat a meal.

Stay with the thumb of good fats.

Your Carb intake is where the main changes are made.

We've only been eating low G.I (Glycemic Index) carbs for the 21 day challenge as they enter the blood slowly giving you a much more sustained energy response and mean that we take in less carbohydrates in total.

If you decide to add starchy carbs to your meal, this will increase the carbohydrate content, so in order not to take in too many extra carbs then you will take in a fist size of these carbs to go with your palm of protein and thumb of fat.

Or if you want a combination, half a fist of starchy carbs and a handful of non-starchy carbs.

When adding fruits back into your nutrition, try to eat fruits with dark skins as they have higher antioxidant levels and lower Glycemic load. So berries and grapes are a much better choice than bananas and pineapple. When fruits are dried, the Glycemic index goes up because of the dehydration of the fruit.

Yoghurt, nuts and seeds are great for a snack.

Check out this website for more information on the G.I. of foods.  
<http://www.glycemicindex.com>

## GOOD LUCK

# 7 DAY EATING PLAN

## LES MILLS GRIT™ SERIES 21 DAY CHALLENGE: 7-DAY EATING PLAN IDEAS

To get you started here are some of our favourite recipes.

### BREAKFASTS

- MEAL 1** – Omelet with tomato, spinach, onion, garlic and capsicum
  - MEAL 2** – Naked Huevos Rancheros with salsa, avocado & capsicum
  - MEAL 3** – Chill Scrambled Eggs on roast tomatoes and baby spinach
  - MEAL 4** – Minced beef with onions, zucchini and mushrooms
  - MEAL 5** – Poached eggs on grilled eggplant and mushrooms
  - MEAL 6** – Lamb & egg stack with tomatoes and avocado
  - MEAL 7** – Silverbeet fritters with mayonnaise
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### MORNING TEA

- MEAL 1** – Chicken lettuce cups
  - MEAL 2** – Meatballs on grated carrot and celery
  - MEAL 3** – Lamb rack with cauliflower mash
  - MEAL 4** – Fish hash with carrot salad and red onion
  - MEAL 5** – Chicken sausages with crudité
  - MEAL 6** – Silverbeet mince wraps
  - MEAL 7** – Salmon with broccoli salad
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### LUNCH

- MEAL 1** - Sashimi and salad
- MEAL 2** – Chicken salad
- MEAL 3** – Fish and cucumber salad

- MEAL 4** – Vegetable Frittata
  - MEAL 5** – Steak and stir fried veges
  - MEAL 6** – Prawn Kebabs
  - MEAL 7** – Steak and salad
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### AFTERNOON TEA

- MEAL 1** – Pork lettuce cups
  - MEAL 2** – Spiced Mince
  - MEAL 3** – Mediterranean Chicken Stack
  - MEAL 4** – Lamb patties with kale salad
  - MEAL 5** – Steak fajitas with lettuce tortillas
  - MEAL 6** – Chicken patties with guacamole and salsa
  - MEAL 7** – Prawns and cabbage
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### DINNER

- MEAL 1** – Basil's Steak with broccoli and green bean salad
- MEAL 2** – Roast Lamb with green salad
- MEAL 3** – Roast Chicken with coleslaw
- MEAL 4** – Fried fish with almond slaw and cucumber salad
- MEAL 5** – Roast Pork with baked vegetables
- MEAL 6** – Chicken and olives
- MEAL 7** – Salmon Kebabs with green salad

# RECIPES

## ROAST LAMB

2kg lamb leg, bone in

Olive Oil

Garlic

Rosemary

Salt and Pepper

Place lamb leg in large pot with lid, slice small holes in the flesh and push peeled garlic cloves into the holes. Pour olive oil on the leg, sprinkle salt and pepper over, and place rosemary sprigs over meat. Cover with lid.

Bake at 220 degrees Celsius for 1 hour, then turn the oven down to 80 degrees Celsius and continue cooking for 2.5 – 3 hours. The meat should be tender and falling off the bone.

Enjoy with a large GREEN SALAD made up of lettuce, tomatoes, cucumber and some balsamic vinegar to taste.

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## BASIL'S STEAK RECIPE

Large whole beef eye fillet

Tomato ketchup

Wholegrain mustard

Worcestershire sauce

Salt and pepper

Place fillet and Worcestershire sauce in a baking dish. Spread wholegrain mustard over the top, then add ketchup over the top of that. Sprinkle with salt and pepper and roast for approximately an hour in a 200 degree oven. Check the meat by slicing into the centre. If it is not cooked to your liking, leave it in the oven for a bit longer. Remember to always let meat rest for at least 5 minutes before carving and serving.

Enjoy with BROCCOLI AND GREEN BEAN SALAD – steam broccoli florets and green beans until slightly tender, remove from pot and let cool, then toss with sliced avocado, chilli (if you like), lemon juice, salt and pepper and a bit of balsamic vinegar.

## FRIED FISH WITH ASSORTED FLAVOURS

1kg white fleshed fish

Olive oil for the pan

### Either:

Black olive tapenade & lemon juice

### Or

Chilli flakes, lemon juice and parsley

### Or

Salt, pepper, finely chopped garlic and lemon juice

Heat oil in a large frying pan, add fish in batches (making sure not to overcrowd the pan) with your choice of flavourings, turn after a few minutes, when fish begins to look opaque, fry on the other side for a few more minutes, remove from the heat and serve with salt, pepper and lemon juice to taste.

### Enjoy with:

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## ALMOND SLAW

½ a red cabbage, finely sliced

1 red onion

3 Tbsp almond butter

¼ C rice wine vinegar

3 Tbsp soy sauce

1 clove of garlic, finely diced

¼ C olive oil

Salt and pepper to taste

Mix together cabbage & onion, add all sauce ingredients to a small bowl and mix well.

Pour sauce over, toss and enjoy

### AND

# RECIPES

## CUCUMBER SALAD

1 large cucumber

Chilli flakes

Sesame oil

Lemon juice

Soy sauce

Fish sauce

Chopped Coriander (if you like)

Slice the cucumber into batons (small rectangles) and put all ingredients into a large bowl to mix together. Let the mix marinate overnight or at least for a few hours.

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## ROAST CHICKEN

Whole chicken

3-4 slices of preserved lemon (lemons marinated in oil and salt for a few weeks if you want to make it yourself)

Olive Oil

Salt and pepper

Place the chicken in a large pot with a lid. Drizzle with olive oil, lay the sliced lemon on top and sprinkle with salt and pepper. Put the lid on and bake in the oven for an hour and 20 minutes, at 180 degrees Celsius. Check that the meat is cooked by slicing into the thigh with a knife – if the juices run clear, the meat is cooked. If not, leave it for another 10 minutes.

Enjoy with COLESLAW made up of grated carrot, thinly sliced red cabbage, thinly sliced red onion, a small amount of mayonnaise and lemon juice. Mix everything together in a big bowl.

## NAKED HUEVOS RANCHEROS

2 eggs

1 capsicum

¼ red onion

½ avocado

1 large tomato, sliced

Salsa to taste

Coriander to taste

Slice all veges, whisk eggs and fry omelet mix in an oiled pan. This is your tortilla. Wrap it around veges and salsa and enjoy.

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## MINCE LETTUCE CUPS

1kg pork/chicken/beef mince

Soy sauce

Fish sauce

Coriander (if you like)

Chili flakes/fresh chili sliced thinly

Olive oil

Salt and pepper

1 large white onion, diced into little pieces

2 cloves of garlic, crushed or sliced thinly

1 large lettuce, leaves torn off to make the cups

Sliced tomatoes (if you like)

Mix everything together in a big bowl except for the olive oil and coriander. Heat the oil in a large frying pan, add the beef mixture and fry until all the meat is cooked all the way through. You need to keep breaking the mix up so that it doesn't clump or cook unevenly and burn. Add the coriander and stir through. Serve with the lettuce leaves by spooning mixture (and tomatoes) into the lettuce cups and eating with your hands, sort of like lettuce tacos.

# RECIPES

## SILVERBEET FRITTERS WITH MAYO

2/3 eggs

1 head of silverbeet, finely sliced

1 onion, finely sliced

Salt and pepper to taste

2 Tbsp mayonnaise

In a large bowl, place silverbeet and onion, crack the eggs in and stir to coat everything in the egg. Add salt and pepper to taste.

Fry spoonfuls in a frying pan until golden and flat on each side.

Enjoy with smears of mayonnaise.

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## VEGETABLE FRITTATA

12 eggs

1 capsicum, sliced thinly

1 onion sliced thinly

3 tomatoes, diced

2 cloves of garlic, diced or crushed

2 zucchinis, sliced thinly

Olive oil

Salt and pepper

Whisk eggs. Set aside.

In a large oven-proof saucepan, fry the vegetables in a little olive oil until tender.

Remove from the heat, add the egg mix and salt and pepper to taste. Bake in the oven for 20 minutes or until eggs are cooked through. Serve with a large green salad.

## CHICKEN PATTIES WITH GUACAMOLE AND SALSA

500g chicken mince

½ capsicum, finely diced

1 small onion, finely diced

1 clove garlic, minced

Salt and pepper

4 mushrooms, diced finely

Cumin and paprika to taste

1 avocado

2 tomatoes, chopped and diced

¼ onion, finely diced

Juice of ½ a lemon

Coriander (if you like)

Chili flakes (if you like)

### Salsa

Make the patties by mixing together the chicken, vegetables and spices, roll them into small, flat discs. Fry in an oiled pan until cooked through.

Assemble the guacamole by mixing all ingredients in a bowl with a fork until you reach the desired consistency.

Stack the guacamole on top of each disc, pour some salsa over and enjoy with a green salad.

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## LAMB AND EGG STACK WITH TOMATOES AND AVOCADO

500g lamb mince

1 onion, finely chopped

2 cloves of garlic, minced

# RECIPES

Cumin, cinnamon and paprika to taste

Salt and pepper

1 avocado

2 tomatoes

2 eggs

Assemble patties by mixing lamb, onion, garlic and spices in a bowl, roll into discs and fry in an oiled pan until cooked through. Remove from the pan and fry the eggs. Slice tomatoes and avocado, assemble by stacking lamb, the egg, then tomato then avocado.

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## LAMB RACK WITH CAULIFLOWER MASH

Lamb rack

Salt, pepper, rosemary

2 cloves of garlic, minced

½ a cauliflower head

Olive oil

Rub the spices and 1 clove of garlic onto the lamb rack, pour some oil over and bake for 20 minutes or until it is cooked to your liking. While it is cooking, steam the cauliflower until soft, then blend it in the food processor with garlic, olive oil and more salt and pepper. Enjoy with a large green salad.

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## SPICED MINCE

500g lamb mince

Cumin, ginger, garlic, salt, pepper and ground coriander seeds to taste

1 large onion, diced

200g green beans, diced

2 red peppers, cut into thick strips

Fry the onion and beans in an oiled pan, add mince and spices and break up with your spatula to avoid clumps. When the mixture is cooked through, serve in a bowl with red pepper strips as dippers.

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## MEDITERRANEAN CHICKEN STACK

4 chicken thighs, hammered flat

8 sundried tomatoes

Baby spinach

Olives

Basil

Salt and pepper

Fry the chicken thighs in an oiled pan with salt, pepper and garlic until cooked through (about 5 mins per side). Stack spinach, chicken, sundried tomatoes, olives and basil.

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## KALE SALAD

1 bag of kale, chopped finely

10 mushrooms, sliced

2 cloves of garlic, minced

½ an onion, sliced very finely

Olive oil

Balsamic vinegar

Salt and pepper

Assemble salad by mixing kale, mushrooms, garlic and onion, then add olive oil and balsamic vinegar as dressing. Add salt and pepper to taste.

# RECIPES

## ROAST PORK WITH BAKED VEGETABLES

1 pork loin (approximately 2kg, bone in)

Salt, pepper, garlic minced

Olive oil

½ cauliflower

½ broccoli

1 onion

2 cloves of garlic

2 slices of preserved lemons

Place the pork skin side up in a large roasting pan with a lid. Rub the salt, pepper, garlic and olive oil into the fat, add 2 cups of water to the pan, cover and put in the oven at 140 degrees Celsius. After 2 hours, turn the oven down to 100 degrees and continue cooking for another 3 hours at least. Check the meat after this, it should be tender and falling off the bone. You can leave it in there for another couple of hours if you need to, don't worry it won't overcook.

To make the vegetables, first steam the broccoli and cauliflower, then put everything in a pan and bake for about 20 minutes or until they go a little golden.

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## CHICKEN AND OLIVES

2 chicken breasts

1 500ml jar of basil and tomato pasta sauce (look for a sugar free one)

1 onion

1 jar of olives

Brown the chicken in an oiled pan with the onion, salt and pepper. Add the pasta sauce and olives and bake in the oven for half an hour. Serve with a large green salad.

## PRAWNS AND CABBAGE

500g raw prawn meat

½ a head of cabbage

½ a can of coconut milk

Juice of 1 lemon

Salt and pepper to taste

1 onion

2 cloves of garlic

Fry the onion and garlic in an oiled pan. Add the cabbage, let it soften, then add the prawns. Pour over the coconut milk and the lemon juice and let it simmer for 5 minutes.

Serve with a large green salad.



# LES MILLS GRIT™ SERIES 21 DAY CHALLENGE:

# FAQ

## I train early in the mornings. Do I eat breakfast before the workout or after?

Eat breakfast 1½ to 2 hours before the class as long as it does not disrupt your sleep.

For example, if the class is at 6am and you have to get up at 4am to eat breakfast, then you are disrupting your sleep.

If that is the case, it is probably best to skip breakfast and have your post-workout shake immediately after finishing the class, then eat breakfast within an hour of finishing the workout.

## I've started drinking the suggested amount of water and I have to go to the toilet a lot. How can I prevent this?

As your body begins to hydrate itself, you may indeed experience frequent trips to the toilet.

To help with this you can add a pinch of unrefined sea salt to each litre of water. This also increases the mineral content of the water to help you stay hydrated.

It is best to sip water throughout the day rather than drinking a whole glass at a time. This helps to keep you constantly hydrated.

## I normally eat cereal or toast for breakfast. What can I eat for breakfast on this plan?

There are breakfast options in the recipe section of your handout.

Try an omelet filled with vegetables or grilled chicken with salad.

This may not seem ideal or what you are used to but this type of breakfast will set you up for better energy levels through the day.

## What do you do if you fall off the nutrition plan?

If you fall off the plan, simply get back on it as quickly as you can, to speed up your progress.

Falling off the plan will limit progress and overall results at the end of the 21 days.

## What if someone has a 'non-negotiable' - like they can't live without blueberries/milk/yoghurt/chocolate, or coffee with milk?

If someone has a 'non-negotiable' that they cannot live without then they are welcome to keep it in their diet, but it will slow down their progress and in some cases, depending on how much of the 'non-negotiable' they have, it will stop their progress altogether.

## What exactly can you have in terms of condiments, sauces etc?

All herbs and spices are allowed.

Tomato-based sauces are best but look for ones without sugar.

You can have mustards and balsamic vinegar. So, look for condiments and sauces that have no sugar or grain-based products in them. And look for gluten free on the label.

Tamari soy sauce is OK in small amounts - but use just enough to lightly flavor the food.

## What is a grain?

Grains are a carbohydrate.

They include:

Wheat - all types including spelt and bulgur

Oats including oatmeal

Rice – wild, brown, white and colored

Corn including popcorn and cornmeal

Millet

Quinoa

Rye

Teff

Sorghum (also called Milo)

Triticale

All cereals

## If I'm not eating grains, where do I get my fiber from?

There is eight times more fiber in non-starchy vegetables, such as leafy greens, than in grains.

This means that eating 1 to 2 handfuls of vegetables at each meal you'll be getting plenty of fiber.

This also means that having 1 to 2 handfuls of vegetables at each meal is extremely important to keep your digestive system moving.

## What do you do when you feel tired?

In the first 7 to 14 days you may feel tired as your body adjusts to the change in macronutrient composition.

This is a good time to make sure you have your food organized, ready to eat in the correct portions of protein, carbohydrates and good fats.

Make sure you're having all of your meals at regular intervals each day and before you know it, your energy levels will be better than ever!

## When should I have my last meal for the day?

Try to stop eating 2 hours before bedtime so the digestion process does not affect your sleep and recovery.

## If I'm not eating milk products how will I get the right amount calcium?

All green vegetables contain calcium and most nuts and seeds as well, especially sesame seeds, almonds and brazil nuts.

Good choices of green vegetables that are high in calcium are spinach, kelp, collard greens, kale, broccoli and celery.

Many green vegetables have a better calcium-absorption rate compared with milk products.

Eating lots off vegetables in your diet will help prevent bone deterioration.



# NOTES

# NOTES

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