


Workout  
for Water.

LES MILLS in support of 

# EXERCISE GUIDELINES





**Complete 450 reps of any exercise, every day, for 7 days.**  
**Helping UNICEF's lifesaving work for children.**

Whether you're a fitness professional or just starting out on your exercise journey - you can make this challenge work for you. Whether you're completing the reps on your own or sharing amongst your team - it's vital to keep your safety as a key priority when completing this challenge. Going as heavy or as fast as possible may seem like a good idea on day one, but in order to ensure you get through all seven days please follow our guidelines below.

💧 We highly recommend the following order of exercises, to avoid overloading your body. It doesn't matter which exercise you start with, but it's important that you follow the order once you start:

- **Upper body**
- **Lower body**
- **Core**
- **Cardio**

Check out the exercise recommendations and example schedule below.





💧 Break reps down as appropriate throughout the day, do not attempt to do all your reps in one consecutive attempt. Make sure you're performing the movements with good technique and stop before your technique fails. Take recoveries for as long as you need before starting again.

💧 We suggest doing bodyweight exercises only. If you want to make it harder you can add resistance with weights or a band, but only do this if you feel confident and are comfortable with completing every rep with good technique. If you need to make it easier reduce your range – you're still completing reps!

💧 Adhere to the coaching and safety cues that are in place for these moves within a normal class environment.

💧 Remember, these are endurance reps, not speed! Try to maintain a steady pace, with a controlled tempo throughout.

💧 It's important to stretch the area you did your reps for at least five minutes after you've completed the exercises.





# EXERCISE RECOMMENDATIONS

## 💧 UPPER BODY

A-T-Y-T (one rep per raise)

Held plank shoulder taps (one rep per tap)

Chest press

Reverse fly

Alternating punches - jabs or uppercuts (one rep per punch)

## 💧 LOWER BODY

Squats (full or pulsing)

Clams (equal number of reps each side)

Hip bridges

Lunges (equal number of reps each side)







## CORE

Crunches

Cross crawls (one rep per side)

Mountain climbers (one rep per side)

Rolling hovers (one rep per side)

Bird dog (one rep per lift)



## CARDIO

Skaters

Speed ladders

Running knee (one rep per knee lift)

Knee repeater, bench or floor (equal number of reps each side)

Hamstring curls (one rep per side)

High knee run (one rep per side)

Three-step run (one rep per lateral movement)





# EXAMPLE SCHEDULE

Day 1 – March 22nd

Held plank shoulder taps (upper body)

Day 2 – March 23rd

Pulsing squats (lower body)

Day 3 – March 24th

Crunches (core)

Day 4 – March 25th

High knee run (cardio)

Day 5 – March 26th

Chest press (upper body)

Day 6 – March 27th

Hip bridges (lower body)

Day 7 – March 28th

Mountain climbers (core)