

# Lesmills Assessment Manual

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Training Module. Les Mills Asia Pacific (LMAP) reserves the right to postpone or change the Training Modules Schedule should insufficient registrations be obtained

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### **Focus on: les mills grit - the fitnessista**

When I briefly mentioned Les Mills Grit last week, I got an offer from Bek, who teaches Les Mills formats, to write a guest post. I was so excited, especially since I

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### **You will teach balanced, effective classes like a master if**

Use the Assessment documents in your Program Manual to assist you to self-assess. TIMING: (Compulsory) Watch and participate in Les Mills technique DVDs.

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Physio onsite. Did you know we have a Physio onsite here at Les Mills Christchurch City? If you have any niggles slowing your training down, then it's time to catch

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