

# LES MILLS NORDIC INSTRUCTOR COACHES



## WHAT IS AN INSTRUCTOR COACH?

A Les Mills Instructor Coach is someone that is there to help and guide instructors to be the best they can be. Giving them a great start on their instructor journey.

They support you along the way, from preparing your certification film, finding places to practice, even with attending an Advanced Training.

You can find support almost everywhere around the Les Mills Nordic community. If you would like some support, contact your nearest Instructor Coach.

Instructor Coaches offer their help free of charge and they integrate the support into their everyday life.

Whether you're already an experienced Les Mills Instructor or if you are attending your very first initial training. The Instructor Coaches support you on your journey towards certification.

## **SUPPORT BEFORE THE TRAINING**

- Answering questions about pre-work in the run-up to the training.
- Support with choreography notes, tempo - how to listen to the beat, technique.
- What to think about and bring with you to the training.

Have the handbook and, if necessary, the choreography notes at hand when getting support.

## **SUPPORT AFTER THE TRAINING**

Discuss outcome feedback with the Instructor Coach at hand and, if necessary, get support on the video(s) on a platform that you can share with your coach.

Good to know is that the Instructor Coach only has access to data that the instructors share directly with them.

## **PROGRAM NAMES**

BODYATTACK® = BA  
BODYBALANCE® = BB  
BODYCOMBAT® = BC  
BODYJAM® = BJ  
BODYPUMP® = BP  
BODYSTEP® = BS  
LES MILLS CORE™ = CORE  
LES MILLS DANCE™ = DANCE  
LES MILLS GRIT™ = GRIT  
LES MILLS PILATES™ = PILATES  
LES MILLS RPM™ = RPM  
LES MILLS SHAPES™ = SHAPES  
LES MILLS SPRINT™ = SPRINT  
LES MILLS TONE™ = TONE  
LES MILLS THE TRIP™ = TRIP  
LES MILLS YOGA™ = YOGA  
FUNCTIONAL STRENGTH™ = FUN STR  
STRENGTH DEVELOPMENT™ = STR DEV  
LES MILLS CEREMONY™ = CEREMONY

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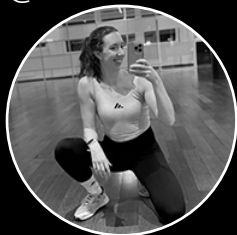
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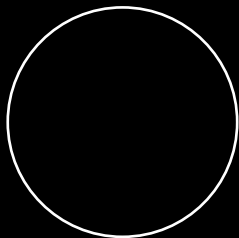
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