

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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