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Les Mills SPRINT at ONE LIVE

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(Promotional video)

day in the life of a les mills sprint/spin
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Les Mills GRIT Cardio and Core Class

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LES MILLS SPRINT is a 30-minute High-

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Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results.

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