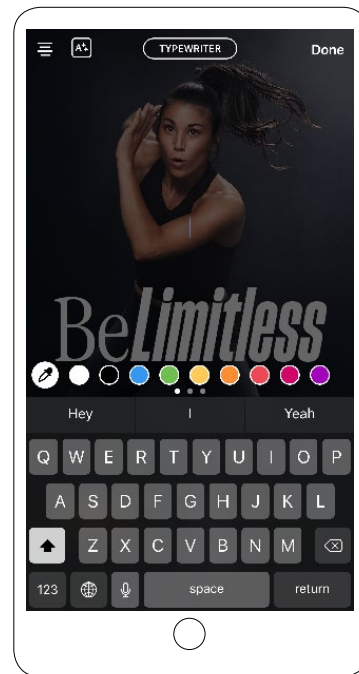


## BE LIMITLESS IN ALL WE DO

This quarter, we're helping you to encourage your class participants to take their limitless abilities beyond the studio and live a life without limits. We have a great range of new social media assets available for all Les Mills programs that you can use. Please remember these assets are embargoed until 12 November 2018.



1. Customizable  
Instagram stories



2. Be Limitless image filter

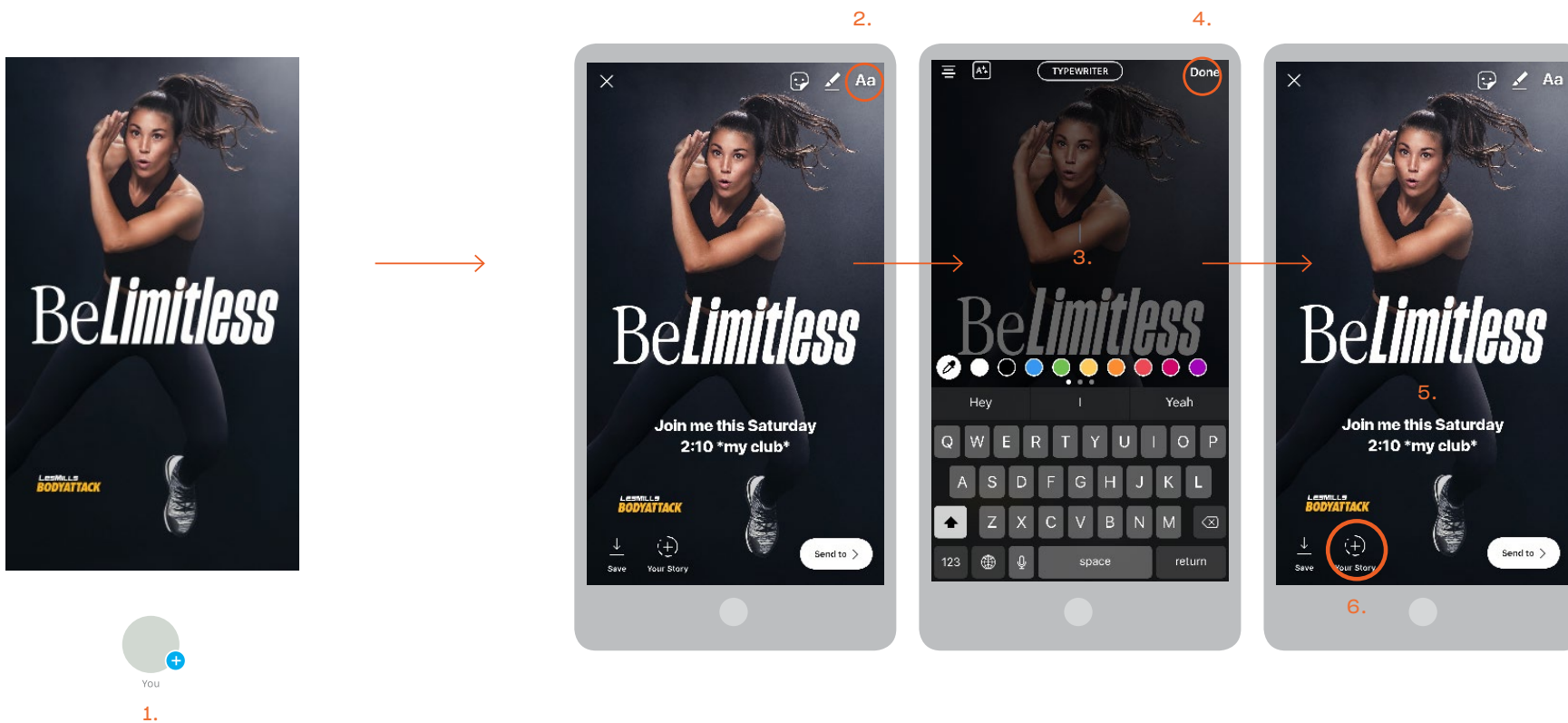
DOWNLOAD

## 1. CUSTOMIZABLE INSTAGRAM STORIES

Instagram stories are a great way to get in front of your followers and to stay top of their mind.

We have some great assets for you to use to help you make the most of this social channel.

These stories are customizable so you can give them your own flair, just follow our how-to guide below.



DOWNLOAD

## 2. LOCK-UP FILTERS

Our lock up filter was extremely popular on social last quarter so we have added one again. Join the tribe and add this to your profile picture on your social channels and encourage your members to do the same!



**DOWNLOAD FILTER**