

LES MILLS COMBAT

VICTORY IS RESERVED FOR THOSE WHO ARE WILLING
TO PAY ITS PRICE. —Aristotle

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	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	COMBAT 30	HIT: Power & Inner Warrior	COMBAT 30 & Core Attack	HIT: Plyo & Inner Warrior	COMBAT 45	Warrior 2: Lower Body	Rest
WEEK 2	COMBAT 60	HIT: Power & Inner Warrior	COMBAT 30 & Core Attack	HIT: Power & Inner Warrior	COMBAT 45	Warrior 1: Upper Body	Rest
WEEK 3	COMBAT 60	HIT: Power & Inner Warrior	COMBAT 60	HIT: Power & Inner Warrior	COMBAT 30 & Core Attack	COMBAT 45	Rest
WEEK 4	COMBAT 60	Warrior 1: Upper Body & Core Attack	COMBAT 45	Warrior 2: Lower Body & Inner Warrior	COMBAT 60	Warrior 1: Upper Body & Core Attack	Rest
WEEK 5	COMBAT 60 LIVE	Warrior 2: Lower Body & Inner Warrior	COMBAT 45	Warrior 1: Upper Body & Core Attack	COMBAT 60 LIVE	Warrior 2: Lower Body & Inner Warrior	Rest
WEEK 6	COMBAT 45	Warrior 1: Upper Body & Core Attack	COMBAT 60 LIVE	Warrior 2: Lower Body & Inner Warrior	COMBAT 45 & Core Attack	COMBAT 60	Rest
WEEK 7	COMBAT 60 LIVE	HIT: Power & Inner Warrior	COMBAT 45	HIT: Plyo & Core Attack	COMBAT 60 LIVE	HIT: Power & Inner Warrior	Rest
WEEK 8	COMBAT 45	HIT: Plyo & Core Attack	COMBAT 60 LIVE	HIT: Power & Inner Warrior	COMBAT 45	HIT: Plyo & Core Attack	Rest
WEEK 9	COMBAT 60 LIVE	HIT: Power & Inner Warrior	COMBAT 45	HIT: Plyo & Core Attack			

Les Mills Combat Workout Nutrition Guide

Rachel Sandford



Les Mills Combat Workout Nutrition Guide:

Reviewing **Les Mills Combat Workout Nutrition Guide**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Les Mills Combat Workout Nutrition Guide**," an enthralling opus penned by a highly acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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