

LES MILLS PUMP/COMBAT HYBRID

Te Wero - Phase 1					Panoni - Phase 2				Kia Kaha - Phase 3			
WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12	WEEK 13
DAY 1 Pump & Burn (30 Min)	DAY 1 Pump & Burn (30 Min)	DAY 1 Pump & Burn (30 Min)	DAY 1 Pump & Burn (30 Min)	DAY 1 Pump & Shred (45 Min)	DAY 1 Pump & Shred (45 Min)	DAY 1 Pump & Burn (30 min) & Hard Core Abs (20 min)	DAY 1 Pump Extreme (30 min)	DAY 1 Pump Revolution (30 min)	DAY 1 Pump Extreme (30 min)	DAY 1 Pump Revolution (30 min)	DAY 1 Combat 30	DAY 1 Combat 45
DAY 2 Combat 30	DAY 2 Combat 30	DAY 2 Combat 45	DAY 2 Hard Core Abs (20 min) & Combat 30	DAY 2 Hard Core Abs (20 min) & HIIT Plyo	DAY 2 Combat 50	DAY 2 Combat 50 LIVE	DAY 2 Combat 45	DAY 2 Combat 45	DAY 2 Combat 50	DAY 2 Combat 50	DAY 2 Pump Extreme (30 min)	DAY 2 Pump Revolution (30 min)
DAY 3 Pump & Shred (45 Min)	DAY 3 Pump & Shred (45 Min)	DAY 3 Pump & Burn (30 Min)	DAY 3 Pump & Burn (30 min)	DAY 3 Pump & Burn (30 min)	DAY 3 Pump & Shred (45 Min) & Hard Core Abs (20 min)	DAY 3 Pump Revolution (30 min)	DAY 3 Pump & Shred (45 Min)	DAY 3 Pump Extreme (30 min)	DAY 3 REST	DAY 3 REST	DAY 3 Combat 30	DAY 3 HIIT Plyo
DAY 4 Combat 45	DAY 4 Combat 45	DAY 4 Hard Core Abs (20 min) & Combat 30	DAY 4 REST	DAY 4 Combat 50	DAY 4 HIIT Power	DAY 4 HIIT Plyo	DAY 4 REST	DAY 4 Combat 50 LIVE	DAY 4 Pump Revolution (30 min)	DAY 4 Pump Extreme (30 min)	DAY 4 REST	DAY 4 REST
DAY 5 Pump & Burn (30 min) & Hard Core Abs	DAY 5 Pump & Burn (30 Min)	DAY 5 REST	DAY 5 HIIT Power	DAY 5 REST	DAY 5 Combat 45	DAY 5 Pump & Shred (45 Min)	DAY 5 HIIT Power	DAY 5 REST	DAY 5 Combat 45	DAY 5 Combat 45	DAY 5 Pump Revolution (30 min)	DAY 5 Combat 50 LIVE
DAY 6 Combat 30	DAY 6 REST	DAY 6 HIIT Power	DAY 6 Pump & Burn (30 min)	DAY 6 Pump & Shred (45 Min)	DAY 6 Pump & Shred (45 Min)	DAY 6 REST	DAY 6 Pump Extreme (30 min)	DAY 6 Pump Revolution (30 min)	DAY 6 Pump Extreme (30 min)	DAY 6 HIIT Plyo	DAY 6 HIIT Power	DAY 6 Pump Extreme (30 min)
DAY 7 REST	DAY 7 Hard Core Abs (20 min) & Combat 30	DAY 7 Combat 50	DAY 7 Combat 45	DAY 7 Combat 30	DAY 7 REST	DAY 7 Combat 50 LIVE	DAY 7 Combat 50	DAY 7 HIIT Power	DAY 7 HIIT Plyo	DAY 7 Pump Revolution (30 min)	DAY 7 Pump Extreme (30 min)	90 days, Well Done! Stay with the fight...

Les Mills Pump 9day Challenge Guide

N Noddings



Les Mills Pump 9day Challenge Guide:

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