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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

S Ashworth



Les Mills Combat Workout Nutrition Guide:

Les Mills Combat Workout Nutrition Guide Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Les Mills Combat Workout Nutrition Guide**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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