

LES MILLS COMBAT

ACCEPT THE CHALLENGES SO THAT YOU MAY FEEL THE
EXHILARATION OF VICTORY. —General George S. Patton

SUPREME WARRIOR 60-DAY WORKOUT CALENDAR

You'll immediately begin torching calories and building lean muscle mass when you hit the ground running with this supremely intense workout schedule.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	COMBAT 30	HIT: Power	COMBAT 45	COMBAT 60	HIT: Plyo	COMBAT 60	Rest
WEEK 2	COMBAT 30	HIT: Power	COMBAT 45	COMBAT 60	HIT: Plyo	COMBAT 60	Rest
WEEK 3	COMBAT 60	HIT: Power	COMBAT 30	HIT: Plyo	COMBAT 60	HIT: Power	Rest
WEEK 4	COMBAT 60	HIT: Plyo	COMBAT 30	HIT: Power	COMBAT 60	HIT: Plyo	Rest
WEEK 5	COMBAT 30	COMBAT 60	COMBAT 45	COMBAT 30	COMBAT 45	COMBAT 60	Rest
WEEK 6	COMBAT 60	HIT: Power	COMBAT 45	HIT: Plyo	COMBAT 60 LIVE	HIT: Power	Rest
WEEK 7	COMBAT 60 LIVE	HIT: Plyo	COMBAT 45	HIT: Plyo	COMBAT 45	HIT: Power	Rest
WEEK 8	COMBAT 45	HIT: Plyo	COMBAT 60 LIVE	HIT: Power	COMBAT 60 LIVE	HIT: Plyo	Rest
WEEK 9	COMBAT 60 LIVE	HIT: Power	COMBAT 45	HIT: Plyo			

Les Mills Combat Supreme Warrior Challenge Guide

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Les Mills Combat Supreme Warrior Challenge Guide:

Les Mills Combat Supreme Warrior Challenge Guide Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the power of words has become more evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **Les Mills Combat Supreme Warrior Challenge Guide**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall impact on readers.

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