

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

R Bogdan

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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Table of Contents Les Mills Pump 9day Challenge Guide

1. Understanding the eBook Les Mills Pump 9day Challenge Guide
 - The Rise of Digital Reading Les Mills Pump 9day Challenge Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Les Mills Pump 9day Challenge Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Les Mills Pump 9day Challenge Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Les Mills Pump 9day Challenge Guide
 - Personalized Recommendations
 - Les Mills Pump 9day Challenge Guide User Reviews and Ratings
 - Les Mills Pump 9day Challenge Guide and Bestseller Lists
5. Accessing Les Mills Pump 9day Challenge Guide Free and Paid eBooks
 - Les Mills Pump 9day Challenge Guide Public Domain eBooks
 - Les Mills Pump 9day Challenge Guide eBook Subscription Services

- Les Mills Pump 9day Challenge Guide Budget-Friendly Options
- 6. Navigating Les Mills Pump 9day Challenge Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Les Mills Pump 9day Challenge Guide Compatibility with Devices
 - Les Mills Pump 9day Challenge Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Les Mills Pump 9day Challenge Guide
 - Highlighting and Note-Taking Les Mills Pump 9day Challenge Guide
 - Interactive Elements Les Mills Pump 9day Challenge Guide
- 8. Staying Engaged with Les Mills Pump 9day Challenge Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Les Mills Pump 9day Challenge Guide
- 9. Balancing eBooks and Physical Books Les Mills Pump 9day Challenge Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Les Mills Pump 9day Challenge Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Les Mills Pump 9day Challenge Guide
 - Setting Reading Goals Les Mills Pump 9day Challenge Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Les Mills Pump 9day Challenge Guide
 - Fact-Checking eBook Content of Les Mills Pump 9day Challenge Guide
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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