

START DATE: _____

FINISH DATE: _____

LES MILLS COMBAT



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	COMBAT 30: KICK START	POWER HIIT 1	COMBAT 45: POWER KATA	REST DAY	SHOCK PLYO HIIT 2	COMBAT 30: KICK START	REST DAY
WEEK 2	COMBAT 30: KICK START	POWER HIIT 1	COMBAT 45: POWER KATA	REST DAY	SHOCK PLYO HIIT 2	COMBAT 30: KICK START	REST DAY
WEEK 3	COMBAT 60: EXT. CARDIO FIGHTER	POWER HIIT 1	COMBAT 30: KICK START	REST DAY	COMBAT 60: EXT. CARDIO FIGHTER	SHOCK PLYO HIIT 2	REST DAY
WEEK 4	COMBAT 60: EXT. CARDIO FIGHTER	SHOCK PLYO HIIT 2	COMBAT 30: KICK START	REST DAY	COMBAT 45: POWER KATA	POWER HIIT 1	REST DAY
WEEK 5	COMBAT 30: KICK START	COMBAT 60: EXT. CARDIO FIGHTER	COMBAT 45: POWER KATA	REST DAY	COMBAT 60: EXT. CARDIO FIGHTER	COMBAT 30: KICK START	REST DAY

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START DATE: _____

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LES MILLS COMBAT



THE EXERCISE MOVEMENT

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 6	COMBAT 60: EXT. CARDIO FIGHTER	POWER HIIT 1	COMBAT 45: POWER KATA	REST DAY	COMBAT 60 LIVE: ULTIMATE WARRIOR	SHOCK PLYO HIIT 2	REST DAY
WEEK 7	COMBAT 60 LIVE: ULTIMATE WARRIOR	SHOCK PLYO HIIT 2	COMBAT 45: POWER KATA	REST DAY	COMBAT 60 LIVE: ULTIMATE WARRIOR	POWER HIIT 1	REST DAY
WEEK 8	COMBAT 45: POWER KATA	SHOCK PLYO HIIT 2	COMBAT 60 LIVE: ULTIMATE WARRIOR	POWER HIIT 1	COMBAT 45: POWER KATA	SHOCK PLYO HIIT 2	REST DAY
WEEK 9	COMBAT 60 LIVE: ULTIMATE WARRIOR	POWER HIIT 1	COMBAT 45: POWER KATA	SHOCK PLYO HIIT 2			

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