

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 scorching 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	HIIT: Power	COMBAT 45	COMBAT 60	HIIT: Plyo	COMBAT 60	Rest
WEEK 2	COMBAT 30	HIIT: Power	COMBAT 45	COMBAT 60	HIIT: Plyo	COMBAT 60	Rest
WEEK 3	COMBAT 60	HIIT: Power	COMBAT 30	HIIT: Plyo	COMBAT 60	HIIT: Power	Rest
WEEK 4	COMBAT 60	HIIT: Plyo	COMBAT 30	HIIT: Power	COMBAT 60	HIIT: Plyo	Rest
WEEK 5	COMBAT 30	COMBAT 60	COMBAT 45	COMBAT 30	COMBAT 45	COMBAT 60	Rest
WEEK 6	COMBAT 60	HIIT: Power	COMBAT 45	HIIT: Plyo	COMBAT 60 LIVE	HIIT: Power	Rest
WEEK 7	COMBAT 60 LIVE	HIIT: Plyo	COMBAT 45	HIIT: Plyo	COMBAT 45	HIIT: Power	Rest
WEEK 8	COMBAT 45	HIIT: Plyo	COMBAT 60 LIVE	HIIT: Power	COMBAT 60 LIVE	HIIT: Plyo	Rest
WEEK 9	COMBAT 60 LIVE	HIIT: Power	COMBAT 45	HIIT: Plyo			