

LES MILLS COMBAT

VICTORY IS RESERVED FOR THOSE WHO ARE WILLING
TO PAY ITS PRICE. ~Aristotle

ULTIMATE WARRIOR HYBRID CALENDAR 60-DAY WORKOUT CALENDAR

This is the ultimate LES MILLS COMBAT workout. Kill calories, strip away fat, and get totally ripped, while adding specific workouts from the Ultimate Warrior Kit designed to transform each problem area on your body. The most extreme way to unleash your inner warrior. Order online at TeamBeachbody.com.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	COMBAT 30	HIIT: Power & Inner Warrior	COMBAT 30 & Core Attack	HIIT: Plyo & Inner Warrior	COMBAT 45	Warrior 2: Lower Body	Rest
WEEK 2	COMBAT 60	HIIT: Power & Inner Warrior	COMBAT 30 & Core Attack	HIIT: Power & Inner Warrior	COMBAT 45	Warrior 1: Upper Body	Rest
WEEK 3	COMBAT 60	HIIT: Power & Inner Warrior	COMBAT 60	HIIT: 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	HIIT: Power & Inner Warrior	COMBAT 45	HIIT: Plyo & Core Attack	COMBAT 60 LIVE	HIIT: Power & Inner Warrior	Rest
WEEK 8	COMBAT 45	HIIT: Plyo & Core Attack	COMBAT 60 LIVE	HIIT: Power & Inner Warrior	COMBAT 45	HIIT: Plyo & Core Attack	Rest
WEEK 9	COMBAT 60 LIVE	HIIT: Power & Inner Warrior	COMBAT 45	HIIT: Plyo & Core Attack			