

LES MILLS COMBAT

WE ARE WHAT WE REPEATEDLY DO.
EXCELLENCE, THEN, IS NOT AN ACT, BUT A HABIT. ~Aristotle

LES MILLS COMBAT WARRIOR

60-DAY WORKOUT CALENDAR

Conquer your limits with the LES MILLS COMBAT WARRIOR calendar as you quickly build the intensity of your workouts, increasing cardio fitness and endurance, day by day.

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