

# LES MILLS COMBAT



## PREPARE FOR COMBAT.

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WEEK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	COMBAT 30	HIIT: POWER	COMBAT 45	REST	HIIT: SHOCK PLYO	COMBAT 30	REST
2	COMBAT 30	HIIT: POWER	COMBAT 45	REST	HIIT: SHOCK PLYO	COMBAT 30	REST
3	COMBAT 60	HIIT: POWER	COMBAT 45	REST	COMBAT 60	HIIT: SHOCK PLYO	REST
4	COMBAT 60	HIIT: SHOCK PLYO	COMBAT 30	REST	COMBAT 45	HIIT: POWER	REST
5	COMBAT 30	COMBAT 60	COMBAT 45	REST	COMBAT 60	COMBAT 30	REST
6	COMBAT 60	HIIT: POWER	COMBAT 45	REST	COMBAT 60 LIVE	HIIT: SHOCK PLYO	REST
7	COMBAT 60 LIVE	HIIT: SHOCK PLYO	COMBAT 45	REST	COMBAT 60 LIVE	HIIT: POWER	REST
8	COMBAT 45	HIIT: SHOCK PLYO	COMBAT 60 LIVE	HIIT: POWER	COMBAT 45	HIIT: SHOCK PLYO	REST
9	COMBAT 60 LIVE	HIIT: POWER	COMBAT 45	HIIT: SHOCK PLYO			