

## Your LES MILLS COMBAT workout program includes:



### THE BASICS

Master the techniques as well as the MMA-based "guards" and stances you will use throughout all the LES MILLS COMBAT workouts. (30 minutes)



### LES MILLS COMBAT 30: KICK START

This workout is low in complexity but high in intensity, as it introduces you to the basic LES MILLS COMBAT combination moves. It may be short . . . but it packs serious punch. (30 minutes)



### LES MILLS COMBAT 45: POWER KATA

"Katas" are martial arts training methods that develop technique and flow. This workout combines speed and power with cross training for complete calorie scorching. (45 minutes)



### LES MILLS COMBAT 60: EXTREME CARDIO FIGHTER

Challenge your endurance and push your body to the outer limits of fitness with a high-repetition sequence of moves that will have your muscles firing on all cylinders. (60 minutes)



### LES MILLS COMBAT 60 LIVE: ULTIMATE WARRIOR'S WORKOUT

A hard-driving blend of all the martial arts featured in the LES MILLS COMBAT programs. Upper body . . . legs and butt . . . core and cardio . . . this workout hits every muscle hard. (60 minutes)



### POWER HIIT 1

High Intensity Interval Training uses short bursts of maximum effort followed by recovery to push you into metabolic and muscle-conditioning overload. Getting you fighter-fit fast. (30 minutes)



### SHOCK PLYO HIIT 2

Uses propulsion exercises to improve athletic power and endurance, pushing you into peak performance mode. This workout is the ultimate body shot! (30 minutes)

# Les Mills Combat Workout Nutrition Guide

**CL Gary**



## **Les Mills Combat Workout Nutrition Guide:**

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