

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

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the 'CL Gary' text.

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