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~~INVINCIBLE +~~

~~Workout #14 +~~

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~~workout Burn~~

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~~AWESOME routine~~

**Activ8 Les Mills
Body Combat**

Class Video 2019

*30-Minute BodyCo
mbat-Inspired*

Workout With

Boxing, Kung Fu,

and Muay Thai

Beachbody Les

Mills Pump

Infomercial

~~BODYCOMBAT~~

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~~INVINCIBLE~~

~~Workout #13~~

BODYCOMBAT

INVINCIBLE

Workout #11

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DVD Program -

Schedule

Overview LES

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WORKOUT |

BEACHBODY |

MARTIAL ARTS |

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TEAM SCORE

FitMob

Malaysia's

Largest Les

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Class ~~Les Mills~~

~~Combat Before~~

~~\u0026 After~~

~~Results and~~

*~~Review~~ **Get***

ripped in only

30 minutes a day

| P90X3

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~~BODYCOMBAT~~

~~INVINCIBLE~~

~~Workout #4~~

BODY COMBAT PART

1

Saxobeat -

Alexandra Stan -

Combat Fitness

Dance Video -

Choreography

~~Bodycombat 77~~

~~sizzler - Le~~

~~Magnifique R~~

Body Combat 53 -

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Bodycombat 76 -
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BODYCOMBAT

INVINCIBLE

Workout #12

BODYCOMBAT

INVINCIBLE

Workout #1

~~body combat Les~~

~~Mills Body~~

~~Combat + Learn~~

~~the moves LES~~

~~MILLS REVIEW:~~

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*LES MILLS | New
BODYCOMBAT This
Workout With
Jeanette Jenkins
Torches Calories
— About 500 in
45 Minutes The
Fit Businessman
Book Everybody's
Guide To Les
Mills Is The Les
Mills COMBAT
Workout For You?*

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Mills Body

Combat Class

with Katie Les

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~~Nutrition Guide~~

Fat - a thumb size, focusing on getting in your essential fatty acids like; avocado, olive oil, walnuts and

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flaxseeds AND.
Carbohydrates -
one to two
handfuls of low-
starch carbs
such as
asparagus,
cabbage,
broccoli,
cauliflower,
leafy greens,
raw carrots,
onions, tomatoes
and eggplant.

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~~21 Day~~

~~Challenge: Safe
and Effective~~

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Fat - a thumb
size, focusing
on getting in

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your essential
fatty acids
like; avocado,
olive oil,
walnuts and
flaxseeds AND.
Carbohydrates -
one to two
handfuls of low-
starch carbs
such as
asparagus,
cabbage,
broccoli,

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cauliflower,
leafy greens,
raw carrots,
onions, tomatoes
and eggplant.

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Helpful Tools

Stay With the

Fight Fitness

Guide - Includes

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training tips to
help you
maximize the
moves in the LES
MILLS COMBAT...
Eat Right for
the Fight
Nutrition Guide
- A detailed
eating plan that
kicks off your
body's ability
to start
burning... Tape

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~~Amazon.com: Les
Mills Combat DVD
Workout: Sports
& Outdoors~~

Les Mills Combat
Fitness Guide &
Calendar The
fitness guide
will outline the
different ways

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of doing the program in order to get the results you desire. It explains the Warrior, Supreme and Ultimate Warrior workout schedules and includes fitness tips to help improve your end results. Eat

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~~Les Mills Combat
Review — Lift
Weight Eat Food
— Nutrition~~

Watch the LES
MILLS COMBAT
"THE BASICS" DVD
to learn about
the moves and
proper form.

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Review the Stay
With the Fight
Fitness Guide
and choose which
of the three
calendars you'll
follow for your
workouts. Read
the Eat Right
for the Fight
Nutrition Guide
and start
planning for how
you'll follow

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the 7-Day
Metabolic Jump-
Start Plan.

~~LES MILLS COMBAT
Challenge Group
— Beachbody~~

Week 1 - Cut
refined sugar 4
Week 2 - Eating
the bulk of your
calories 6 Week
3 - Incorporate
a plant-based

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4+5 - Figuring
out your macros
11 Week 6 - Eat
the rainbow 12
Week 7 - Prep
your meals 15
Week 8 - Keep
exploring 16.
RECIPES 17.

ACCEPT THE
CHALLENGE ? 8
WEEK NUTRITION
PLAN 2019.

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~~8 WEEK~~

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Meat is usually considered the most protein-rich food, yet plants supply most of the protein consumed by humans globally. So is one better than the other?

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~~Nutrition~~

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BODYCOMBAT
workout and
you'll punch and
kick your way to
fitness, burning
up to 570
calories **
along the way.

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martial-arts

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is totally non-
contact and
there are no
complex moves to
master. A LES
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instructor will
challenge you to
up the intensity
and motivate you
to make the most
of every round.

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Art Workouts +
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The idea is to increase lean muscle, burn calories and workout fast-twitch muscle fibers. Included in every kit is the Stay With the Fight

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fitness guide,
the Eat Right
for the Fight
nutrition guide,
a tape measure
to monitor
results and
Beachbody online
support. Les
Mills COMBAT
Schedule.

~~Les Mills COMBAT
Review | Smart~~

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Bing: Les Mills
Combat Nutrition
Guide There is
nothing magical
about the “Les
Mills Combat
nutrition guide”
(Eat Right for
the Fight.) It
teaches you how
to calculate
your daily
calorie needs

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and then gives you an amazing plan for how to eat as you move through the fitness program. The food is great and stuff you should be eating anyway.

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—aurorawinterfe~~

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bodyattack get
fit, stay fit,
stay fitter;
bodycombat
release your
inner warrior;
bodybalance calm
& centered, long
& strong;
bodyjam hear the
beats, feel the
moves; bodypump
get lean, tone

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Nutrition Guide;
muscle, get fit;
bodystep lift
your fitness,
raise your
energy; cxworx
30 minutes of
core intensity;
les mills barre
ballet inspired
workout to shape
& tone; les
mills grit
athletic high
intensity

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~~A Beginner's
Plan for Fitness
+ Smart Start +
Les Mills~~

On the images
below you will
find the Les
Mills Combat
workout calendar
and schedule.

This workout is
designed as a 60

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day workout.
This workout was
a workout that
Beachbody and
Les Mills
collaborated
with for a
while. With this
workout you will
gradually
increase the
length and
intensity as you
progress through

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~~Les Mills Combat
Workout Calendar
— Print A~~

~~Workout Calendar~~

It also contains
a fitness,
nutrition and
jump-start guide
to help you
through the
program. The
reason why Les

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Nutrition Guide can help you get the results you want is because of its fast twitch integration training and it helps you burn around 1000 calories per hour. Now you can achieve the body you have always dreamed

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the Fight
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A detailed
eating plan that
kicks off your
body's ability
to start burning

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through the fat
while keeping
blood sugar
constant and
helping reduce
your appetite.
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than 30 workout-
fueling recipes.
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