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The LES MILLS 21 Day Challenge is a quick way to reset your body to healthier eating patterns, without forcing you to become "the one who's on a diet". So many diets

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promise to be
easy, you're
assured that
"you won't even
notice you're
dieting". With
the 21 Day
Challenge that's
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Les Mills Pump

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Hybrid Schedule
Weekly meal
plan. Aim for
small meals per
day with a
complex carb and
a ...

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More About Les
Mills COMBAT
Unlike other
Beachbody
routines that
span 90 days,
COMBAT is a
60-day workout.
It incorporates
six martial arts
disciplines,
including
boxing, muay
thai, karate,

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taekwondo,
capoeira and jiu
jitsu. The idea
is to increase
lean muscle,
burn calories
and workout fast-
twitch muscle
fibers.

**Les Mills Combat
Review - AllWork
outRoutines**

The Les Mills 21

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Day Challenge is a quick way to reset your body to healthier eating patterns. We can't promise it will be easy, but it will be worth it. The 21 Day Challenge is a safe and effective plan that will help you: Reduce body

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fat and waist
size

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Up for sale is
this rare hard
to find LES
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times a week to
get lean, strong
and chiseled and
burn up to 1,000

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calories per
workout This
barbell-based
program is the
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of the popular
gym program BODY
PUMP The secret
is the REP
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weights at a
higher rate of
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WORKOUT TO SHAPE
& TONE; LES
MILLS ...

Les Mills
Combat: Mixed
Martial Arts
Workout | Pop
Workouts

Meat is usually
considered the
most protein-
rich food, yet
plants supply

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most of the protein consumed by humans globally. So is one better than the other?

Product Training Guide - Beachbody

Les Mills Combat is for people who are ready to transform their

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body with an at-home, mixed martial arts workout. By performing a fast-paced mixed martial arts workout, you become a fat-burning, muscle-toning machine. Les Mills Combat: Why is it so effective?

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Les Mills Combat is effective because of the focus on using your fast-twitch muscles.

Nutrition

Articles - Les Mills US

There is nothing magical about the "Les Mills Combat nutrition

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guide" (Eat Right for the Fight.) It teaches you how to calculate your daily calorie needs and then gives you an amazing plan for how to eat as you move through the fitness program. The food is

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great and stuff
you should be
eating anyway.

**LES MILLS COMBAT
PUMP BY
BEACHBODY 10
DISCS/NUTRITION
AND . . .**

LES MILLS PUMP
Challenge Group
Daily Coaching
Guide WEEK 1 Day
of Week Topic

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Facebook Post

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Images Day 4

Nutrition Tip

Have you

evaluated your

caloric intake?

When you're

reading food

labels at the

grocery store,

remember that

the recommended

daily values are

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based off of a
daily diet of
2,000 or 2,500
calories.

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LES MILLS COMBAT Challenge Group - Beachbody

Les Mills Combat
Fitness Guide &
Calendar The
fitness guide
will outline the
different ways
of doing the
program in order

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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 Right for the Fight Nutrition

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Get Lean
Nutrition Guide
- Free Meal Plan**

•••

LES MILLS COMBAT
Challenge Group
Daily Coaching
Guide

Instructions -
How to Use This
Guide In this

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guide, you will find shareable social posts, including tips, recipes, videos*, and more, that correspond to each week of your LES MILLS COMBAT Challenge Group. These are suggested posts to help you

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manage your
Group, but

BodyCombat Nutrition Guide Overview

BODYCOMBAT works
your legs, tones
your arms, back
and shoulders
and provides
phenomenal core
training. You
destroy

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calories,
develop
coordination,
agility and
speed, and feel
empowered.

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their results
with these
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your hard
workouts with
the nutrition
you need to
perform your
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