

LESMILLS COMBAT

Supreme Warrior Schedule

Month 1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Rest	Combat 30	HIT: Power	Combat 45	Combat 60	HIT: Plyo	Combat 60
Rest	Combat 30	HIT: Power	Combat 45	Combat 60	HIT: Plyo	Combat 60
Rest	Combat 60	HIT: Power	Combat 30	HIT: Plyo	Combat 60	HIT: Power
Rest	Combat 60	HIT: Plyo	Combat 30	HIT: Power	Combat 60	HIT: Plyo
Rest	Combat 30	Combat 60	Combat 45	Combat 30	Combat 45	Combat 60

Les Mills Combat Supreme Warrior Challenge Guide

Padhraic Smyth

A red circular graphic with a gradient, appearing as a partial circle or a stylized 'C' shape, located to the right of the author's name.

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Harper's Weekly John Bonner, George William Curtis, Henry Mills Alden, Samuel Stillman Conant, Montgomery Schuyler, John Foord, Richard Harding Davis, Carl Schurz, Henry Loomis Nelson, John Kendrick Bangs, George Brinton McClellan Harvey, Norman Hapgood, 1900 The Farmer's Weekly , 1928 **Farmer's Weekly** , 1928 **Bulletin of the Atomic Scientists** , 1992-05 *America, History and Life* , 1995 Provides historical coverage of the United States and Canada from prehistory to the present Includes information abstracted from over 2 000 journals published worldwide

Ultimate Warrior Workouts (Training for Warriors) Martin Rooney, 2010-05-04 Are You Ready to Take The Warrior Challenge World renowned fitness coach Martin Rooney will take you where no warrior has gone before On an epic international quest Rooney traveled to top fight destinations around the globe to study and train under the last living masters in the eight core disciplines of Mixed Martial Arts More than 1 000 full color photos reveal hundreds of the original training secrets he discovered along the way from the slopes of Japan s Mt Fuji and the beaches of Brazil to the streets of Russia With nearly fifty varieties of push ups dozens of kettlebell exercises and hundreds of unique training techniques Ultimate Warrior Workouts also offers A complete six month workout program Cutting edge nutrition ADVICE and a sample diet plan Warrior Challenges to assess your fitness level The history and philosophy of the arts that comprise mixed martial arts

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