

# **BODYCOMBAT™** **IS THE EMPOWERING** **CARDIO WORKOUT** **WHERE YOU** **ARE TOTALLY** **UNLEASHED.**

This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness.

Like all the LES MILLS™ programs, a new BODYCOMBAT™ class is produced every three months with new music and choreography.

# **UNLEASH YOURSELF WITH** **BODYCOMBAT™**

## **BODYCOMBAT™** **UNLEASH YOURSELF**



[lesmills.com](http://lesmills.com)



# WHAT WILL BODYCOMBAT™ DO FOR ME?

BODYCOMBAT™ is a fiercely energetic cardiovascular workout that:

- Improves heart and lung function and reduces the risk of heart disease.
- Tones and shapes key muscle groups.
- Burns calories for a leaner body.
- Improves coordination and agility.
- Improves bone density.
- Improves posture and core strength and stability.
- Builds self-confidence.



## DESCRIBE A TYPICAL CLASS

Your BODYCOMBAT™ instructor will lead you through all the moves in this 55 minute workout which includes combat tracks (a mix of upper and lower body) and power tracks (boxing and fitness training).

### 1. Warmup

Teaches all the moves that will be used throughout the class. Warms the body to leave you mentally and physically prepared for the battle ahead.

### 2. Combat 1

Visualise your opponent and engage in your first fight combination.

### 3. Power 1

Enter an aerobic training zone with a focus on speed, power and endurance.

### 4. Combat 2

Fight for your life, with power and energy in every combination!

### 5. Power 2

The halfway mark, using punches only to drill the upper body for a second time.

### 6. Combat 3

An opportunity to recover as we lower the intensity to prepare for the final phase.

### 7. Muay Thai

The workout explodes in a muay thai encounter where elbows and knees go into overdrive to take your fitness to the next level and leave your opponent for dust!

### 8. Power 3

Give everything you have and don't look back until you complete this upper body power blast and seal the deal on your fitness objectives.

### 9. Conditioning

Take to the floor to complete the workout with strength training.

### 10. Cooldown

Payback time – where you stretch out and lengthen all those hard-worked muscles.

## FAQs

### HOW OFTEN SHOULD I DO BODYCOMBAT™?

You'll be hooked on BODYCOMBAT™ – but don't overdo it! For best results, try and do a class two or three times a week.

### HOW FIT DO I NEED TO BE?

BODYCOMBAT™ is for everyone with moderate fitness levels. Because the moves are simple, you do not need to be especially well coordinated.

### WHAT DO I NEED TO BRING?

Trainers and any kind of workout gear that you feel comfortable in. You are going to sweat, so bring a towel and a water bottle.

### WILL BODYCOMBAT HELP ME IN SELF-DEFENCE?

BODYCOMBAT™ is a non-contact fitness program, not a self-defence course – however, fitness is beneficial in any situation.

### SO WHAT'S NEXT?

Go for it! Good luck with BODYCOMBAT™ and if you need more information, talk to your instructor or visit [www.lesmills.com/bodycombat](http://www.lesmills.com/bodycombat)

