



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

BODYCOMBAT™

Unleash yourself.



www.lesmills.com

UNLEASH YOURSELF WITH **BODYCOMBAT™**



BODYCOMBAT™

BODYCOMBAT™

What's that?

BODYCOMBAT™ is a non-combat, martial arts-based fitness program with moves drawn from karate, taekwondo, kung fu, kickboxing, muay thai and tai chi. Each 55-minute BODYCOMBAT class is choreographed to ten tracks of the latest music, providing an exhilarating exercise experience that delivers ultra-fast fitness results.

Like all Les Mills programs, a new BODYCOMBAT class is produced every three months with new music and choreography.



So describe a typical class.

Your BODYCOMBAT instructor will lead you through a series of moves in ten mini-workouts performed to different tracks of music.

Warmup

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

Combat 1

Visualise your opponent and engage in your first fight combination.

Power 1

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

Combat 2

Fight for your life! Power and energy in every combination as you again challenge your imaginary opponent.

Power 2

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

Combat 3

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

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!

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.

Conditioning

Take to the floor and cap off the workout with some strength training.

Cooldown

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

How often should I do BODYCOMBAT?

You'll be hooked on BODYCOMBAT so get some balance in there and don't overdo it! For best results try and do BODYCOMBAT 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 us or visit www.lesmills.com

