



HYBRID WORKOUT SCHEDULE

Make your LES MILLS PUMP workout a knockout by combining it with LES MILLS COMBAT. The mixed martial arts-inspired cardio will blast calories and define the lean, sexy muscles you're sculpting with LES MILLS PUMP. Just follow the calendar below to get your outrageously shredded body.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	PUMP CHALLENGE	COMBAT 30	REST OR FLOW	PUMP CHALLENGE	COMBAT 30	PUMP CHALLENGE	REST OR FLOW
WEEK 2	PUMP & BURN	COMBAT 30	PUMP CHALLENGE HARD CORE ABS	COMBAT 45	PUMP & BURN	COMBAT 30	REST OR FLOW
WEEK 3	PUMP & BURN	COMBAT 30 HARD CORE ABS	PUMP & BURN	COMBAT 45	PUMP & BURN	COMBAT 30 HARD CORE ABS	REST OR FLOW
WEEK 4	PUMP & BURN	HIIT 2: PLYO	FLOW HARD CORE ABS	COMBAT 45	HIIT 1: POWER	COMBAT 60	REST OR FLOW
WEEK 5	PUMP & SHRED	COMBAT 45 HARD CORE ABS	PUMP & BURN	COMBAT 60	PUMP & SHRED	COMBAT 45 HARD CORE ABS	REST OR FLOW
WEEK 6	PUMP & SHRED	COMBAT 45 HARD CORE ABS	PUMP & SHRED	COMBAT 60 LIVE	PUMP & SHRED	COMBAT 45 HARD CORE ABS	REST OR FLOW
WEEK 7	PUMP & SHRED HARD CORE ABS	COMBAT 60	PUMP REVOLUTION	COMBAT 45 HARD CORE ABS	PUMP & SHRED HARD CORE ABS	COMBAT 60 LIVE	REST OR FLOW
WEEK 8	PUMP REVOLUTION	HIIT 2: PLYO	FLOW HARD CORE ABS	COMBAT 60 LIVE	HIIT 1: POWER	COMBAT 60	REST OR FLOW
WEEK 9	PUMP REVOLUTION	COMBAT 45 HARD CORE ABS	PUMP EXTREME	FLOW HARD CORE ABS	PUMP REVOLUTION	COMBAT 45 HARD CORE ABS	REST OR FLOW
WEEK 10	PUMP EXTREME	COMBAT 45 HARD CORE ABS	PUMP REVOLUTION	COMBAT 60	PUMP EXTREME	COMBAT 45 HARD CORE ABS	REST OR FLOW
WEEK 11	PUMP REVOLUTION	COMBAT 60 HARD CORE ABS	PUMP EXTREME	COMBAT 45 HARD CORE ABS	PUMP REVOLUTION	COMBAT 60 LIVE HARD CORE ABS	REST OR FLOW
WEEK 12	PUMP EXTREME	COMBAT 60 HARD CORE ABS	PUMP REVOLUTION	COMBAT 60 LIVE HARD CORE ABS	PUMP EXTREME	COMBAT 60 HARD CORE ABS	REST OR FLOW