



Instructions – How to Use This Guide

In this 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 manage your Group, but feel free to mix them up to suit the needs of your Team.

Take these steps before your Group starts:

- 1) Create a Challenge Group using the My Challenge Tracker Coach Portal, and invite your participants to download the My Challenge Tracker App. Alternatively, you can set up a private Facebook® group.
- 2) Send out the Participant Guide to the Group.
- 3) Post Week 0 topics to your Group.

NOTE REGARDING LINKS:

This Weekly Coaching Guide contains links to products, tools, and resources on Teambeachbody.com. To ensure credit for any sale made through these links, simply append the following text shown in bold (inserting your OWN repID) to the end of the URL and paste the link into Facebook.

?referringRepld=[yourID]

Example for Coach with repID of 2422 linking to LES MILLS COMBAT page:

<http://www.teambeachbody.com/shop/-/shoppingLMCombatBase?referring/ReplD=2422>

TRAINER VIDEOS:

Here is a list of all the weekly videos from Dan and Rach to motivate and guide your Group through their journey. They are listed here so you have easy access to the links, but they are also listed in the weekly posts.

Week 1: <http://bcove.me/v4eob9tf>

Week 8: <http://bcove.me/n82tjbyn>

Week 2: <http://bcove.me/hh0burde>

Week 9: <http://bcove.me/r7mu52dy>

Week 3: <http://bcove.me/obbqbgmb>

Week 4: <http://bcove.me/sm8v951v>

Week 5: <http://bcove.me/de565sed>

Week 6: <http://bcove.me/nh6d5tsp>

Week 7: <http://bcove.me/00kvcalq>

**All trainer videos are also available in the Video Library in Office.*

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Daily Coaching Guide



Download all images in this Challenge Guide:

http://images.beachbody.com/tbb/images/challenge_group_guides/COMBAT/assets/assets.zip

Prep Week 0 (The Week Before Your Challenge Begins)

WEEK 0

Day of Week	Topic	Facebook® Post (Copy and Paste)	Images (click link to download)
Day 1	Introduction	<p>Welcome, everyone!</p> <p>This is our Group's private Facebook® page, and throughout our journey I'll be posting healthy eating and fitness tips, Success Stories, inspirational thoughts and quotes, recipes, and more.</p> <p>But this Facebook page isn't just for me to post stuff, it's for you guys to ask questions, get answers, and connect with each other.</p> <p>This will be a journey, but the best part is that we're all in it together!</p> <p>Start here: Open your COMBAT program and review the materials. Be sure to:</p> <ul style="list-style-type: none">• Watch the LES MILLS COMBAT "THE BASICS" DVD to learn about the moves and proper form.• Review the Stay With the Fight Fitness Guide and choose which of the three calendars you'll follow for your workouts.• Read the Eat Right for the Fight Nutrition Guide and start planning for how you'll follow the 7-Day Metabolic Jump-Start Plan. Remember: HALF of your results depend on what you eat!	
Day 2	"Before" Pictures and Measurements	<p>Don't forget to take your "before" pictures and measurements, and record them on the card that's included in the kit. "Like" this post after you've done it, so everyone in the Group can see!</p>	

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WEEK 0

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 3	Schedule	Choose your daily Monday through Saturday workout schedule and block off those times on your calendar. We'll start on [DATE] and end on [DATE].	
Day 4	Beachbody Challenge™ Contest	Log on to BeachbodyChallenge.com and sign up to take the Challenge. You'll get a free T-shirt at the end of the program and have a chance to win cash and prizes! After you've signed up, click "Like."	
Day 5	Getting Started Tip	Make sure you have enough room for your COMBAT workouts. Also: Write down your goals, and be specific! Want to finally get those rock-hard abs? Add definition to your biceps and shoulders? Look great for a big social event? Put your goals on paper and post them where you can see them.	
Day 6	SuperGym® Login	Log in to SuperGym® on Team Beachbody® (www.TeamBeachbody.com/GetFit/SuperGym), and auto-schedule your workouts for 60 days, starting on [DATE]. You can also use SuperGym to log your measurements and daily workouts. That's how we'll all track our progress!	
Day 7	Get to know you	<p>Let's introduce ourselves!</p> <p>No pressure—don't write a novel! Just briefly answer these 7 simple questions. Copy and paste in the comment section with your answers!</p> <ol style="list-style-type: none"> 1. Name 2. Where you live 3. Occupation 4. What Shakeology® flavor you're drinking 5. One part of your body you'd like to work on the most 6. What you usually have for breakfast 7. Why you chose COMBAT 	

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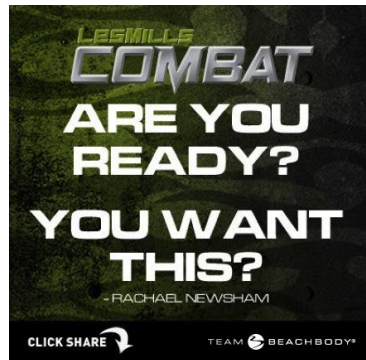

Daily Coaching Guide



Week 1

Day of Week	COMBAT WARRIOR	SUPREME WARRIOR	ULTIMATE WARRIOR HYBRID
Day 1	COMBAT 30	COMBAT 30	COMBAT 30
Day 2	HIIT: Power	HIIT: Power	HIIT: Power & Inner Warrior
Day 3	COMBAT 45	COMBAT 45	COMBAT 30 & Core Attack
Day 4	Rest	COMBAT 60	HIIT: Plyo & Inner Warrior
Day 5	HIIT: Plyo	HIIT: Plyo	COMBAT 45
Day 6	COMBAT 30	COMBAT 60	Warrior 2: Lower Body
Day 7	Rest	Rest	Rest

WEEK 1

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Video	Get ready to rock Week 1 with this video from Rach and Dan! http://bcove.me/v4eob9tf	
Day 2	Fitness Tip	You're doing it: the COMBAT Challenge! How fun was COMBAT 30? And how tough was HIIT: Power? Don't forget: By using proper form, you'll burn more calories, work muscles harder, and get the awesome results you want. Believe it!	 Download Now
Day 4	Nutrition Tip	How's the 7-Day Metabolic Jump-Start going? Remember, HALF of your results come from what you eat! To get as ripped and lean as possible, you NEED to stick to smart nutrition. If you're finding it difficult—or easy—maybe others in the Group are too. So post a comment below!	 Download Now

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 5	Getting Started Tip	Let's review how to punch properly: Keep your elbows soft. Strike your opponent with your two biggest knuckles. Rotate your body as you throw a cross jab, uppercut, or hook. Use good technique and you'll burn more calories, plus really chisel your abs and entire upper body.	
Day 6	Shakeology	Try this yummy Shakeology® recipe!	<p>VANILLA SHAKEOLOGY® Just one shake a day helps keep the flab away.</p> <p>Give your blender a workout with this delicious recipe:</p> <p>PB & J</p> <ul style="list-style-type: none"> ½ cup unsweetened almond milk ½ cup water ½ cup red grapes 2 tsp. all-natural peanut butter <p>shakeology</p> <p>Shakeology®. The Healthiest Meal of the Day®</p> <p>Download Now</p>
Day 7	Motivation	Congratulations! You should be proud of yourself for completing Week 1! I know it wasn't easy—but wasn't it fun? Are you feeling great about committing to getting healthy and fit? Keep it real and stay with the fight!	


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Week 2

Day of Week	COMBAT WARRIOR	SUPREME WARRIOR	ULTIMATE WARRIOR HYBRID
Day 1	COMBAT 30	COMBAT 30	COMBAT 30
Day 2	HIIT: Power	HIIT: Power	HIIT: Power & Inner Warrior
Day 3	COMBAT 45	COMBAT 45	COMBAT 30 & Core Attack
Day 4	Rest	COMBAT 60	HIIT: Plyo & Inner Warrior
Day 5	HIIT: Plyo	HIIT: Plyo	COMBAT 45
Day 6	COMBAT 30	COMBAT 60	Warrior 1: Upper Body
Day 7	Rest	Rest	Rest




			WEEK 2
Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Video	To get the best results from your workout, check out Rach's tips for proper stance in this week's video: http://bcove.me/hh0burde . And don't end up on a surfboard!	
Day 2	Workout Tip	Want a little boost to get you through intense workouts? Beachbody's E&E Energy and Endurance® Formula is a preworkout drink scientifically formulated to improve your energy, strength, and endurance—plus it's all natural. Let it fuel your inner warrior—give it a try!	
Day 3	Nutrition Tip	Drink two glasses of water when you wake up. Fluids are crucial for heart function and for maintaining healthy blood pressure. The body needs hydration to transport carbohydrates, vitamins, minerals, and oxygen to the cells. Plus, water lubricates muscles and joints to keep them in healthy working order.	 Download Now

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WEEK 2

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 4	Fitness Tip	Remember: Don't let your guard drop! Keeping your fists up throughout your workout strengthens your shoulders for a lean, powerful upper body.	 <p>Download Now</p>
Day 6	Shakeology Benefits	If you've been keeping up with your daily Shakeology® routine, you should be experiencing positive changes. Do you feel more energized?	 <p>shakeology</p> <p>In a recent survey of nearly 3,000 daily Shakeology® drinkers:</p> <p>86% report increased energy levels.*</p> <p>Need a healthy boost? Maca root is Shakeology's secret weapon that helps increase your energy and endurance.</p> <p><small>*Based on a survey of 2,769 Shakeology users who drank Shakeology 5 or more times per week and exercised 3 times per week.</small></p> <p><small>*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.</small></p> <p>Download Now</p>
Day 7	Motivation	"Successful people do the things that unsuccessful people won't do."—Jeff Olson Congratulations on your commitment to doing what it takes to get fit and healthy—and completing Week 2 of your COMBAT Challenge! Check out Cory B. who won \$500 for his transformation with LES MILLS COMBAT!	 <p>Cory B. WON \$500!</p> <p>"I am proud of losing over 30 pounds in 60 days and becoming a better person. I feel great that I have been able to share my results with family and friends and inspire others to start their own fitness journey. It is such a rewarding experience."</p> <p>BEACHBODY CHALLENGE</p> <p>Download Now</p>

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Week 3

Day of Week	COMBAT WARRIOR	SUPREME WARRIOR	ULTIMATE WARRIOR HYBRID
Day 1	COMBAT 60	COMBAT 60	COMBAT 60
Day 2	HIIT: Power	HIIT: Power	HIIT: Power & Inner Warrior
Day 3	COMBAT 30	COMBAT 30	COMBAT 60
Day 4	Rest	HIIT: Plyo	HIIT: Plyo & Inner Warrior
Day 5	COMBAT 60	COMBAT 60	COMBAT 30 & Core Attack
Day 6	HIIT: Plyo	HIIT: Power	COMBAT 45
Day 7	Rest	Rest	Rest

WEEK 3

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Video	Watch Dan's pointers for proper technique, and you'll be kicking like a real martial arts expert. Click here: http://bcove.me/obbqbgmb	
Day 2	Fitness Tip	When you do COMBAT, squeeze your fist with every punch. Why? It increases your punching power, which scorches more calories, which gets you more RIPPED. Plus, it makes you feel like a total badass. Breianna G. got the most out of her COMBAT workouts. She lost 10 lbs. in only 60 days, and gained lean muscle while she was at it. Check out her amazing results!	 <p style="text-align: center;">Download Now</p>
Day 3	Nutrition Tip	After pushing your body to the limit, help it bounce back with Results and Recovery Formula [®] . One little scoop replenishes vital nutrients to increase your body's own ability to recover. And it tastes delicious! Message me for details—and keep up the good work!	

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 4	Fitness Tip	Feeling sore? That's why stretching is so important. It increases blood flow to the muscles, and can help improve flexibility. Plus, it might help reduce the soreness and keep you feeling ready to fight!	
Day 6	Shakeology	<p>Real talk: Are you feeling digestive discomfort at this stage in the game? Try using ½ scoop of Shakeology®, twice daily—then slowly work up to 1 full scoop per serving.</p> <p>OR</p> <p>Are you having trouble "going"? Make sure you drink lots of water. Plus, consider adding some healthy fats to your diet, like coconut oil, olive oil, or avocados. Keep with it! A survey from May 2013 shows that if you drink Shakeology every day, your digestion and regularity may improve!</p>	<p>shakedology In a recent survey of daily Shakeology® drinkers: 82% reported improved digestion.*</p> <p>Shakeology's proprietary blend of prebiotics and probiotics help create a healthy intestinal tract.</p> <p><small>*Based on a survey of 874 Shakeology users with digestion concerns who drank Shakeology 5 or more times per week and exercised 3 times per week. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.</small></p> <p>Download Now</p> <p>shakedology In a recent survey of daily Shakeology® drinkers: 91% said it helped improve their regularity.*</p> <p>Shakeology's fiber and probiotics help keep your pipes clean—very clean.</p> <p><small>*Based on a survey of 1,158 Shakeology users with regularity concerns who drank Shakeology 5 or more times per week and exercised 3 times per week. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.</small></p> <p>Download Now</p>
Day 7	Motivation	Why it's important to make a plan: "Setting goals is the first step in turning the invisible into the visible."—Tony Robbins	<p>1. BE REALISTIC with your goals 2. WRITE DOWN your goals and be specific 3. VISUALIZE your results 4. REWARD yourself for success</p> <p>Download Now</p>

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Daily Coaching Guide



Week 4

Day of Week	COMBAT WARRIOR	SUPREME WARRIOR	ULTIMATE WARRIOR HYBRID
Day 1	COMBAT 60	COMBAT 60	COMBAT 60
Day 2	HIIT: Plyo	HIIT: Plyo	Warrior 1: Upper Body & Core Attack
Day 3	COMBAT 30	COMBAT 30	COMBAT 60
Day 4	Rest	HIIT: Power	Warrior 2: Lower Body & Inner Warrior
Day 5	COMBAT 45	COMBAT 60	COMBAT 60
Day 6	HIIT: Power	HIIT: Plyo	Warrior 1: Upper Body & Core Attack
Day 7	Rest	Rest	Rest

WEEK 4




Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Video	What do you think: Does getting into amazing shape have much to do with what you eat? OH, YEAH! But don't take my word for it. See what Rach has to say in this week's video: http://bcove.me/sm8v951v	
Day 2	Motivation	Check out Mic S.'s amazing 36-lb. weight loss with LES MILLS COMBAT + Shakeology®! "Nothing compares to the nutritional value that Shakeology gives me daily. The one thing that always kept me dedicated was the support of my COMBAT Group. I am a competitor and there was no way that I was going to be the only one in the Group that didn't Push Play."	 <p>Before: 215 lbs. After: 179 lbs.</p> <p>Download Now</p>
Day 3	Fitness Tip	Are you feeling changes in your energy level, or noticing that your clothes fit differently? There's more to improving your body than tracking numbers on a scale.	 <p>Download Now</p>

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WEEK 4

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 4	Nutrition Tip	In a recent University of Minnesota study, people who started a weight loss program with higher vitamin D levels lost more weight than those with less of the nutrient. Also, vitamin D's been shown to boost the effects of the hormone leptin, which makes us feel full. So try adding 1,000 IUs of vitamin D to your diet to help accelerate your weight loss!	
Day 5	Motivation	"Always concentrate on how far you have come, rather than how far you have left to go. The difference in how easy it seems will amaze you."—Heidi Johnson	 <p>Download Now</p>
Day 6	Shakeology	This recipe is oh-so-simple, yet oh-soooooo tasty. Tastes like mint chocolate chip ice cream! Frozen Mint Chocolate (163 calories) 1 scoop Chocolate Shakeology® ¼ tsp. mint extract 1 cup water 1 cup ice	 <p>Download Now</p>
Day 7	Fitness Tip	Try the trainers' secret for great form and amazing results: LES MILLS COMBAT Training Gloves. With these bad boys on, you can track where your fists are at all times to hold proper position, fully engage all your arm muscles, punch harder, strike more forcefully, incinerate calories—and really maximize your workout. www.teambeachbody.com/shop/-/shopping/LMCGloves	 <p>Download Now</p>


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Week 5

Day of Week	COMBAT WARRIOR	SUPREME WARRIOR	ULTIMATE WARRIOR HYBRID
Day 1	COMBAT 30	COMBAT 30	COMBAT 60 LIVE
Day 2	COMBAT 60	COMBAT 60	Warrior 2: Lower Body & Inner Warrior
Day 3	COMBAT 45	COMBAT 45	COMBAT 45
Day 4	Rest	COMBAT 30	Warrior 1: Upper Body & Core Attack
Day 5	COMBAT 60	COMBAT 45	COMBAT 60 LIVE
Day 6	COMBAT 30	COMBAT 30	Warrior 2: Lower Body & Inner Warrior
Day 7	Rest	Rest	Rest

			WEEK 5
Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Video	You're halfway there! Dan wants you to congratulate yourself—and CHALLENGE yourself to pump up your results even more. He has something specific in mind, so check it out: http://bcove.me/de565sed	
Day 2	Fitness Tip	You may have noticed there are no HIIT workouts in Week 5. Why? For optimal results, High Intensity Interval Training is always done in 3- to 4-week blocks with 1 week of recovery. But don't worry: This week gives you plenty of other ways to work hard and melt off that fat. So keep it real and stay with the fight!	 Download Now
Day 3	Nutrition Tip	Postworkout recovery tip: Eat a fruit snack within 30 minutes of finishing your workout. Your body needs the sugar to replace the glycogen in the muscles so you'll have energy the next day.	

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 4	Motivation	<p>Track your progress: Take your Day 30 photos and measurements. Can you believe how much you've changed? Share your results to inspire others, and be inspired by theirs. Accountability and motivation from each other helps the Group reach goals, so go for it!</p> <p>Anthony tracked his results, and look what he was able to do with COMBAT!</p>	 <p>Anthony C. WON \$500!</p> <p>BEFORE AFTER</p> <p><small>*After nine weeks with Les Mills Combat, I dropped a few pant sizes, I have quicker reflexes, more strength, stamina, flexibility, and superior inner core. I feel more confident about my body and my performance as a martial artist.</small></p> <p>BEACHBODY CHALLENGE</p> <p>Download Now</p>
Day 6	Shakeology	<p>Stay on track with Shakeology®, the Healthiest Meal of the Day®! What benefits have you noticed in your first month of drinking Shakeology?</p>	
Day 7	Motivation	<p>We all have low-energy days. Do your workout anyway. Remember why you committed to COMBAT—those reasons still apply, and you can do this!</p> <p>"You can't wait for inspiration. You have to go after it with a club."—Jack London</p>	 <p>Download Now</p>

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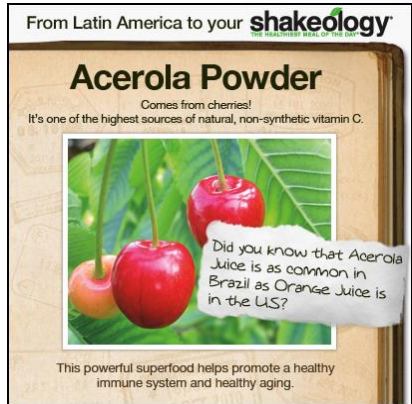


Week 6

Day of Week	COMBAT WARRIOR	SUPREME WARRIOR	ULTIMATE WARRIOR HYBRID
Day 1	COMBAT 60	COMBAT 60	COMBAT 45
Day 2	HIIT: Power	HIIT: Power	Warrior 1: Upper Body & Core Attack
Day 3	COMBAT 45	COMBAT 45	COMBAT 60 LIVE
Day 4	Rest	HIIT: Plyo	Warrior 2: Lower Body & Inner Warrior
Day 5	COMBAT 60 LIVE	COMBAT 60 LIVE	COMBAT 60 LIVE
Day 6	HIIT: Plyo	HIIT: Power	Warrior 2: Lower Body & Inner Warrior
Day 7	Rest	Rest	Rest

WEEK 6

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Video	Seriously, you've GOT to watch Rach's tips for raising the intensity of your program—it will make a real difference in your results. Plus, see her demonstrate the kata from LES MILLS COMBAT 60 LIVE: http://bcove.me/nh6d5tsp	
Day 2	Fitness Tip	LES MILLS COMBAT is the only martial arts workout we know that includes High Intensity Interval Training. Unlike lower-intensity cardio, HIIT forces a hormone release that alters your metabolic process, which prompts a rapid change in body composition. Look at how well defined your muscles are compared to just weeks ago and you'll see what we're talking about!	
Day 3	Nutrition Tip	Have you tried the mixers, mix-ins, or recipes in the Water Bar section of your Eat Right for the Fight book? Remember that thirst can masquerade as hunger, so drink a glass of water before meals—you might just eat less.	

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 4	Motivation	How are your abs looking? Can you believe that rock-hard superstar stomach under your shirt belongs to you? Check out some of these COMBAT results for inspiration!	 <p style="text-align: center;">Download Now</p>
Day 5	Shakeology	Awesome thought: When you drink Shakeology® daily, you're getting superfoods and minerals that health nuts like Shakeology creator Darin Olien spend their lives searching for! Here's a really cool ingredient:	 <p style="text-align: center;">Download Now</p>
Day 6	Fitness Tip	Ready to work even harder at chiseling your abs, sculpting your upper body, leaning out your legs, and building strength all over? Get 4 more body-shredding workouts with Dan and Rach in the LES MILLS COMBAT Supreme Warrior Kit. Ask me for details.	

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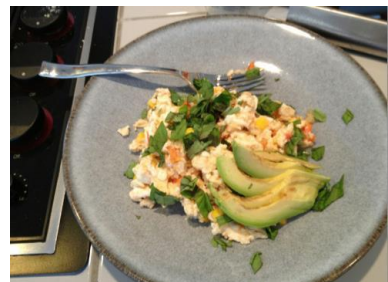
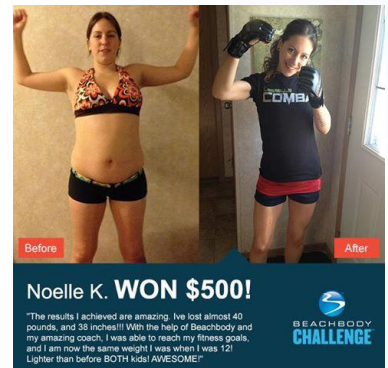

Daily Coaching Guide



Week 7

Day of Week	COMBAT WARRIOR	SUPREME WARRIOR	ULTIMATE WARRIOR HYBRID
Day 1	COMBAT 60 LIVE	COMBAT 60 LIVE	COMBAT 45
Day 2	HIIT: Plyo	HIIT: Plyo	HIIT: Power & Inner Warrior
Day 3	COMBAT 45	COMBAT 45	COMBAT 60 LIVE
Day 4	Rest	HIIT: Plyo	HIIT: Plyo & Core Attack
Day 5	COMBAT 60 LIVE	COMBAT 60 LIVE	COMBAT 60 LIVE
Day 6	HIIT: Power	HIIT: Power	HIIT: Power & Inner Warrior
Day 7	Rest	Rest	Rest

			WEEK 7
Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Video	Dan's got great advice on nutrition, accountability, and sleep, plus a demo of the Evasive Side Kick. This dude shows you how to fly! Watch here: http://bcove.me/00kvcalq	
Day 3	Fitness Tip	It's not too late to up your game with LES MILLS COMBAT Training Gloves. These bad boys make it easier to hold proper fist position. Plus, as your hands grip and squeeze the gloves, you engage all your arm muscles, punch harder, and strike with more force, which helps burn more calories. And THAT translates into even more amazing results! Ask me for details.	

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 4	Nutrition Tip	From grapefruit to eggs, you'll find 7 Foods to Jump-Start Your Metabolism in your Eat Right for the Fight guide. Each one helps increase your metabolic rate, melt fat, and suppress your appetite—so make sure to have at least one daily. Anyone made the Rainbow Scramble yet? Yum!	 Download Now
Day 5	Motivation	The joy of discipline or the pain of regret—which will it be today? Post your answer below, and check out Noelle. She started with Slim in 6® and then went to battle with LES MILLS COMBAT—losing 38 inches and 40 pounds total!	 Noelle K. WON \$500! <small>"The results I achieved are amazing. I've lost almost 40 pounds, and 38 inches!!! With the help of Beachbody and my amazing coach, I was able to reach my fitness goals, and I am now the same weight I was when I was 12. Lighter than before BOTH kids! AWESOME!"</small> Download Now
Day 6	Shakeology	Try this fun recipe. Berry Surprise: 1 scoop Tropical Strawberry Shakeology®, 1 cup unsweetened almond milk, ½ cup berry medley, 1 banana, ice to taste. Berry delicious!	
Day 7	Motivation	<p>"We do not stop exercising because we grow old; we grow old because we stop exercising." —Dr. Kenneth Cooper</p> <p>Don't stop exercising now; you've just finished Week 7 of your COMBAT Challenge. Let's support each other for this next week!</p>	 Download Now

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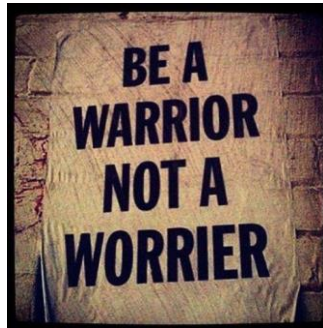



Week 8

Day of Week	COMBAT WARRIOR	SUPREME WARRIOR	ULTIMATE WARRIOR HYBRID
Day 1	COMBAT 45	COMBAT 45	COMBAT 45
Day 2	HIIT: Plyo	HIIT: Plyo	HIIT: Plyo & Core Attack
Day 3	COMBAT 60 LIVE	COMBAT 60 LIVE	COMBAT 60 LIVE
Day 4	HIIT: Power	HIIT: Plyo	HIIT: Power & Inner Warrior
Day 5	COMBAT 45	HIIT: Power	COMBAT 45
Day 6	HIIT: Plyo	COMBAT 45	HIIT: Plyo & Core Attack
Day 7	Rest	Rest	Rest

WEEK 8

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Video	"The change comes when you challenge yourself, and if it doesn't challenge you, it ain't gonna change you!" says Rach. So let her teach you how to do "the sweatiest move yet" properly. Watch this: http://bcove.me/n82tjbyn	
Day 2	Fitness Tip	By now, you've seen that LES MILLS COMBAT gives you hard, lean muscles very quickly—but how? The science behind it is called Fast Twitch Integration. Fast-twitch muscle fibers are the ones with the greatest capacity for change. By combining the most dynamic moves from 6 martial arts, COMBAT works those muscle fibers like crazy! Who knew burning so many calories could be so much fun?	
Day 3	Nutrition Tip	You've been eating well for the past 8 weeks. Do you feel better because of it? Do you have any more energy? Are you sleeping better? Tell us about it below.	
Day 4	Coach Lead Generation	By now I bet a lot of people are commenting on your new look. And it feels pretty darn good, doesn't it? Well, if you've ever thought about "paying it forward" and helping someone else get results like yours, perhaps becoming a Team Beachbody® Coach is right for you. Anyone out there inspired to become a Coach? I'm sure you have a ton of questions about what's involved—so send them my way.	

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 5	Motivation	Challenge yourself to lift your knees a little higher, punch a little harder, and attack your workout with more energy today. Surrender to your Inner Warrior!	 Download Now
Day 6	Health Tip/Benefits	<p>You CAN keep the weight off!</p> <p>Studies show that people who eat breakfast every day are less likely to regain the weight they recently lost. And by eating a protein-rich breakfast (like Shakeology®), you'll feel full longer, plus you won't have the urge to snack throughout the day.</p>	 Download Now
Day 7	Motivation	What's your favorite music track in the COMBAT program? Do you sing along like Dan and Rach? Got a playlist that makes you smile and work harder? Tell us your favorite workout tunes here—and stay with the fight!	

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Week 9

Day of Week	COMBAT WARRIOR	SUPREME WARRIOR	ULTIMATE WARRIOR HYBRID
Day 1	COMBAT 60 LIVE	COMBAT 60 LIVE	COMBAT 60 LIVE
Day 2	HIIT: Power	HIIT: Power	HIIT: Power & Inner Warrior
Day 3	COMBAT 45	COMBAT 45	COMBAT 45
Day 4	HIIT: Plyo	HIIT: Plyo	HIIT: Plyo & Core Attack

WEEK 9

Day of Week	Topic	Facebook Post (Copy and Paste)	Images
Day 1	Video	Home stretch—you've made it to the LAST 4 DAYS! Get your props from Dan and Rach: http://bcove.me/r7mu52dy Also, get ready to take your Day 60 photos, in the same clothes you wore in your other photos. It's almost time to show off your results!	
Day 2	Motivation	Remember those goals you set at the beginning—did you reach them? How is your life different today? Make sure you send your photos and results to the Beachbody Challenge™. Someone's going to win cash and prizes, why not you? You've put in the hard work!	
Day 3	Shakeology	Have you been able to feel more energized, curb junk food cravings, and achieve great nutrition with the help of Shakeology®? If you have, click "Like"!	
Day 4	Fitness Tip	Congratulations, you've completed the LES MILLS COMBAT Challenge! How do you plan to maintain your awesome results—or build on them? I have some ideas—like LES MILLS PUMP. Sculpt sleek, hard muscles all over, working out just 3 days a week! (Including some workouts with Dan and Rach.) For details, ask me. Meanwhile, take those Day 60 photos and send your Success Story to BeachbodyChallengeContest.com — you'll get a FREE Stay With the Fight T-shirt. Once more: congrats!	 <p>Download Now</p>