

28 DAYS TO INVINCIBLE

TRAINING SCHEDULE

LES MILLS
BODYCOMBAT
INVINCIBLE

WEEK ONE

WEEK TWO

WEEK THREE

WEEK FOUR

MON

WORKOUT #1
7 min

WORKOUT #5
13 min

WORKOUT #9
18 min

WORKOUT #12
35 min

TUE

WORKOUT #2
16 min

WORKOUT #6
16 min

REST

REST

WED

REST

REST

WORKOUT #10
20 min

WORKOUT #13
32 min

THU

WORKOUT #3
17 min

WORKOUT #7
9 min

REST

REST

FRI

WORKOUT #4
15 min

WORKOUT #8
20 min

WORKOUT #11
29 min

WORKOUT #14
44 min