

Use this FAQ to find answers to any additional questions you may have about LES MILLS COMBAT.

### **Q. What do you need to be successful with LES MILLS COMBAT?**

- **Space.** You need just enough room to move front to back and side to side. A small living room space should do the trick.
- **Equipment.** Dumbbells within a certain weight range are used in the POWER HIIT workout and the Ultimate Warrior Kit's WARRIOR 1: UPPER BODY BLOW OUT workout to advance your fitness level and to get serious definition! Dumbbells are optional for the SHOCK PLYO HIIT 2 workout and the Ultimate Warrior Kit's CORE ATTACK. You may also find that wearing the LES MILLS COMBAT Training Gloves when you're working out will amp up your intensity and help you deliver more accurate punches.
- **Supplements** that are recommended include:
  - Shakeology®. This ultra-premium nutrition shake promotes digestive health, energy, and even weight loss.\*
  - Results and Recovery Formula®. A postworkout drink containing the optimal balance of proteins and carbohydrates to help replenish the body, mend sore muscles, and restore energy after sweating it out.\*
  - E&E Energy and Endurance™. This preworkout drink helps provide the energy to go ALL THE WAY. It is scientifically formulated to improve endurance, muscle performance, and focus during every workout.\*

### **Q. How do you start the program? Do you have to be in great shape?**

LES MILLS COMBAT is designed to work for people of all fitness levels, and also can be used as an excellent complement to any other workout program. The 30-minute The Basics DVD is included and provides instruction on how to perform each of the 6 martial arts disciplines used in the program. Additionally, the Stay With the Fight Fitness Guide includes three workout calendars, so you can tailor your program to your own individual needs.

### **Q. Is there a Team Beachbody®/Coach exclusive for LES MILLS COMBAT?**

Yes! Anyone who orders LES MILLS COMBAT through Team Beachbody or a Coach gets a FREE bonus workout—**LES MILLS COMBAT 30: LIVE**. It's a unique opportunity to join the LES MILLS COMBAT trainers for a high-voltage COMBAT class that was shot live in the UK! The moves are designed to carve leaner arms, shoulders, and upper back, while delivering explosive leg training and high-intensity cardio to kick-start anyone's metabolic burn.

**Q. How much does LES MILLS COMBAT cost?**

• **LES MILLS COMBAT kit:**

\$59.85; Club member: \$53.87; Coach: \$44.89 PV: 45

60-day money-back guarantee of the purchase, less shipping and handling.

The link below will direct your customers to the LES MILLS COMBAT page in the Team Beachbody Shop. Simply add your Coach repID to the end of the URL and share the link, and you'll get credit for the resulting purchase.

<http://www.teambeachbody.com/shop/-/shopping/LMCBaseP?referringReplD=yourID>

Please note that in order to receive credit for the sale, the purchaser must click on the link containing *your* Coach repID.

**Q. How much does it cost to ship?**

- As of December 4, 2012, shipping and handling will cost \$14.95 for the LES MILLS COMBAT Kit, \$14.95 for the Supreme Warrior Kit, and \$14.95 for the Ultimate Warrior Kit.

**Q. I ordered the LES MILLS COMBAT Supreme Warrior Kit or Ultimate Warrior Kit, but the LES MILLS COMBAT Training Gloves were not included with my shipment. When will my LES MILLS COMBAT Training Gloves arrive?**

- Your LES MILLS COMBAT Training Gloves will arrive no later than December 31, 2012.

**Q. Is there an option to only buy an additional pair of LES MILLS COMBAT Training Gloves?**

- Yes. The LES MILLS COMBAT Training Gloves will be available for individual purchase at the LES MILLS COMBAT page in the Team Beachbody Shop by December 31, 2012.

**Q. How do I measure my glove size?**

- To estimate your proper glove size, wrap a measuring tape around your four knuckles starting from your index finger to your pinkie and back to your index finger, and measure the number of inches. Use the chart below to determine your glove size.

SIZE

S=below 8"

M=8-8.75"

L=above 8.75"

**Q. Why would I need the LES MILLS COMBAT Training Gloves?**

- The LES MILLS COMBAT Training Gloves make it easier for you to hold proper fist position as your hand actually grips and squeezes the glove. You contract and engage all the muscles in your forearm, as well as the biceps and triceps in your upper arm. That means you can punch harder and strike with more force. They also help you maintain focus on where your hands and arms are, reminding you to always bring your hands back to the high-guard position.

**Q. What materials are the Training Gloves made of?**

- The gloves contain NO LATEX and are made of a premium synthetic and leather construction. They're lined with laminated nylon cloth, and are cushioned with high-density foam padding. A snug fit is ensured by a wraparound Velcro® strip fastener.

**NOTE: Do not use the LES MILLS COMBAT Training Gloves for boxing, mixed martial arts, sparring, contact sports, or any training involving boxing bags or other objects. Do not use the LES MILLS COMBAT Training Gloves to hit, punch, or strike anyone or anything.**

**Q. Will the Training Gloves weigh me down?**

•These gloves are designed to be lightweight for quick and easy movement. Here are the exact weights:

**Small:** approx. 5.86 oz./pair; **Medium:** approx. 6.31 oz./pair; **Large:** approx. 6.80 oz./pair

**Q. How big are the gloves?**

•**Size Small:** approx. 8.07” (L) x 4.52” (W) x 3.74” (Wrist)

•**Size Medium:** approx. 8.46” (L) x 4.72” (W) x 4.13” (Wrist)

•**Size Large:** approx. 8.66” (L) x 4.92” (W) x 4.33” (Wrist)

**Q. Can I use weighted gloves with the LES MILLS COMBAT program?**

•We advise you not to use weighted gloves. In LES MILLS COMBAT, you are doing so many punches and different strikes (karate, muay thai, boxing, etc.) that adding additional weight to your hands/arms could potentially lead to injury. Instead, the LES MILLS COMBAT Training Gloves are the right tool to help with your punching techniques, because the better your technique and form, the more intensity you can bring to your workout, and the more significant results you can get.

**Q. Is there a LES MILLS COMBAT Challenge Pack?**

• Yes. The Challenge Pack contains the LES MILLS COMBAT Base Kit, a 30-day supply of Shakeology with Home Direct\*\*, and a FREE 30-day trial membership to Team Beachbody VIP Club.\*\*\*†

Coaches, here’s how to direct customers to your LES MILLS COMBAT Challenge Pack page:

1. Insert your repID into the link below:

[Add link]

2. Copy and paste the link into an email to your customers.

**Q. Have additional questions?**

Check out the Team Beachbody Message Boards or reach out to Coach Relations.

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

\*\*With Shakeology Home Direct, you’ll receive this item every 30 days, shipped directly to your door and billed to your credit card in the amount of \$119.95 a month (or \$129.95 a month for vegan Tropical Strawberry or Chocolate Vegan Shakeology)—only about \$4.00 a day!—which includes FREE shipping to your doorstep. You may cancel at any time to avoid future charges by calling Customer Service at 1 (800) 470-7870.

\*\*\*After your first 30 days, you’ll be automatically billed to continue your Team Beachbody VIP Club membership at a cost of \$2.99 a week, billed \$38.87 per quarter in advance to your credit card. You can cancel anytime to avoid future charges by calling Customer Service at 1 (800) 470-7870.

†Offer not valid for current paying Team Beachbody VIP Club members.