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Whether at home or in the gym, BODYCOMBAT is the empowering group fitness cardio workout where you are totally unleashed. This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai.

BODYCOMBAT Mixed Martial Art Workouts Les Mills

Step into a BODYCOMBAT workout and you'll punch and kick your way to fitness, burning up to 740 calories** along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master.

Body Combat - El Complex - www.elecomplex.cat

Body Combat El Complex, EL COMPLEX MUNICIPAL DE PISCINES. Inici: Instal·lacions, Espais aquàtics, Espais terrestres

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Body Electric exercises strengthen your muscles without stressing your joints. Streaming video is now available which offers the original Body Electric shows (and music) that have aired on PBS stations since 1984. Customize your workout with exercise variations to accommodate your fitness level.