

BURN PHASE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Burn Circuit 1	Rest Day	Burn Circuit 2	Burn Intervals & Ab Burner	Burn Circuit 3	Burn it Off & Recharge	Rest Day
Burn Circuit 1	Rest Day	Burn Circuit 2	Burn Intervals & Ab Burner	Burn Circuit 3	Burn it Off & Recharge	Rest Day
Burn Circuit 1	Rest Day	Burn Circuit 2	Burn Intervals & Ab Burner	Burn Circuit 3	Burn it Off & Recharge	Rest Day
Burn Circuit 1	Rest Day	Burn Circuit 2	Burn Intervals & Ab Burner	Burn Circuit 3	Burn it Off & Recharge	Rest Day

PUSH PHASE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Push Circuit 1	Rest Day	Push Circuit 2	Burn Intervals & Ab Burner	Push Circuit 3	Burn it Off & Recharge	Rest Day
Push Circuit 1	Rest Day	Push Circuit 2	Burn Intervals & Ab Burner	Push Circuit 3	Burn it Off & Recharge	Rest Day
Push Circuit 1	Rest Day	Push Circuit 2	Burn Intervals & Extreme Abs	Push Circuit 3	Burn it Off & Recharge	Rest Day
Push Circuit 1	Rest Day	Push Circuit 2	Burn Intervals & Extreme Abs	Push Circuit 3	Burn it Off & Recharge	Rest Day

LEAN PHASE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lean Circuit 1	Rest Day	Lean Circuit 2	Burn Intervals* & Extreme Abs*	Lean Circuit 3	Burn it Off* & Recharge	Rest Day
Lean Circuit 1	Rest Day	Lean Circuit 2	Burn Intervals* & Extreme Abs*	Lean Circuit 3	Burn it Off* & Recharge	Rest Day
Lean Circuit 1	Rest Day	Lean Circuit 2	Burn Intervals* & Extreme Abs*	Lean Circuit 3	Burn it Off* & Recharge	Rest Day
Lean Circuit 1	Rest Day	Lean Circuit 2	Burn Intervals* & Extreme Abs*	Lean Circuit 3	Burn it Off* & Recharge	Rest Day

* If you own the Delux DVD's replace:
 Burn Intervals with Get Lean Intervals
 Extreme Abs with I've Got Abs
 Burn it Off with Fat Burn Challenge

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Farheen Khan



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A Hijabi's Journey to Live, Laugh and Love Farheen Khan, 2018-10-09 This is the story of Farheen Khan and her inspiring voyage as she rose above betrayal culture and tradition to live in the present She will motivate all women to face challenges and reevaluate their purposes in life in order to focus on what matters most **PUSH (Enhanced Edition)**

Chalene Johnson, 2017-01-03 Let Chalene Johnson turbocharge your habits your diet and your life with the updated enhanced edition of PUSH that includes 18 exclusive videos of Chalene discussing her trademark 30 day program plus motivational and organizational techniques With a brand new chapter PUSH distills the wisdom that has made Chalene a fitness queen a totally unique 30 day system that helps you reset your priorities get your life together and lose weight for good Chalene gives you the life changing tools you need to change your habits with 30 days of practical steps that include pinpointing goals reverse engineering a course of action to achieve them and kicking the clutter whether that means junk food draining exercise regimens or toxic relationships In one month you will learn how to create layers of accountability and support so that success is your only option Additionally Chalene shares 30 ridiculously easy and delicious Throw and Go Recipes that she a self confessed mess in the kitchen created herself She also guides you to find your soul mate workouts the exercises you ll love for life and that will never feel like work Her Bangin Body Workout gives you the 30 moves you need for total body fitness for life **PUSH** Chalene Johnson, 2017-01-03 Let Chalene Johnson turbocharge your habits your diet and your life with the updated edition of PUSH With a brand new chapter PUSH distills Charlene s hard earned wisdom and expertise into a totally unique 30 day system that will help you reset your priorities develop new habits and lose weight for good Chalene gives you the life changing tools you need to change your habits with 30 days of practical steps that include pinpointing goals reverse engineering a course of action to achieve them and kicking the clutter whether that means junk food draining exercise regimens or toxic relationships In one month you will learn how to create layers of accountability and support so that success is your only option PUSH also includes 30 ridiculously easy and delicious Throw and Go Recipes that Chalene a self confessed mess in the kitchen created herself And of course no book from Charlene is complete without her Bangin Body Workout the key moves you need for total body fitness for life **Business in the Cloud** Michael H. Hugos, Derek

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