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

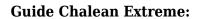
LEAN PHASE

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

Guide Chalean Extreme

Chalene Johnson



Decoding **Guide Chalean Extreme**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Guide Chalean Extreme**," a mesmerizing literary creation penned with a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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