

## BURN PHASE

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

## PUSH PHASE

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

## LEAN PHASE

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

**Joe Tomlinson**



## **Guide Chalean Extreme:**

**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)**

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Hulitzky, 2010-09-24 A close look at cloud computing s transformational role in business Covering cloud computing from what the business leader needs to know this book describes how IT can nimbly ramp up revenue initiatives positively impact business operations and costs and how this allows business leaders to shed worry about technology so they can focus on their business It also reveals the cloud s effect on corporate organization structures the evolution of traditional IT in the global economy potential benefits and risks of cloud models and most importantly how the IT function is being rethought by companies today who are making room for the coming tidal wave that is cloud computing Why IT and business thinking must change to capture the full potential of cloud computing Topics including emerging cloud solutions data security service

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## Reviewing **Guide Chalean Extreme**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Guide Chalean Extreme**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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