

CHALean Extreme

Push Phase

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Push Circuit	Rest	Push Circuit	Burn Intervals & Ab Burner	Push Circuit	Burn It Off & Recharge	Rest
Push Circuit	Rest	Push Circuit	Burn Intervals & Ab Burner	Push Circuit	Burn It Off & Recharge	Rest
Push Circuit	Rest	Push Circuit	Burn Intervals & Extreme Abs	Push Circuit	Burn It Off & Recharge	Rest
Push Circuit	Rest	Push Circuit	Burn Intervals & Extreme Abs	Push Circuit	Burn It Off & Recharge	Rest
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Guide Chalean Extreme

Kathleen Armour



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