

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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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

Business in the Cloud Michael H. Hugos, Derek Hultitzky, 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 reliability the new role of IT and new business organization structures Other titles by Hugos include Business Agility Sustainable Prosperity in a Relentlessly Competitive World and Essentials of Supply Chain Management 2nd Edition Practical and timely this book reveals why it s worth every company s time and effort to exploit cloud computing s potential for their business s survival and success

PUSH Chalene Johnson, 2011-12-20 A fitness guru offers a 30 day program for losing weight and cleaning up one s act in a book that includes complete workouts good advice and 30 recipes

[Encyclopedia of Ancient Deities](#) Charles Russell Coulter, Patricia Turner, 2021-12-06 Throughout history humans have pondered the question of their existence In nearly every society part of the answer has included some form of god or goddess For the Mayans one such deity was Ajtzak who tried to create humans from wood for the Yorubas of Africa Shango controlled the thunder and lightning The Chinese of the Shang dynasty era

worshipped Shang Ti Evil deities were also part of the answer as in the case of the Kuvera the Hindu chief of evil in the Vedic period and Tu the Persian or Islamic demon of fatal accidents All of the known ancient gods many heretofore obscure or known only from mythological literature are included in this exhaustive reference work The focus is on their origins histories and functions The people who believed in each deity are identified along with alternate names or spellings both old and modern The descriptions that follow are of the functions origins and physical nature of the deities Extensive cross references are provided for alternate spellings and names *Extreme Sports* Joe Tomlinson,2001 Contains photographs and descriptions of a variety of extreme sports including bungee jumping mountain biking snowboarding and others and provides information on clothing and equipment safety tricks and techniques and venues **Vbs 99 Vertical Extreme Explorer's Guide** LifeWay Christian Resources,1998-12-01

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