

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

Tao Wei



Guide Chalean Extreme:

This book delves into Guide Chalean Extreme. Guide Chalean Extreme is an essential topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Guide Chalean Extreme, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Guide Chalean Extreme
- Chapter 2: Essential Elements of Guide Chalean Extreme
- Chapter 3: Guide Chalean Extreme in Everyday Life
- Chapter 4: Guide Chalean Extreme in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Guide Chalean Extreme. This chapter will explore what Guide Chalean Extreme is, why Guide Chalean Extreme is vital, and how to effectively learn about Guide Chalean Extreme.

3. In chapter 2, this book will delve into the foundational concepts of Guide Chalean Extreme. The second chapter will elucidate the essential principles that must be understood to grasp Guide Chalean Extreme in its entirety.

4. In chapter 3, this book will examine the practical applications of Guide Chalean Extreme in daily life. This chapter will showcase real-world examples of how Guide Chalean Extreme can be effectively utilized in everyday scenarios.

5. In chapter 4, this book will scrutinize the relevance of Guide Chalean Extreme in specific contexts. The fourth chapter will explore how Guide Chalean Extreme is applied in specialized fields, such as education, business, and technology.

6. In chapter 5, the author will draw a conclusion about Guide Chalean Extreme. The final chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Guide Chalean Extreme.

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Guide Chalean Extreme Introduction

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