

START DATE: _____

FINISH DATE: _____

CHALEAN EXTREME BURN PHASE 1



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	REST	BURN CIRCUIT #1	BURN INTERVALS & AB BURNER	BURN CIRCUIT #2	BURN IT OFF & RECHARGE	REST	BURN CIRCUIT #3
WEEK 2	REST	BURN CIRCUIT #1	BURN INTERVALS & AB BURNER	BURN CIRCUIT #2	BURN IT OFF & RECHARGE	REST	BURN CIRCUIT #3
WEEK 3	REST	BURN CIRCUIT #1	BURN INTERVALS & AB BURNER	BURN CIRCUIT #2	BURN IT OFF & RECHARGE	REST	BURN CIRCUIT #3
WEEK 4	REST	BURN CIRCUIT #1	BURN INTERVALS & AB BURNER	BURN CIRCUIT #2	BURN IT OFF & RECHARGE	REST	BURN CIRCUIT #3

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CHALEAN EXTREME BURN PHASE 2



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 5	REST	PUSH CIRCUIT #1	BURN INTERVALS & AB BURNER	PUSH CIRCUIT #2	BURN IT OFF & RECHARGE	REST	PUSH CIRCUIT #3
WEEK 6	REST	PUSH CIRCUIT #1	BURN INTERVALS & AB BURNER	PUSH CIRCUIT #2	BURN IT OFF & RECHARGE	REST	PUSH CIRCUIT #3
WEEK 7	REST	PUSH CIRCUIT #1	BURN INTERVALS & AB BURNER	PUSH CIRCUIT #2	BURN IT OFF & RECHARGE	REST	PUSH CIRCUIT #3
WEEK 8	REST	PUSH CIRCUIT #1	BURN INTERVALS & AB BURNER	PUSH CIRCUIT #2	BURN IT OFF & RECHARGE	REST	PUSH CIRCUIT #3

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CHALEAN EXTREME BURN PHASE 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 9	REST	LEAN CIRCUIT #1	BURN INTERVALS & EXTREME ABS	LEAN CIRCUIT #2	BURN IT OFF & RECHARGE	REST	LEAN CIRCUIT #3
WEEK 10	REST	LEAN CIRCUIT #1	BURN INTERVALS & EXTREME ABS	LEAN CIRCUIT #2	BURN IT OFF & RECHARGE	REST	LEAN CIRCUIT #3
WEEK 11	REST	LEAN CIRCUIT #1	BURN INTERVALS & EXTREME ABS	LEAN CIRCUIT #2	BURN IT OFF & RECHARGE	REST	LEAN CIRCUIT #3
WEEK 12	REST	LEAN CIRCUIT #1	BURN INTERVALS & EXTREME ABS	LEAN CIRCUIT #2	BURN IT OFF & RECHARGE	REST	LEAN CIRCUIT #3

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