

Weight = W Reps = R

Use the spaces provided for each exercise to record the weight lifted and the number of reps performed.

BURN PHASE

BURN CIRCUIT 1	WEEK 1	WEEK 2	WEEK 3	WEEK 4
1. Some Squat with Hip Lift	W _____ R _____			
2. Lunge with Posterior Fly	W _____ R _____			
3. Push-Up with Leg Lift	R _____	R _____	R _____	R _____
4. Dead Lift with Posterior Fly	W _____ R _____			
5. Lunge with Core Rotation	W _____ R _____			
6. Bench Press and Leg Lower	W _____ R _____			
7. Squat with Side Bend	W _____ R _____			
8. Forward-Lean Lunge With DBL Arm Posterior Fly	W _____ R _____			
9. Chest Fly with Hip Lift	W _____ R _____			
BURN CIRCUIT 2	WEEK 1	WEEK 2	WEEK 3	WEEK 4
1. Some Squat with Bicep Curl	W _____ R _____			
2. Lunge with One-Arm Tricep Extension	W _____ R _____			
3. Dead Lift Row	W _____ R _____			
4. Some Squat with Overhead Tricep Extension	W _____ R _____			
5. Dead Lift with Double Row	W _____ R _____			
6. Bowler's Lunge with Single-Arm Row	W _____ R _____			
7. Bicep Curls with Abductor Balance	W _____ R _____			
8. Forward-Lean Lunge with Double Row	W _____ R _____			
9. Triple-Threat Push-Ups	R _____	R _____	R _____	R _____
BURN CIRCUIT 3	WEEK 1	WEEK 2	WEEK 3	WEEK 4
1. Some Squat with Overhead Press	W _____ R _____			
2. Lunge with Calf Raise	W _____ R _____			
3. Squat with Lateral Raise	W _____ R _____			
4. Lunge with Frontal Press	W _____ R _____			
5. Squat with Calf Raise	W _____ R _____			
6. Some Squat with Delt Raises	W _____ R _____			
7. Squat with Double Overhead Press	W _____ R _____			
8. Lunge with Lateral Raise	W _____ R _____			
9. Some Squat with Calf Raise	W _____ R _____			

Guide Chalean Extreme

Huangqi Zhang



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PUSH (Enhanced Edition) Chalene Johnson,2017-01-03 Let Chalene Johnson turbocharge your habits your diet and your life with the updated enhanced edition of PUSH that includes 18 exclusive videos of Chalene discussing her trademark 30 day program plus motivational and organizational techniques With a brand new chapter PUSH distills the wisdom that has made Chalene a fitness queen a totally unique 30 day system that helps you reset your priorities get your life together and lose weight for good Chalene gives you the life changing tools you need to change your habits with 30 days of practical steps that include pinpointing goals reverse engineering a course of action to achieve them and kicking the clutter whether that means junk food draining exercise regimens or toxic relationships In one month you will learn how to create layers of accountability and support so that success is your only option Additionally Chalene shares 30 ridiculously easy and delicious Throw and Go Recipes that she a self confessed mess in the kitchen created herself She also guides you to find your soul mate workouts the exercises you ll love for life and that will never feel like work Her Bangin Body Workout gives you the 30 moves you need for total body fitness for life *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 **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 Hultzky,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 *The Glass Packer* ,1953

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