

It's important to record your weight lifted and reps in every routine so you know the proper weight to use next time. So print this workout log, place it with your workout DVD's, log your stats, and watch how much stronger you get!

## BURN

<b>BURN CIRCUIT 1</b>	<b>WEEK 1</b>	<b>WEEK 2</b>	<b>WEEK 3</b>	<b>WEEK 4</b>
Sumo Squat with Hip Lift	W _____ R _____			
Lunge with Posterior Fly	W _____ R _____			
Push-up with Leg Lift	R _____	R _____	R _____	R _____
Dead Lift with Posterior Fly	W _____ R _____			
Lunge with Core Rotation	W _____ R _____			
Bench Press and Leg Lower	W _____ R _____			
Squat with Side Bend	W _____ R _____			
Fwd-Lean Lunge w/ Dbl Arm Post. Fly	W _____ R _____			
Chest Fly with Hip Lift	W _____ R _____			
<b>BURN CIRCUIT 2</b>	<b>WEEK 1</b>	<b>WEEK 2</b>	<b>WEEK 3</b>	<b>WEEK 4</b>
Sumo Squat with Bicep Curl	W _____ R _____			
Lunge with One-Arm Tricep Extension	W _____ R _____			
Dead Lift Row	W _____ R _____			
Sumo Squat with Overhead Tricep Ext.	W _____ R _____			
Dead Lift with Double Row	W _____ R _____			
Bowler's Lunge with Single-Arm Row	W _____ R _____			
Bicep Curls with Abductor Balance	W _____ R _____			
Forward-Lean Lunge with Double Row	W _____ R _____			
Triple-Threat Push-Ups	R _____	R _____	R _____	R _____
<b>BURN CIRCUIT 3</b>	<b>WEEK 1</b>	<b>WEEK 2</b>	<b>WEEK 3</b>	<b>WEEK 4</b>
Sumo Squat with Overhead Press	W _____ R _____			
Lunge with Calf Raise	W _____ R _____			
Squat with Lateral Raise	W _____ R _____			
Lunge with Frontal Press	W _____ R _____			
Squat with Calf Raise	W _____ R _____			
Sumo Squat with Delt Raises	W _____ R _____			
Squat with Double Overhead Press	W _____ R _____			
Lunge with Lateral Raise	W _____ R _____			
Sumo Squat with Calf Raise	W _____ R _____			

# Chalean Extreme Guidebook

**Hussin A.Rothana**



## **Chalean Extreme Guidebook:**

## Enjoying the Melody of Appearance: An Psychological Symphony within **Chalean Extreme Guidebook**

In a world consumed by screens and the ceaseless chatter of immediate communication, the melodic elegance and mental symphony produced by the written term often fade into the backdrop, eclipsed by the persistent noise and interruptions that permeate our lives. However, situated within the pages of **Chalean Extreme Guidebook** an enchanting fictional value full of fresh thoughts, lies an immersive symphony waiting to be embraced. Crafted by a masterful musician of language, this interesting masterpiece conducts readers on an emotional trip, skillfully unraveling the hidden songs and profound affect resonating within each cautiously constructed phrase. Within the depths of the poignant analysis, we will examine the book is central harmonies, analyze their enthralling writing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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