

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

Jicheng Xie



Guide Chalean Extreme:

Unveiling the Power of Verbal Artistry: An Mental Sojourn through **Guide Chalean Extreme**

In a world inundated with monitors and the cacophony of fast communication, the profound energy and mental resonance of verbal art frequently diminish in to obscurity, eclipsed by the regular assault of noise and distractions. Yet, nestled within the lyrical pages of **Guide Chalean Extreme**, a charming perform of fictional splendor that impulses with raw feelings, lies an unforgettable journey waiting to be embarked upon. Penned by way of a virtuoso wordsmith, that magical opus guides readers on a psychological odyssey, gently revealing the latent potential and profound affect stuck within the elaborate internet of language. Within the heart-wrenching expanse with this evocative examination, we can embark upon an introspective exploration of the book is main themes, dissect its interesting writing style, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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