

# CHALean Extreme

## Lean For Life Phase

<i>SUNDAY</i>	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>
Burn Circuit	Rest	Push Circuit	Burn Intervals & Extreme Abs	Lean Circuit	Burn It Off & Recharge	Rest
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