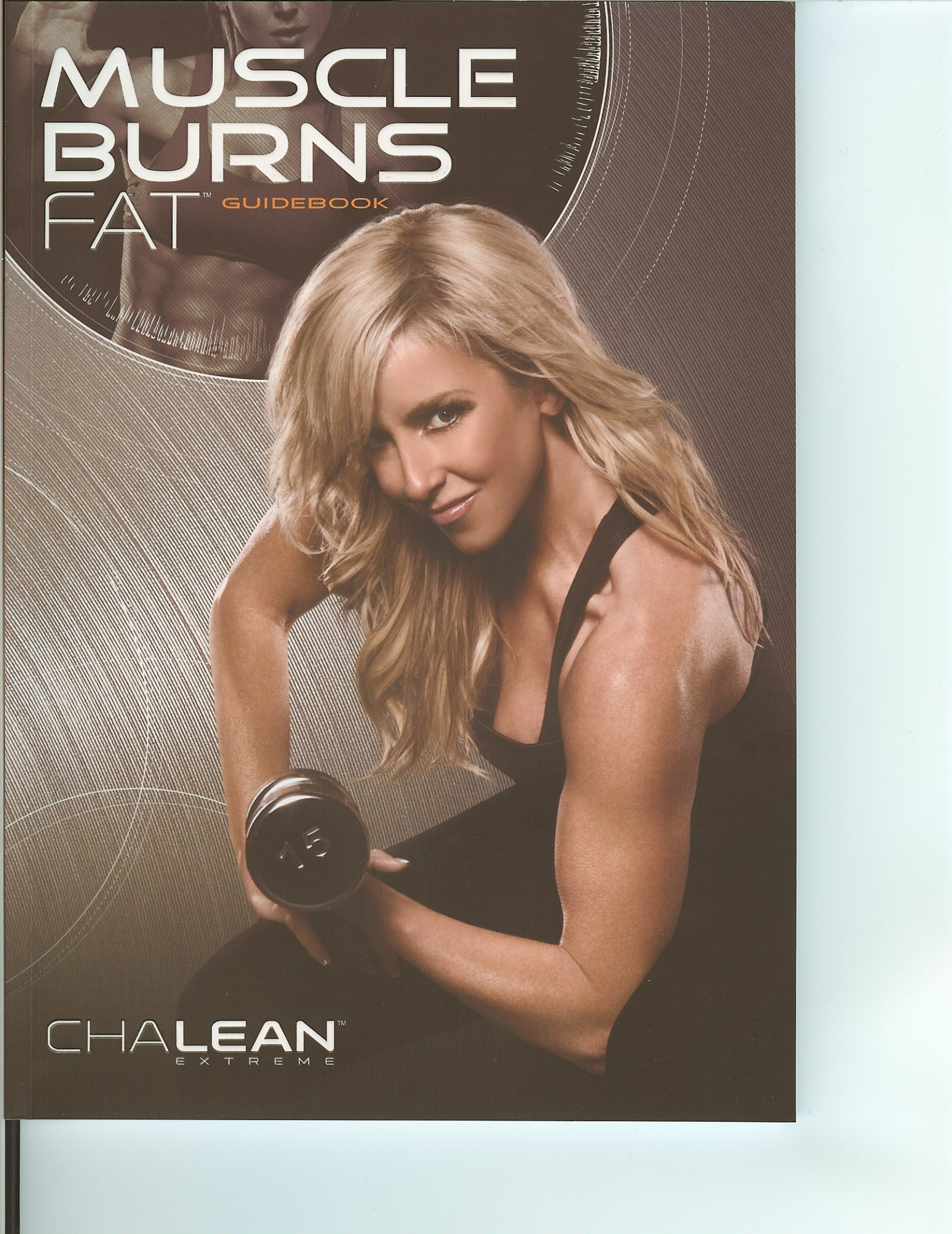


# MUSCLE BURNS FAT™

GUIDEBOOK

CHALEAN™  
EXTREME





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84 YOU'RE NOT ALONE WHEN YOU JOIN THE CLUB

1 Take your “before” photos  
and measurements.

(Instructions are on pages 40–45.)

2 Perform your FIT TEST  
self-evaluation.

(Instructions are on pages 20–24.)

3 Pop in the **Burn Basics DVD** to learn the form  
and techniques that you will need to perform this  
program effectively and safely.

**Burn Basics** will help you avoid common  
mistakes that people make when lifting weights.

4 Then, come back and read the Muscle Burns Fat!  
Guidebook, and review the Body Makeover Calendars,  
which illustrate what you will be doing for the next 30, 60,  
90 days and beyond. Finally, familiarize yourself with the  
Fat-Burning Food Guide, as it is a fundamental aspect of  
achieving extreme results.

5 Push Play and start Building Muscle  
so you burn more fat!

# WHAT YOU GET

Here you will find everything you need for the amazing physical and mental transformation you are about to experience. Welcome to ChaLEAN Extreme!



## BURN BASICS:

This is your introduction to the philosophy, technique, and fundamentals that make up ChaLEAN Extreme.



## BAND BASICS:

Shows you proper positioning and technique when using resistance bands instead of weights.



## BONUS – HEALTHY EATS & KITCHEN MAKEOVER:

Because nutrition is half the battle, this informative program takes you right inside Chalene's kitchen. You will learn how to stock your pantry full of healthy goodness, shop for wholesome refrigerator fare, and create some simple yet scrumptious "food as fuel" recipes. Eating right doesn't have to be boring anymore!

 DVD 1

 DVD 2



## BURN CIRCUIT 1



## BURN CIRCUIT 2



## BURN CIRCUIT 3

These 3 strength-training programs will become staple workouts in the first phase—The Burn Phase. You will break down those "extra" reserves of fat and start revving your body's fat-burning capabilities. These are moderate weight-training workouts that will have you working the upper body then the lower body. You will also learn the basic principle of "breakdown sets" (or as Chalene likes to call it, "Getting Extreme!"). You will start understanding how "Lean Phasing" will promote your body's fat-loss capabilities—so you will see major results every 30 days!



**PUSH CIRCUIT 1**



**PUSH CIRCUIT 2**



**PUSH CIRCUIT 3**

The Push Circuit workouts are performed during the second phase of the strength-training programs. These Push Phase workouts focus on intense, heavy lifting. You will work either your upper or lower body in singular muscle-group-focused moves. By now, you've built a strong base, and with these workouts, you'll push your body's muscles to the max. The "breakdown sets" performed during these workouts will really "up" the intensity and recruit more muscle fibers—so you are maximizing all the benefits of the Lean-Phasing principles.



## DVD 3



## DVD 4



**LEAN CIRCUIT 1**



**LEAN CIRCUIT 2**



**LEAN CIRCUIT 3**

These invigorating and inspiring workouts are really going to "force" your body to get lean. As the basis of the Lean Phase, these strength-circuit workouts focus on dynamic, functional movement that has your upper, lower, and core centers working simultaneously. Plus, you'll max out your muscles by performing breakdown sets after every single move. You wanted "Extreme," so guess what? It's time.



### BURN IT OFF!

A high-intensity workout that helps strengthen your heart and lungs and continues the calorie scorching.



### RECHARGE

On days when you are not doing strength or cardio training, this program will help you rejuvenate, lengthen, and stretch your hard-working muscles.



## DVD 5



## DVD 6



### BURN INTERVALS

A combination strength- and cardio-training program that alternates bursts of intense activity with intervals of lighter activity. You'll boost your body's calorie-burning power with this extreme fitness regimen.



### AB BURNER

Alternate between these two extreme ab routines. These workouts will help you shrink, tighten, and tone your core, because somewhere under there, you've got a six-pack waiting to break through!



### EXTREME ABS



### EXTREME MOTIVATION

## AUDIO CD

Chalene understands that your extreme metabolism makeover isn't complete unless you address the most important and often overlooked part of your body: your brain. By following the exercise and nutrition principles of this program, you will change your body; but to really improve the quality of your life, you have to get to the root of the problem and change the way you think about nutrition and exercise. We all experience times when we feel tired, unmotivated, and lackluster. You know, those times when we just don't want to work out! Well, this audio is like getting a burst of inspiration direct from Chalene's mouth to your ears. In this excuse-busting program, Chalene relates the most popular roadblocks that get in the way of people reaching their goals. With her candor, wit, and experience, she will teach you how to stay on track and obtain success beyond your wildest dreams.

# WANT MORE CHALEAN EXTREME WORKOUTS?



These brand-new ChaLEAN Extreme workouts are for those times when you want to "mix it up!" Whenever you see a cardio, interval-training, or ab workout on your Body Makeover Calendars, simply interchange one of these titles for the appropriate workout. Try "I've Got Abs!," "Get Lean Intervals," and of course, you can mix up your cardio by using "Fat-Burn Challenge." These workouts are designed to keep things fun, keep you motivated, and Keep You Pressing Play! Please visit [Beachbody.com/CE](http://Beachbody.com/CE) or [TeamBeachbody.com/CE](http://TeamBeachbody.com/CE) to order.



**FAT-BURN CHALLENGE**

An intense cardio workout designed to burn calories and get your heart pumping. This workout is a great way to mix up your routine and further challenge your cardiovascular system.



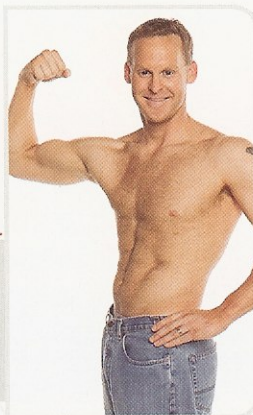
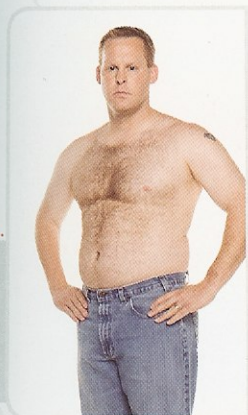
**GET-LEAN INTERVALS**

The mix of cardio and weight-training exercises will keep you in the fat-burning zone long after you're done. Intervals are a surefire way to keep you challenged so you keep seeing results.



**I'VE GOT ABS!**

Think you'd never utter those words? Well, after this extreme ab and core workout, you will!



**LOST 59%  
OF HIS  
BODY FAT!**

**DAN B.**  
Age: 32  
Lost 36 lbs.!\*  
\*Based on 100 lbs. starting weight

**THOSE DAYS OF DREAMING  
OF A SIX-PACK ARE OVER.**

# THE SCIENCE BEHIND CHALEAN EXTREME

With ChaLEAN Extreme, your body will change in every 30-day phase! You will begin in the **Burn Phase**, then progress through the **Push Phase** and the **Lean Phase**. For maintenance or further body transformation, you have the option of moving through the **Lean for Life Phase**. ChaLEAN Extreme is specifically designed to keep your body challenged with Chalene's proven combination of "periodization" and "breakdown sets." You will understand how these two proven fitness principles work hand in hand to give your body extreme results. First, let's talk about the phases that you will be moving through.



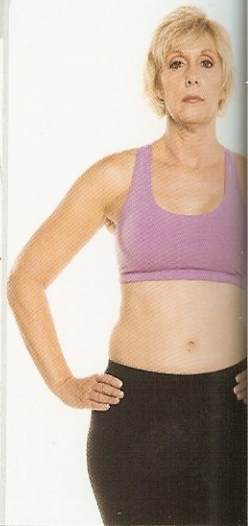
# MUSCLE BURNS FA

## BURN PHASE

In the first phase of **ChaLEAN Extreme**, you will learn how to stop wasting effort on endless and repetitive weight-lifting exercises. Your goal is to push your muscles to "failure" in just 10 to 12 reps. You will learn to lift more weight than you ever thought you could, with exceptional form. In the **Burn Phase**, you are working both your **upper and lower** body in each "**combination**" exercise. Get ready to see new muscle definition appear right before your very eyes!

## PUSH PHASE

In this phase of ChaLEAN Extreme, you are going to **push your muscles beyond their comfort zone** and try to "fail" between 6 and 8 reps. This is where the "**Lift Slow and Lift Heavy**" mantra will really hit home. You will focus on training one body part at a time so you can really build your strength. These 30 days focus on intense lean muscle development that will transform your body into a lean, mean, fighting machine!



## LEAN PHASE

The **Lean Phase** pushes you to work your upper body, lower body, and core—all at the same time—with dynamic moves that not only challenge your strength but your balance too. The **Lean Phase** is where you will really see major fat loss! Don't be surprised when you look in the mirror and start seeing your brand-new, sculpted biceps; your chiseled, sexy triceps; your long, lean legs; and your flat, defined abs.

## LEAN FOR LIFE

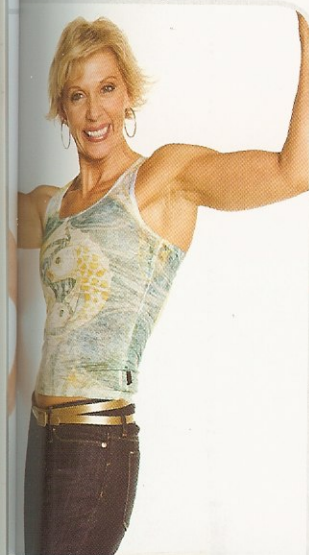
It's no time to stop now! You've worked so hard over the past three phases; and to **keep seeing results**, you need to **keep it up**. This phase shows you how!

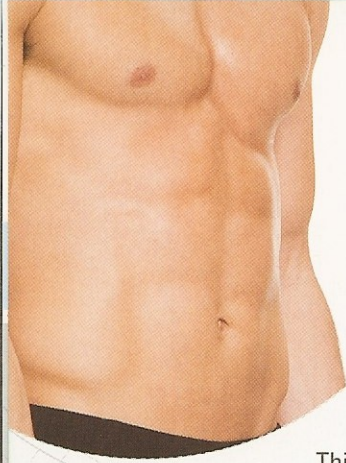
## MUSCLE BURNS FAT!

**LOST 49%  
OF HER  
BODY FAT!**

**GINA P.**  
Age: 48  
Lost 35 in.!\*

\*Results may vary. Exercise and proper diet are required to maintain weight loss and muscle definition.





## LEAN PHASING

People generally get comfortable doing certain workouts—the same 3-mile run, the walk around the neighborhood, a favorite workout video. Yes, it's easy to perform the same routine over and over again. The problem is that you plateau and stop seeing results.

This is where Lean Phasing comes in to save the day! Simply put, Lean Phasing is based on a muscle-toning fitness principle called “periodization.” Periodization has been a long-respected training methodology that simply means “mixing it up” or “continual challenge.” Periodization in the ChaLEAN Extreme program is **working between different body parts** and different weight ranges to keep a “constant challenge” effect on your muscles. You will notice as you move through the circuit programs that each workout focuses on different sections of your body. One day you may work your abs and back. The next workout, you may work your biceps and your triceps. You not only need to **challenge your muscles**, but you also need to provide periods of rest so your muscles can repair and recover. That's how you build muscle, and “Muscle Burns Fat!” For workouts to build muscle consistently, they should be varied in intensity and muscle-group focus. This is exactly what periodization in the ChaLEAN Extreme program does.

## BREAKDOWN SET

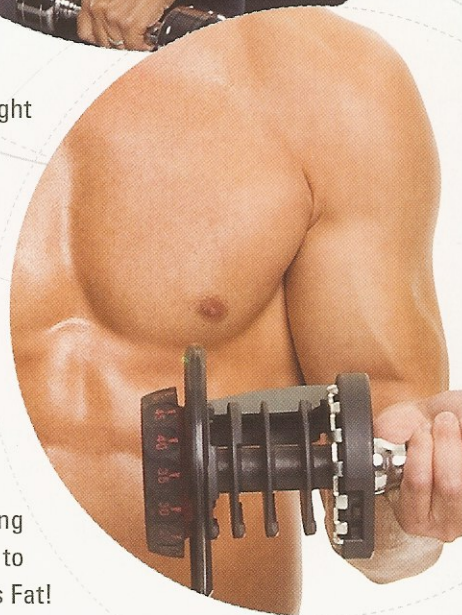
In all of the strength circuits, you're going to hear Chalene say, “Let's get extreme,” or, “Let's get into the Extreme Zone,” shortly after you reach muscle failure. She is referring to a crucial concept known to experts as “breakdown training.”

This is a **proven technique** that pushes you to perform up to 3 more “last” reps with concentrated total muscle tension at a very slow pace (at an exaggerated, excruciating, and fabulously extreme slow pace), which eliminates the element of momentum. Once you reach initial failure with a certain move, you will get 10 seconds for your muscles to recuperate. You will then pick up your weights and push those same fatigued muscles back to failure in 3 reps or less. Why? Because **breakdown sets stimulate lean-muscle development**. By recruiting additional muscle fibers deep within the muscle itself, you are intensifying your training and conditioning. You are breaking down the muscle to build it back up—stronger, leaner, and more powerful.

**FAIL TO WIN.** Failure equals success with the ChaLEAN Extreme program. It means that your brain tells your body to execute a strength move, and your muscles have reached the point of exhaustion and will not respond to execute the move through completion one more time. This is validation that you have worked a muscle group completely. You will aim to fail during your 10th to 12th repetition (or in the Push Phase, 6 to 8 reps) of a strength move. To do so, you must select a weight that is heavy enough to ensure that you WILL truly fail on your 10th, 11th, or 12th rep. If you have misjudged and picked up a weight that is too light, make note of this error on your worksheet so you do not repeat it. Trust Chalene and all of the testing

**TRUST CHALENE AND ALL OF THE TESTING THAT SHE AND HER BEACHBODY TEAM HAVE DONE WITH REAL PEOPLE JUST LIKE YOU.**

that she and her Beachbody team have done with real people just like you. It felt new to them too, but they fully gave themselves over to the concept of "failure," and their amazing results were far beyond their expectations. The goal here is to get you lean and strong with one simple truth: Muscle Burns Fat!



**LOST 64% OF HIS BODY FAT!**

**ROBIN M.**  
Age: 45  
Lost 32 lbs.!\*

**MUSCLE BURNS FAT!**

\*Results may vary. Exercise and proper diet are required to maintain weight loss and muscle definition.

# FIT TEST

Below is a brief self-evaluation that will help determine your current state of physical fitness. Along with your physician's consultation, performing these moves will help ensure that you are physically able to get the most out of the ChaLEAN Extreme program.

**THIS EVALUATION WILL  
TAKE APPROXIMATELY  
20 MINUTES TO COMPLETE  
(WARM-UP INCLUDED).**

**Be sure to do each move as instructed here and accurately record all of your results.**

Save your starting results along with your photos—as you will be taking this evaluation again once you have completed the ChaLEAN Extreme program. Comparing your results will be a compelling illustration of your overall transformation. If you follow this program to the letter, you will really see how drastically your body has improved.

## YOU WILL NEED THE FOLLOWING ITEMS:

- A stopwatch
- Free weights, in a general range of 5 to 20 pounds\* or resistance bands
- A 12-inch ruler
- A wall
- A towel
- A pen or pencil
- Comfortable clothes
- Water
- A positive attitude!

\*If you are going to perform this self-evaluation with a resistance band, but you are unfamiliar with using this piece of equipment, see BAND BASICS (on the BURN BASICS video) for instructions on how to perform the Overhead Shoulder Press and Bicep Curl.

# WARM-UP

**Begin with a quick 5-minute warm-up** to get your muscles prepared to perform these exercises to the best of your ability. This can be a combination of light jogging, jumping jacks, etc. After you've warmed up, you are ready to get started—make sure to do all 5 minutes.



## 1: PUSH-UPS

Do as many push-ups in a row as possible, without a break. You do not need a stopwatch for this one, but it is very important for you to count how many push-ups you can complete **with good form**. If you cannot do a push-up on your toes, like Chalene is doing above, and you must perform them on your knees, simply mark that option on your Starting Results entry. You won't need that option on the last day of the program; you'll be a regular push-up machine. No. That isn't a joke. That's a promise. You're going to LOVE them and what they do for your body!

**To begin the push-up test,** lie face down on the floor with your legs straight. Place your palms flat on the floor and directly underneath your shoulders. Inhale fully as you curl your toes under and exhale forcefully as you push away from the floor into the plank position. Inhale as you lower yourself back down, but don't come all the way back to the floor—stop 3 inches above the floor and push off again while exhaling! Repeat as many times as you can. When pushing up and lowering down, make sure to keep your body in alignment, from head to heels. **Don't drop your head down** or raise your butt in the air. Stop once your form gets sloppy, if you are pausing for long periods of time between reps, or if you are no longer able to lower and lift your body as one straight plank. Record how many push-ups you completed below and move on to the next exercise! If you did zero, note it. Just one? Fine. Just be honest here.

Starting  
Results: REPS \_\_\_\_\_ TOES \_\_\_\_\_ KNEES \_\_\_\_\_

Final  
Results: REPS \_\_\_\_\_

## 2: CRUNCHES

To begin, keep your knees bent with your feet flat on the floor. When coming up to the top of a crunch, you should only come to a 45-degree angle and no higher. Complete as many crunches as you can without your shoulders hitting the floor. Record that number below.

Starting  
Results: REPS \_\_\_\_\_

Final  
Results: REPS \_\_\_\_\_

## 3: SQUATS

Begin with your feet shoulder-width apart and your toes facing forward. Squat as though you are trying to sit down in a chair. Keep your back straight and bend your knees, making sure they do not go over your toes. Make sure all of your weight is in your heels as you perform the squats. Keep your shoulders down and away from your ears. Perform as many squats as you can, at a slow pace (4 counts up and 4 counts down) and with exceptional form. Make sure to stop once your form begins to get sloppy. Record below how many squats you were able to perform.

Starting  
Results: REPS \_\_\_\_\_

Final  
Results: REPS \_\_\_\_\_

#### 4: FOREARM PLANK

For this exercise, you will need to place the stopwatch near you. To begin, lie on the floor, get onto your elbows, and place your hands out in front of you with your arms parallel to each other and shoulder-distance apart. Start the stopwatch and lift your body up into a plank position (as if it were possible to do a push-up on your elbows) and hold yourself up on your elbows and toes. To ensure proper form, make sure you have a flat back and that your head is in alignment with your back all the way to your heels. Record how long you were able to stay in the plank position in the space below.

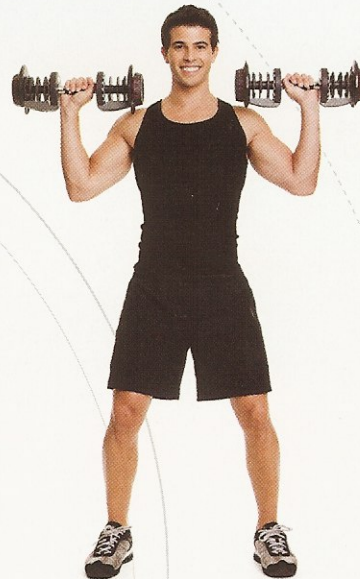
Starting  
Results: TIME \_\_\_\_\_

Final  
Results: TIME \_\_\_\_\_

#### 5: OVERHEAD SHOULDER PRESS

The time has come to break out your free weights or resistance band as this exercise will help you gauge your strength. You will perform between 10 and 12 overhead shoulder presses. Here, you will need to pick up a heavy enough weight so that you can barely finish your 12th rep. This is critical because the philosophy of this entire program is centered on reaching failure by the 12th repetition of a strength move. Make sure you do the same thing here and pick up a weight or band that is comfortable enough to complete 9 overhead shoulder presses with, but one that has you struggling to get that 10th, 11th, or 12th rep completed. The key is to judge the correct weight for this exercise.

Begin with your back straight, feet shoulder-width apart, and knees slightly bent. Hold the weights (or band handles) firmly in both hands. Check to make sure that your elbows are bent and your hands are up at shoulder height. Then press the weights (or band handles) straight overhead to a count of 4. Pause at the top of the extension, and slowly lower your hands back down to the starting position to a slow count of 4. Try to do 12 reps while maintaining proper form. Record not only the final number of reps you completed but the amount of weight (or color band) you used in the space below.



Starting  
Results: REPS \_\_\_\_\_ WEIGHT \_\_\_\_\_

Final  
Results: REPS \_\_\_\_\_ WEIGHT \_\_\_\_\_





## 6: BICEP CURL

Here again, you are starting to gauge your strength, so pick up a weight or band that will allow you to do between 10 and 12 bicep curls with good form. To begin, stand with your feet shoulder-width apart, knees slightly bent. Hold the weights (or band handles) firmly in both hands. Keep your elbows at your sides, and slowly count to 4, curling your forearms up to meet your bicep. Then lower slowly to a count of 4 down to the starting position. If you cannot get past 7 or 8 reps, you have selected a weight that is too heavy. If you get to 12 reps and feel like you could do 2 or 3 more reps, you need to go heavier next time, and make sure you do! Record how many reps you are able to complete and the amount of weight (or color band) you used in the space below.

Starting Results: REPS \_\_\_\_\_ WEIGHT \_\_\_\_\_ Final Results: REPS \_\_\_\_\_ WEIGHT \_\_\_\_\_

## 7: SIT AND REACH

Take out your ruler for this next exercise. To begin, remove your shoes and sit on the floor with your legs out straight ahead of you. Place the ruler vertically in between your legs, with the end of the ruler even with the bottoms of your feet. Feet should be flexed and shoulder-width apart. Take a deep breath in, and as you exhale, slowly stretch your arms forward (with one hand on top of the other), extending your fingers to the furthest point of the ruler that your flexibility allows. Make sure to note the number your fingertips are able to reach when stretching forward. Perform this same exercise three times and record below the best measurement out of the three. If you are able to reach past your feet and the ruler, you exceed the minimum requirements for ChaLEAN Extreme.

Starting Results: FLEXIBILITY MEASUREMENT \_\_\_\_\_ Final Results: FLEXIBILITY MEASUREMENT \_\_\_\_\_

**Nice job! You have just completed the ChaLEAN Extreme evaluation.**

Remember to come back at the end of your body-transformation journey to see how far you've come and track your final results.

The background of the advertisement features a detailed illustration of muscle fibers, showing their striated texture and branching structure. The word "MUSCLE" is repeated in a light, semi-transparent font across the top left portion of the image. A large, faint circular graphic is centered behind the main text.

# GET READY FOR A BRAND- NEW YOU

Are you ready to get long, lean, toned muscles like you've never felt before? Join the graduates of this unique program in saying things like, "I didn't know that I had a muscle there!" and "Hey! My booty is lifted! I didn't know that was possible without surgery!"

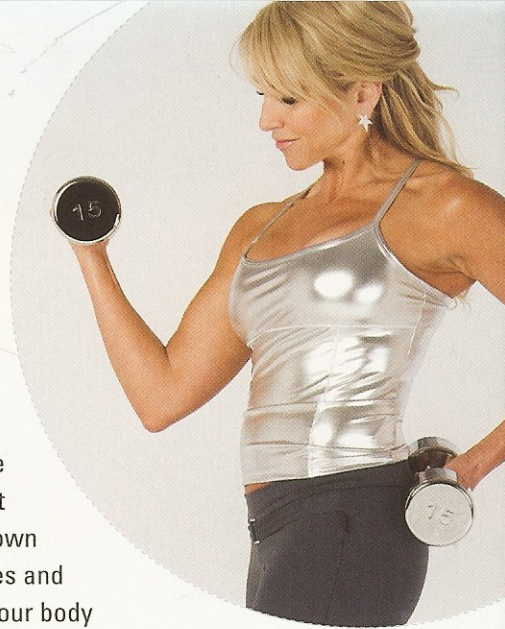
# BEFORE YOU GET STARTED

Your new mantra is "**Muscle Burns Fat**" and it's not a hollow slogan; it's literally how you will succeed with the ChaLEAN Extreme workouts. If you're one of those people (and you know who you are) who baby themselves, you're going to break that habit by mastering the techniques in Burn Basics and following the recommended weight ratios on pages 30–31. You'll never pick up your baby rattles (1 pounders) again!

**Preparation: BURN BASICS**

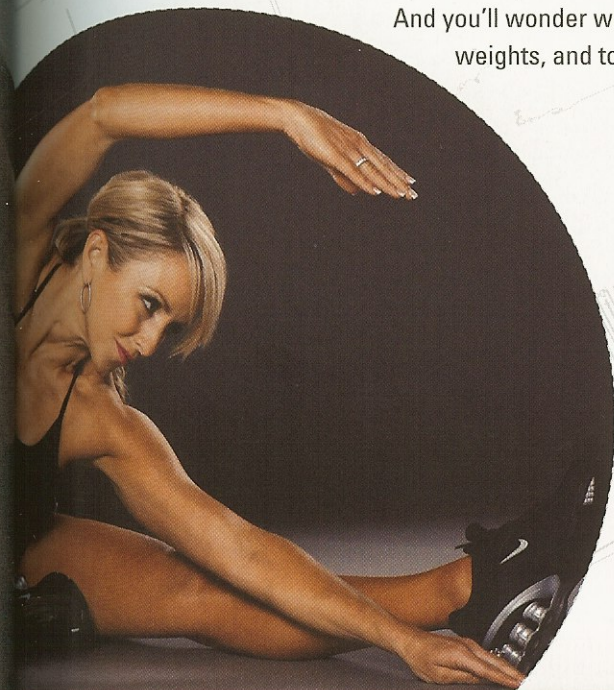
Before starting the Burn Phase, it is critical that you master Burn Basics. THE BURN BASICS DVD IS YOUR INTRODUCTION TO THE FUNDAMENTALS OF THE ENTIRE CHALEAN EXTREME PROGRAM. It is a tutorial that teaches Chalene's super-important form, technique, and philosophy of lifting heavy weights for dramatic physical improvement in muscle tone and fat loss. You will learn more about the number of reps you need to perform, what the concept of "failure" is, and exactly how to perform the breakdown sets. She will take you, step by step, through key moves and teach you proper form and the correct alignment for your body to harness its power without compromising your joints or tendons. You will learn what it feels like to judge the correct weight for you to use in various exercises, and experience the correct pace for lifting your weights . . . SLOW.

*If using resistance bands, be sure to watch BAND BASICS.*



**GO SLOW FOR FAST RESULTS. NO JOKE. WE'RE TALKING SLOW REPS** with each and every strength move. No speeding up to try to look like an expert. You have seen people in the gym (and perhaps even been one of them) who pick up a weight and swing it around to execute curls, flys, and tricep extensions. Or you've seen some swinging back and forth on the weight machines to assist them in completing a repetition. Well, ChaLEAN Extreme has a "No Swingers Policy." In fact, you won't ever use momentum again.

And you'll wonder why you ever thought long workouts, light weights, and tons of reps for reps' sake made sense.



**WE'RE  
TONING  
MUSCLE.  
AND  
MUSCLE  
BURNS FAT!**



## SELECTING YOUR RESISTANCE

**IF YOU FEEL ANY PAIN OR DISCOMFORT WHEN PERFORMING ANY EXERCISE, DISCONTINUE THE EXERCISE IMMEDIATELY, AND CONSULT YOUR PHYSICIAN IF THE PAIN PERSISTS OR YOU ARE UNABLE TO PERFORM A MODIFIED VERSION OF THAT MOVE.**

The following are recommended weight ranges based on individual fitness levels. They're categorized according to the first three phases within the ChaLEAN Extreme program. It is crucial to select the appropriate resistance to ensure both the effectiveness of the workouts and to avoid injury.

It is recommended that you have at least two to three levels of weights on hand when performing the circuits. **IT IS IMPORTANT THAT THE SELECTED WEIGHTS ARE NEITHER TOO HEAVY NOR TOO LIGHT FOR YOUR PERSONAL STRENGTH LEVEL.** The entire goal within the ChaLEAN Extreme program is to perform any given strength exercise with exceptional form up to 9 repetitions and fail on the 10th, 11th, or 12th repetition (or in the Push Phase, 6 to 8 reps). This is completely incumbent upon you lifting exactly the amount of weight that your body can take to properly perform that specific move while pushing yourself to failure in a small amount of reps. More reps are no-no's.

While lifting weights, it is vital to **PREVENT INJURY.** An injury can bring all of your training and hard work to a sudden halt, so it is important to understand proper form and technique. Here are some important tips to keep in mind every day you lift using ChaLEAN Extreme.

# MUSCLE BURNS FAT (BUT BEING CAREFUL PREVENTS INJURY)

- **WHEN PICKING UP WEIGHTS**, it is extremely important to use proper form. Make sure to bend down slowly, with bent knees and a flat back.
- **WHEN HOLDING YOUR WEIGHTS OR BAND HANDLES**, keep your wrists straight and never allow them to flex back, stretch, or curl inward.
- **IF YOU ARE USING THE BOWFLEX® SELECTTECH® WEIGHTS**, give a gentle tug before lifting the weights to ensure that you have dialed them completely to the desired weight.
- **IF YOU HAVE MISJUDGED AND PICKED UP A WEIGHT THAT IS TOO HEAVY**, you'll know it within the first rep. Simply set that weight down, select a slightly lighter one, and continue. Conversely, if you feel that you could perform more than 12 reps with the weight you've selected, set it down and pick up a heavier weight.
- **WHEN PERFORMING THE VARIOUS STRENGTH EXERCISES**, avoid swinging your weights or using momentum. To execute the exercise effectively and reap all of its benefits, you must use slow, controlled movements—we mean slow!
- **WHEN PERFORMING LOWER-BODY EXERCISES** such as squats, dead lifts, and lunges, ensure that your back is completely flat, chest lifted. Rounding your back makes you prone to injuries.
- **WHEN PERFORMING A SQUAT OR LUNGE**, avoid knee injuries by making sure your knees are properly aligned. In a squat, you need to look down and make sure you see your shoelaces. In a lunge, make sure your knee is bent, forming a 90-degree angle so that your knee is aligned over your ankle. Remember to keep your weight on the heel of your targeted leg or legs, and push your booty out and up slightly.
- **WITHIN EACH EXERCISE YOU WILL PERFORM** in this program, keep your shoulders down away from your ears. Avoid shrugging, even if it is a natural tendency during exertion.
- **FOR SAFETY REASONS**, never rock or bounce while performing a strength move.
- **IF YOUR FORM STARTS TO GET SLOPPY, STOP.** It is important not to push yourself to keep going. You're no longer getting benefits and you're risking injury. When form slips, your muscles have reached failure. Well done. Now STOP.

# RESISTANCE GUIDE

## BURN PHASE

When selecting resistance within this phase, keep in mind that your goal is to reach failure between **10 and 12 repetitions**. The heavier end of each range should be considered for lower-body-targeted exercises. Remember that it will require considerably more resistance to reach failure for lower-body exercises. If you can keep going after the 12th repetition, make a note in your guidebook to lift heavier next time. If you could barely make it to your 9th repetition, make a note that you should go lighter next time.

*If you are using resistance bands, choose the band that will make you "fail" between **10 and 12 reps** in the Burn and Lean Phases and **6 and 8 reps** in the Push Phase. Every exercise will vary so make sure to choose your resistance accordingly.*

FEMALE	RANGE	MALE	RANGE
BEGINNER	5-12	BEGINNER	12-25
INTERMEDIATE	12-20	INTERMEDIATE	20-30
ADVANCED	15-25	ADVANCED	25-40

## PUSH PHASE

When selecting resistance within this phase, keep in mind that your goal is to reach failure between **6 and 8 repetitions**. If you can keep going after the 8th repetition, make a note in your guidebook to lift heavier next time. If you could barely make it to your 5th repetition, make a note that you should go lighter next time.

FEMALE	RANGE	MALE	RANGE
BEGINNER	8-15	BEGINNER	12-25
INTERMEDIATE	12-22	INTERMEDIATE	20-30
ADVANCED	15-30	ADVANCED	25-40

## LEAN PHASE

When selecting resistance within this phase, keep in mind that your goal is to reach failure between **10 and 12 repetitions**. If you can keep going after the 12th repetition, make a note in your guidebook to lift heavier next time. If you could barely make it to your 9th repetition, make a note that you should go lighter next time.

<b>FEMALE</b>	<b>RANGE</b>	<b>MALE</b>	<b>RANGE</b>
BEGINNER	8-15	BEGINNER	12-25
INTERMEDIATE	12-20	INTERMEDIATE	20-30
ADVANCED	15-30	ADVANCED	25-40

## LEAN FOR LIFE PHASE

By now you should have a good handle on what resistance ranges work for you. The **Lean for Life** Phase can be used as a maintenance phase or to further your body transformation. If you want to continue building muscle then continue increasing your resistance week by week. If you want to simply maintain your results, continue using the same resistance each week.

<b>FEMALE</b>	<b>RANGE</b>	<b>MALE</b>	<b>RANGE</b>
BEGINNER	8-15	BEGINNER	12-25
INTERMEDIATE	12-22	INTERMEDIATE	20-30
ADVANCED	15-30	ADVANCED	25-40



# BODY MAKEOVER CALENDARS

On the following pages, Chalene has laid out her success formula for the next few months so you see amazing results every 30 days! She tells you exactly what workouts to do on what days—so there's no confusion! Follow these calendars and get ready for extreme results!

BECAUSE  
MUSCLE  
BURNS  
FAT!

# BURN PHASE

1	2	3	4	5	6	7
BURN CIRCUIT <b>1</b>	DAY	BURN CIRCUIT <b>2</b>	BURN INTERVALS & AB BURNER	BURN CIRCUIT <b>3</b>	BURN IT OFF! & RECHARGE	DAY
8	9	10	11	12	13	14
BURN CIRCUIT <b>1</b>	D	BURN CIRCUIT <b>2</b>	BURN INTERVALS & AB BURNER	BURN CIRCUIT <b>3</b>	BURN IT OFF! & RECHARGE	D
15	16	17	18	19	20	21
BURN CIRCUIT <b>1</b>	S	BURN CIRCUIT <b>2</b>	BURN INTERVALS & AB BURNER	BURN CIRCUIT <b>3</b>	BURN IT OFF! & RECHARGE	S
22	23	24	25	26	27	28
BURN CIRCUIT <b>1</b>	E	BURN CIRCUIT <b>2</b>	BURN INTERVALS & AB BURNER	BURN CIRCUIT <b>3</b>	BURN IT OFF! & RECHARGE	E
29	30	TRACK YOUR RESULTS!				
BURN IT OFF! & RECHARGE						

# PUSH PHASE

1 PUSH CIRCUIT <b>1</b>	2	3 PUSH CIRCUIT <b>2</b>	4 BURN INTERVALS & AB BURNER	5 BURN CIRCUIT <b>3</b>	6 BURN IT OFF! & RECHARGE	7
8 PUSH CIRCUIT <b>1</b>	9	10 PUSH CIRCUIT <b>2</b>	11 BURN INTERVALS & AB BURNER	12 PUSH CIRCUIT <b>3</b>	13 BURN IT OFF! & RECHARGE	14
15 PUSH CIRCUIT <b>1</b>	16	17 PUSH CIRCUIT <b>2</b>	18 BURN INTERVALS & EXTREME ABS	19 PUSH CIRCUIT <b>3</b>	20 BURN IT OFF! & RECHARGE	21
22 PUSH CIRCUIT <b>1</b>	23	24 PUSH CIRCUIT <b>2</b>	25 BURN INTERVALS & EXTREME ABS	26 PUSH CIRCUIT <b>3</b>	27 BURN IT OFF! & RECHARGE	28
29 BURN IT OFF! & RECHARGE	30 TRACK YOUR RESULTS!					

# LEAN PHASE

1	2	3	4	5	6	7
LEAN CIRCUIT <b>1</b>	<b>FAST DAY</b>	LEAN CIRCUIT <b>2</b>	BURN INTERVALS* & EXTREME ABS*	LEAN CIRCUIT <b>3</b>	BURN IT OFF!* & RECHARGE	<b>FAST DAY</b>
8	9	10	11	12	13	14
LEAN CIRCUIT <b>1</b>	<b>FAST DAY</b>	LEAN CIRCUIT <b>2</b>	BURN INTERVALS* & EXTREME ABS*	LEAN CIRCUIT <b>3</b>	BURN IT OFF!* & RECHARGE	<b>FAST DAY</b>
15	16	17	18	19	20	21
LEAN CIRCUIT <b>1</b>	<b>FAST DAY</b>	LEAN CIRCUIT <b>2</b>	BURN INTERVALS* & EXTREME ABS*	LEAN CIRCUIT <b>3</b>	BURN IT OFF!* & RECHARGE	<b>FAST DAY</b>
22	23	24	25	26	27	28
LEAN CIRCUIT <b>1</b>	<b>FAST DAY</b>	LEAN CIRCUIT <b>2</b>	BURN INTERVALS* & EXTREME ABS*	LEAN CIRCUIT <b>3</b>	BURN IT OFF!* & RECHARGE	<b>FAST DAY</b>
29	30					
BURN IT OFF!* & RECHARGE	<b>TRACK YOUR RESULTS!</b>					

\*For more Accelerated Fat Burning or to "mix it up," try "Get-Lean Intervals," "Fat-Burn Challenge," and "I've Got Abs!"—available at [Beachbody.com/CE](http://Beachbody.com/CE) or [TeamBeachbody.com/CE](http://TeamBeachbody.com/CE).

# LEAN FOR LIFE PHASE

1 BURN CIRCUIT <b>1</b>	2	3 PUSH CIRCUIT <b>2</b>	4 BURN INTERVALS* & EXTREME ABS*	5 LEAN CIRCUIT <b>1</b>	6 BURN IT OFF!* & RECHARGE	7
8 BURN CIRCUIT <b>2</b>	9	10 PUSH CIRCUIT <b>3</b>	11 BURN INTERVALS* & AB BURNER*	12 LEAN CIRCUIT <b>3</b>	13 BURN IT OFF!* & RECHARGE	14
15 BURN CIRCUIT <b>3</b>	16	17 PUSH CIRCUIT <b>1</b>	18 BURN INTERVALS* & EXTREME ABS*	19 LEAN CIRCUIT <b>2</b>	20 BURN IT OFF!* & RECHARGE	21
22 BURN CIRCUIT <b>1</b>	23	24 PUSH CIRCUIT <b>1</b>	25 BURN INTERVALS* & AB BURNER*	26 LEAN CIRCUIT <b>3</b>	27 BURN IT OFF!* & RECHARGE	28
29 BURN IT OFF!* & RECHARGE	30 <b>TRACK YOUR RESULTS!</b>					

Chalene designed her program around the principles of undulating periodization. Once you complete the Lean for Life Phase, you can mix and match the order of each phase. Just keep in mind that every 30 days, you need to select a new phase.

# MUSCLE BURNS FAT! SO . . .

## TRACK YOUR RESULTS

With ChaLEAN Extreme, you'll shed tons of body fat, as well as pounds and inches . . . so Keep Track! You are going to experience a lot of physical improvements in a short period of time, and you won't want to miss this unique opportunity to capture your transformation in photo snapshots and in documented data of pounds, inches, and body-fat measurement. So if it's Day 1 (or even if you started yesterday), follow the simple steps on the following pages to document your very own ChaLEAN Extreme journey.

# UNDERSTANDING YOUR BODY-FAT PERCENTAGE

To begin any journey, you first have to figure out your destination (a brand-new lean body?) then figure out how to get there (with the ChaLEAN Extreme program!).

First, let's start at the very beginning, with an understanding of your body fat now and where you want to be.

On most diet and exercise programs, people lose weight because they lose fat **and** muscle. But losing muscle decreases your body's ability to burn calories. That's exactly what you **don't** want to do—because Muscle Burns Fat!

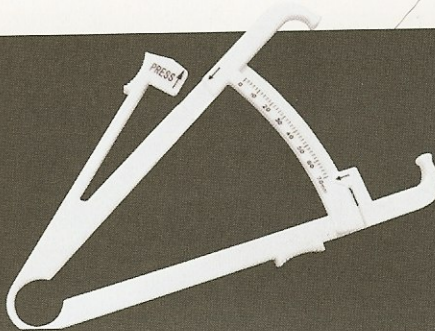
Learning and managing your body-fat percentage allow you to get a more accurate snapshot of your overall health and fitness level. Your body-fat percentage refers to the amount of fat you have relative to lean tissue—and the scale doesn't give you that information. The higher percentage of body fat you have, the more likely you are to develop obesity-related diseases, including heart disease, high blood pressure, stroke, and type 2 diabetes (and the less likely you want to be seen on a beach, wearing a bathing suit, or even see yourself in the mirror).

And here's another FYI: You can do a million crunches, but until you reduce your body fat, you'll never see those rock-hard abs that are hiding underneath! The lower your body fat is in ratio to your lean muscle, the faster your metabolism and the tighter and leaner your body.

Did we mention that **Muscle Burns Fat?** (It does.)

## Using a Body-Fat Tester

Now is a good time to measure your body fat. You may not want to see the number, but you need to know it! You need to know how phenomenal your fat loss will be over the next few months.



Body-fat calipers are among the best ways to gauge your body-fat percentage. Instructions to take your measurement are included in the Beachbody® Body-Fat Tester package. You will be instructed to take your measurement 3 times and calculate the average. You then use this average as your measurement.

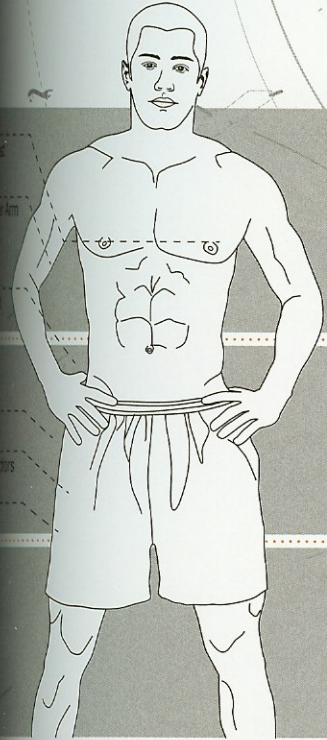
If you log in to **TeamBeachbody.com**, there is a very helpful Body-Fat Calculator in the "Diet & Nutrition" section.

# WEIGHT LOSS AND MEASUREMENTS

You'll be weighing and measuring yourself every 30 days to get a realistic view of your overall transformation. When tracking your progress, be sure to use the same scale throughout your transformation. Not doing so can lead to variations in measurements, which can be frustrating and inaccurate. If you have someone helping you with your measurements, it's best to have the same person helping you each time to lessen the likelihood of slight variations in technique and placement.



**YOU WILL BE MEASURING 8 AREAS OF YOUR BODY.** Everyone's body is different, so make sure to pay attention to the directions listed next to each body part as they are meant to ensure precise results.



## CHEST

MEASURE DIRECTLY ACROSS YOUR NIPPLE LINE (YOU CAN ALWAYS FIND THAT EXACT SPOT).

## UPPER ARMS

MEASURE 7 INCHES DOWN FROM THE TIP OF YOUR SHOULDER (DON'T FLEX YOUR BICEPS OR TRICEPS).

## WAIST

MEASURE AT YOUR BELLY BUTTON (WE'RE NOT MEASURING FOR PANTS HERE AND YOU CAN ALWAYS FIND THAT EXACT SPOT).

## HIPS

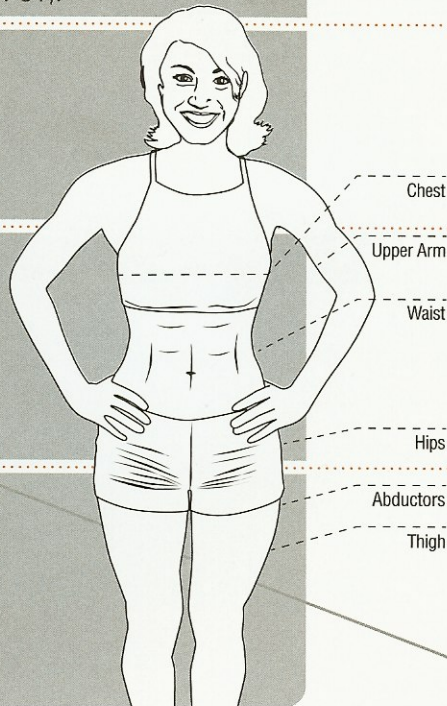
MEASURE AT THE WIDEST AREA OF YOUR HIPS (YOU MAY HAVE TO TURN SIDWAYS TO SEE WHERE THAT IS).

## ABDUCTORS

MEASURE JUST UNDER YOUR BUTT (OTHERWISE KNOWN AS "SADDLEBAGS"—FEET TIGHT TOGETHER FOR THIS MEASUREMENT!).

## THIGHS

MEASURE 6 INCHES DOWN FROM YOUR INSEAM (HAVE YOUR LEGS APART AND WEIGHT EVENLY DISTRIBUTED ON BOTH FEET; DON'T STAND ON ONE FOOT WHILE EITHER THIGH IS BEING MEASURED).



Chest

Upper Arm

Waist

Hips

Abductors

Thigh

# "BEFORE" AND "AFTER" PHOTOS

**When getting ready to take your photos, be sure that the clothes you select for your pictures fit your body and show your figure.** For the best results, men should use shorts and no shirt, and women should use shorts and an athletic bra. You will be amazed by your progress through each phase, so make sure to get photos at every phase.

## WHEN TAKING PHOTOS

- **Do not suck in or push out your stomach.**
- **Stand breathing naturally.**
- **Be sure that the background is clear of distracting items.**
- **Make sure not to cut off your head, arms, or legs.**
- **Save the images in a format that is high resolution so that they are easily viewable.**

# CHECK THE LIGHTING

1



1. Facing straight forward with your **ARMS DOWN AT YOUR SIDES**

2



2. Facing straight forward with your **HANDS ON YOUR HIPS**

3



3. Facing left with your **ARMS DOWN AT YOUR SIDES**

4



4. Facing left with your **HANDS ON YOUR HIPS**

5



5. Back turned to the camera and your **HANDS ON YOUR HIPS**

To ensure that the camera can pick up your **muscle tone** or current lack thereof, make sure that the lighting is not too bright or shadowed. Take one photo in each of the 10 positions. You probably won't like a few of them, but we're not being cruel. They matter.

**6. Back turned to the camera with your ARMS DOWN AT YOUR SIDES**

6



**7. Facing right with your ARMS DOWN AT YOUR SIDES**

7



**8. Facing right with your HANDS ON YOUR HIPS**

8



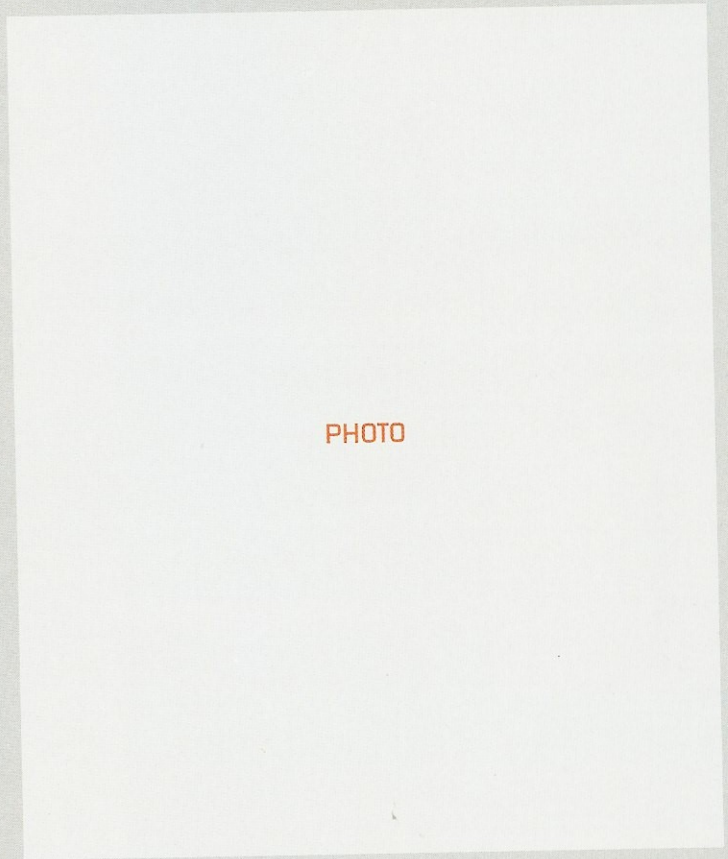
**9. Facing straight forward with your ARMS UP IN A MUSCLE-FLEXING POSE**

9



**10. Reverse the above pose (9) with your back to the camera.**

# DAY 1



## DAY 1 MEASUREMENTS

WAIST:

HIPS:

ABDUCTORS:

CHEST:

RIGHT ARM:

LEFT ARM:

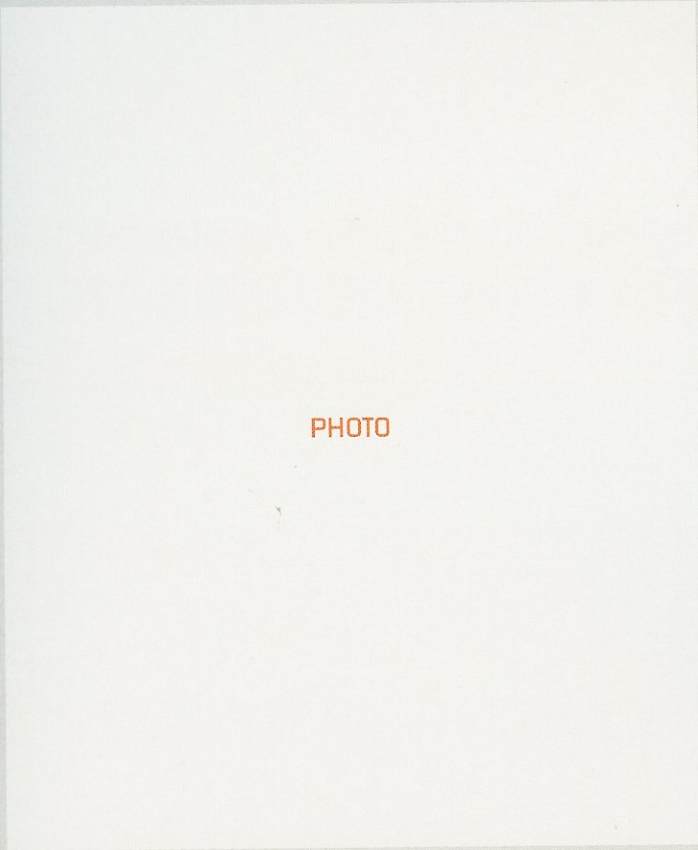
RIGHT THIGH:

LEFT THIGH:

WEIGHT:

BODY-FAT PERCENTAGE:

# DAY 30



PHOTO

## DAY 30 MEASUREMENTS

WAIST:

HIPS:

ABDUCTORS:

CHEST:

RIGHT ARM:

LEFT ARM:

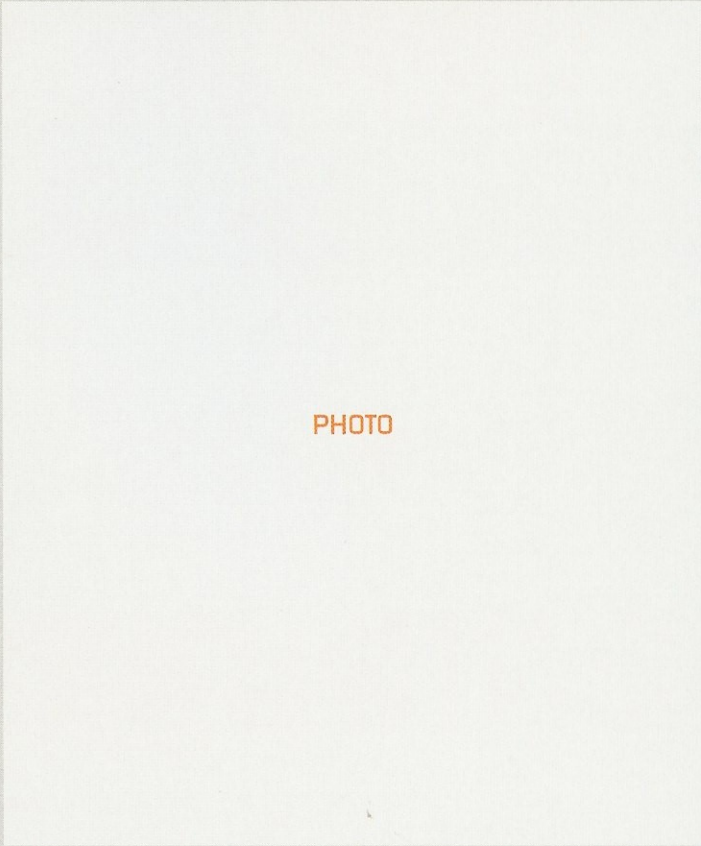
RIGHT THIGH:

LEFT THIGH:

WEIGHT:

BODY-FAT PERCENTAGE:

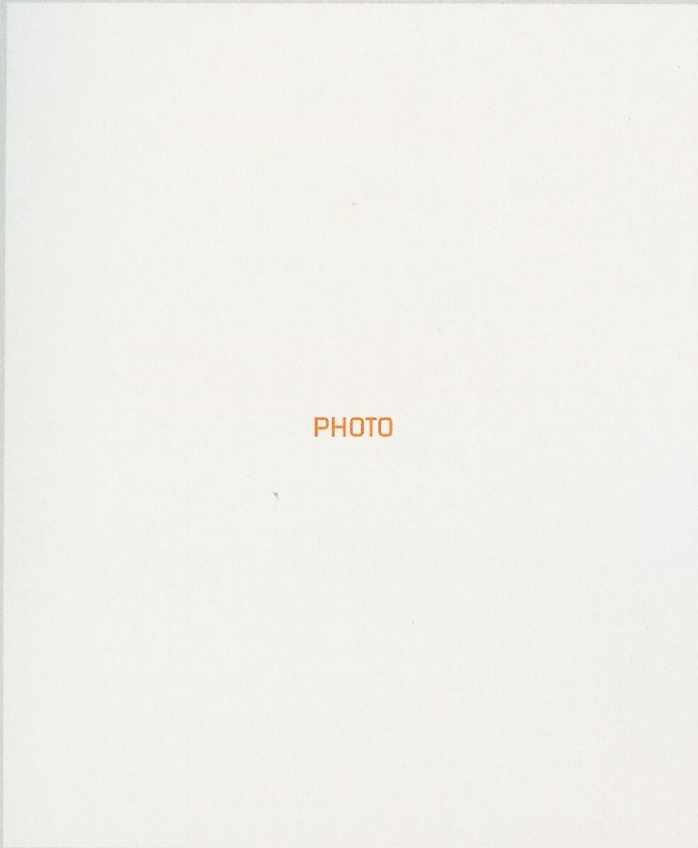
# DAY 60



## DAY 60 MEASUREMENTS

<b>WAIST:</b>	_____
<b>HIPS:</b>	_____
<b>ABDUCTORS:</b>	_____
<b>CHEST:</b>	_____
<b>RIGHT ARM:</b>	_____
<b>LEFT ARM:</b>	_____
<b>RIGHT THIGH:</b>	_____
<b>LEFT THIGH:</b>	_____
<b>WEIGHT:</b>	_____
<b>BODY-FAT PERCENTAGE:</b>	_____

# DAY 90



## DAY 90 MEASUREMENTS

WAIST: \_\_\_\_\_

HIPS: \_\_\_\_\_

ABDUCTORS: \_\_\_\_\_

CHEST: \_\_\_\_\_

RIGHT ARM: \_\_\_\_\_

LEFT ARM: \_\_\_\_\_

RIGHT THIGH: \_\_\_\_\_

LEFT THIGH: \_\_\_\_\_

WEIGHT: \_\_\_\_\_

BODY-FAT PERCENTAGE: \_\_\_\_\_



# TRACK YOUR PROGRESS

There is no way to overstress the critical importance of using your worksheets to keep track of your reps and weights in the ChaLEAN Extreme program. If you aren't picking up the correct weight and you're not failing within 10 to 12 repetitions (or in the Push Phase, 6 to 8 reps), you're doing something else entirely... something that sounds like a waste of time and effort, so knock it off and get with the program! We want you to get strong and lean—and Muscle Burns Fat!

## You will enjoy the variety of moves,

but with the abundance of variety, you don't stand a chance of remembering how many reps you were able to complete or the specific weight you were able to use to fail. You'll be awed by how quickly your little anterior deltoid adapts to lifting heavier weight in the shoulder flys! Your progress will be impressive, but what good is building fat-burning muscle if you slack off on the progress and don't keep improving? Did you fail at 12 reps with 15 pounds last week? You may be ready to try **17.5 pounds and fail at 10 reps**. Why hold yourself back and limit your own progress? You wouldn't say, "Hey, I think I'll waste some of my precious time." But that is precisely what you're doing if you perform moves with a lighter weight than needed to reach failure in the prescribed number of reps!

The following pages are also a great way to learn proper posture and technique for each strength-training move. Although Chalene does an excellent job of cueing you throughout all of the programs, you may have a difficult time remembering the name of each move or how to perform each move properly. The photos and instructions in this progress-tracker section will be nice reminders of correct form and what each move looks like. Enjoy and refer to them as often as you need!

**The following progress-tracking pages are like your personal trainers**—recording your weight and reps in every routine. Grab a pen, open this guidebook before each workout, and place it next to your workout station. You will be ever so grateful that you did!

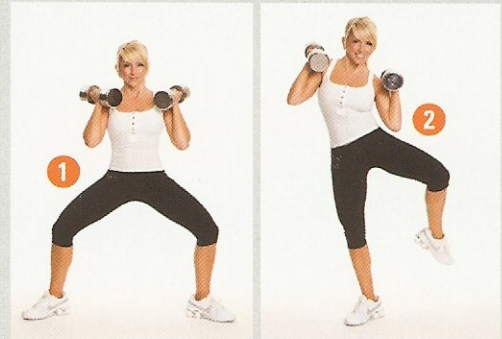


## PROGRESS TRACKERS BURN CIRCUIT 1

### SUMO SQUAT WITH HIP LIFT

1. Start with legs wide, feet turned out, back flat as if against a wall. Weights rest on shoulders. Squat down then return up.
2. Lift knee to elbow, simultaneously bending torso to one side. Lower leg then perform on opposite side.

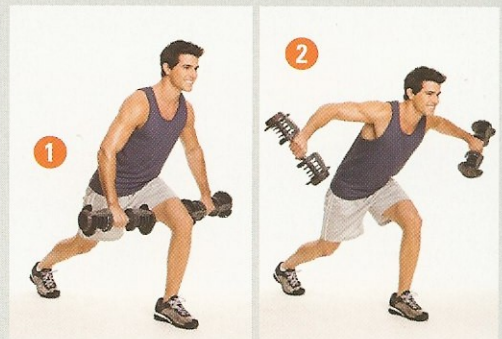
	WEIGHT	# OF REPS
WEEK 1:		
WEEK 2:		
WEEK 3:		
WEEK 4:		



### LUNGE WITH POSTERIOR FLY

1. Step forward into a lunge, keeping your knee over your toes.
2. Extend arm to side, leading with your pinky, then lower down.
3. Step back to standing position. Finish set on same side, then switch sides, leading with the opposite leg and working the opposite arm.

	WEIGHT	# OF REPS
WEEK 1:		
WEEK 2:		
WEEK 3:		
WEEK 4:		



## PUSH-UP WITH LEG LIFT

1. Start in a plank position with hands flat and facing forward. Position shoulders over wrists and keep head aligned with spine. Engage core.
2. Bend arms—goal is 90 degrees. Hold core tight. Keep shoulder blades pinned back and neck and head aligned with spine. Push up.
3. Squeeze glutes and lift one leg straight up. Hold, then lower down.

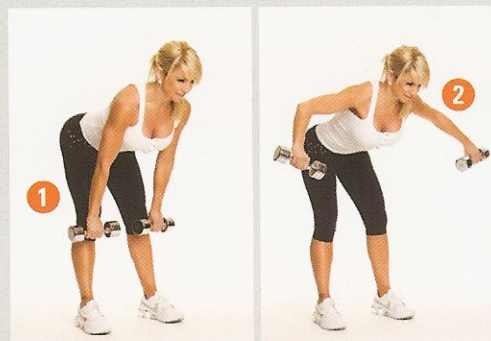
	WEIGHT	# OF REPS
WEEK 1:		
WEEK 2:		
WEEK 3:		
WEEK 4:		



## DEAD LIFT WITH POSTERIOR FLY

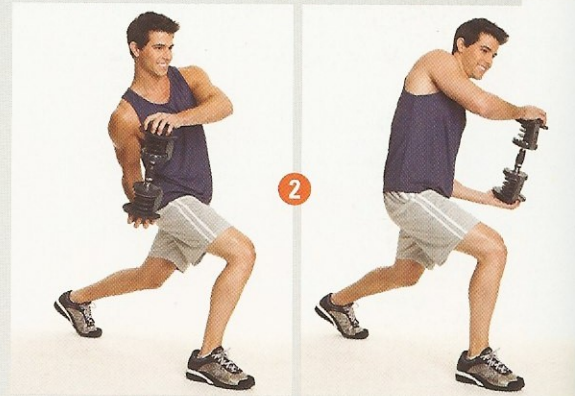
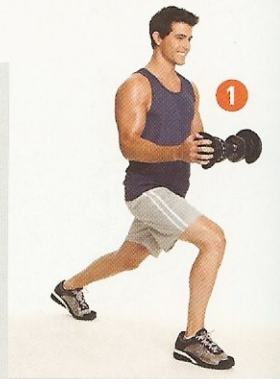
1. Start with legs shoulder-width apart, knees slightly bent. Bend over at waist to 90 degrees.
2. Leading with pinkies, raise arms to sides, squeezing shoulder blades. Lower arms. Keep core tight and return to standing position. Repeat.

	WEIGHT	# OF REPS
WEEK 1:		
WEEK 2:		
WEEK 3:		
WEEK 4:		



## LUNGE WITH CORE ROTATION

1. Start with both feet together, holding one weight with both hands. Step forward into a lunge.
2. Take the weight and make an arc from side to side then back to center. Step back to start position.

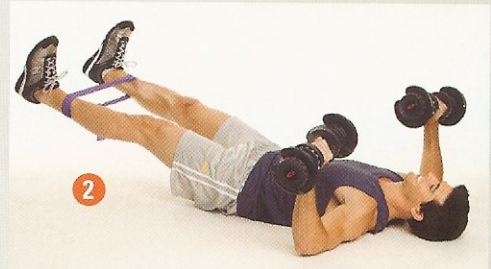
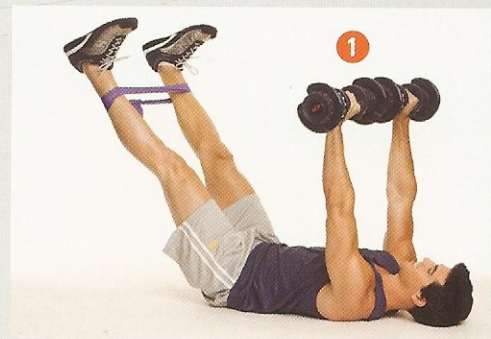


	WEIGHT	# OF REPS
WEEK 1:		
WEEK 2:		
WEEK 3:		
WEEK 4:		

## BENCH PRESS AND LEG LOWER

1. Lie on back. Place band around ankles and raise legs straight up in the air and extend weights above chest.
2. Simultaneously lower legs and arms to chest to 90-degree angle. Then raise legs as you extend arms again.

MODIFICATION: Bend legs and/or don't lower legs so low. Don't use band.

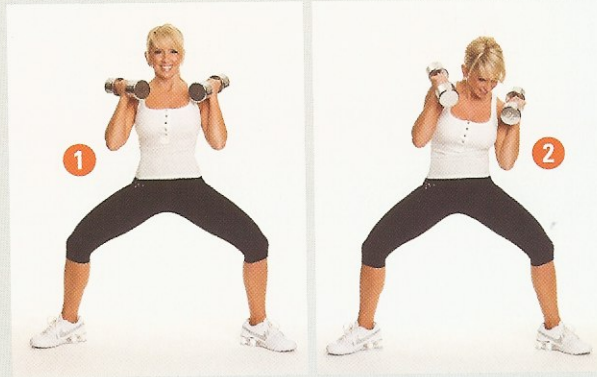


	WEIGHT	# OF REPS
WEEK 1:		
WEEK 2:		
WEEK 3:		
WEEK 4:		

## SQUAT WITH SIDE BEND

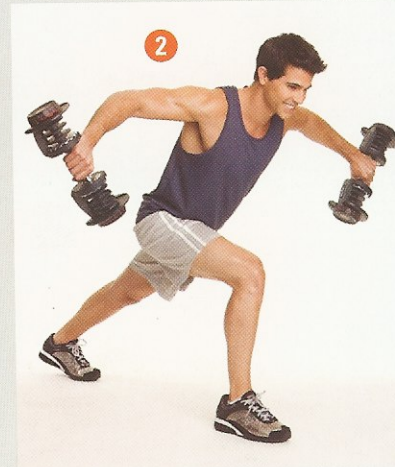
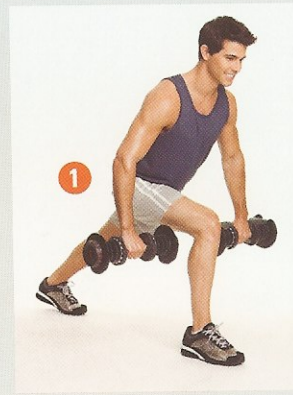
1. Start with feet shoulder-width apart, weights resting at shoulders. Squat down, then stand up.
2. Keeping back straight, crunch/bend from one side to the other.

	WEIGHT	# OF REPS
WEEK 1:		
WEEK 2:		
WEEK 3:		
WEEK 4:		



## FORWARD-LEAN LUNGE WITH DBL ARM POSTERIOR FLY

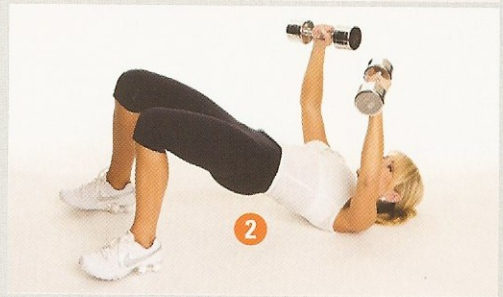
1. Start with weights at sides and step forward into a lunge.
2. Leading with the pinkies and keeping shoulders relaxed, raise arms to shoulder level. Lower arms, then step back to standing position.



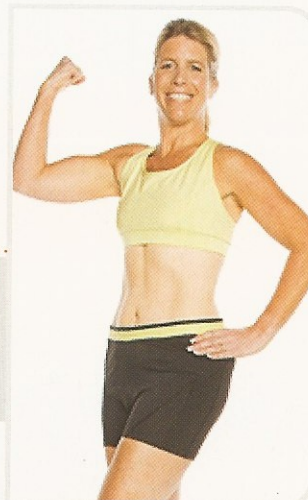
	WEIGHT	# OF REPS
WEEK 1:		
WEEK 2:		
WEEK 3:		
WEEK 4:		

## CHEST FLY WITH HIP LIFT

1. Lie on back, feet on floor and knees bent shoulder-width apart. Hold weights wide and angled toward each other.
2. Squeeze glutes and lift hips toward ceiling as you bring weights together over chest. Lower glutes as you lower arms to starting position.



	WEIGHT	# OF REPS
WEEK 1:		
WEEK 2:		
WEEK 3:		
WEEK 4:		



**LOST 39%  
OF HER  
BODY FAT!**

**CAREY R.**

Age: 41

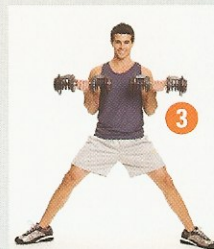
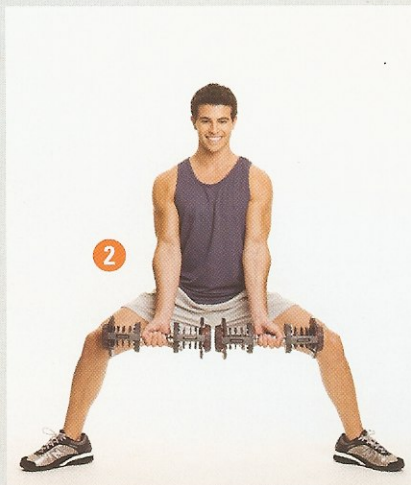
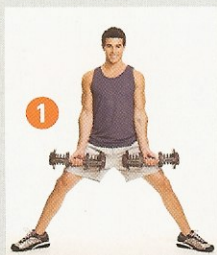
Lost 38 in.!\*

\*Results may vary. Exercise and proper diet are required to maintain weight loss and muscle definition.

## BURN CIRCUIT 2

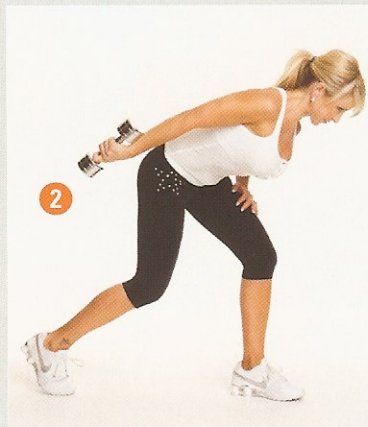
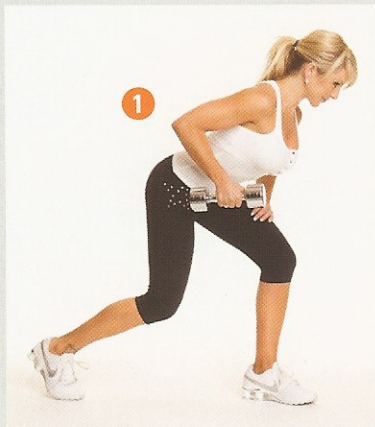
### SUMO SQUAT WITH BICEP CURL

1. Stand with feet facing outward in a wide stance. Hold weights in front of legs, palms facing forward.
2. Imagine your back sliding down a wall and squat.
3. Stand up. Perform bicep curl.



### LUNGE WITH ONE-ARM TRICEP EXTENSION

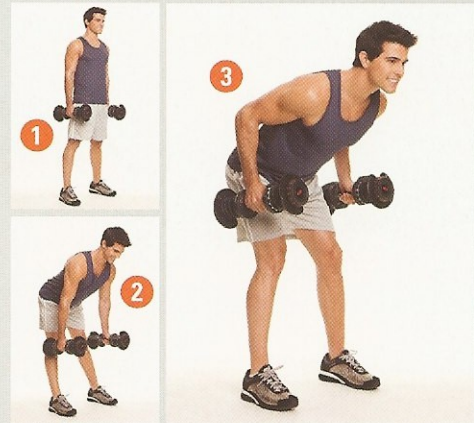
1. Start with one foot forward and one foot back, weight in one hand, elbow bent and tight to side. Lower down into lunge then stand up.
2. Extend arm back, flexing tricep, and squeeze. Release. Perform set on same side then switch to opposite side.





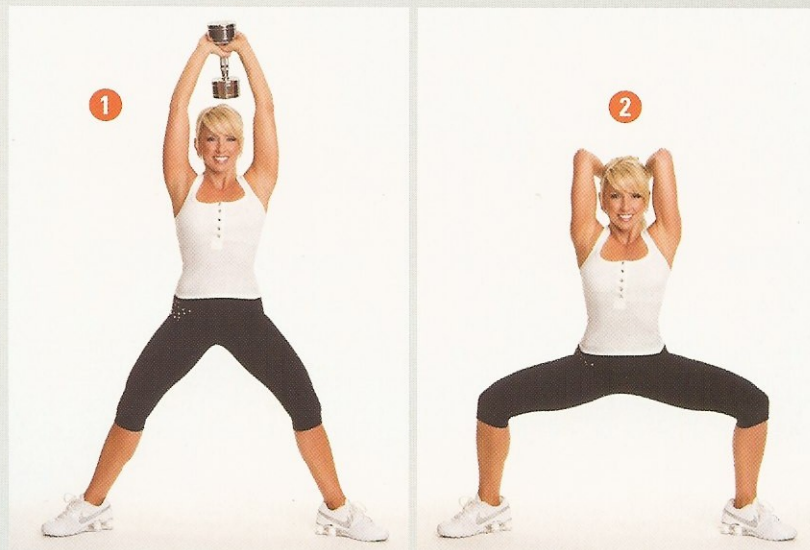
## DEAD LIFT ROW

1. Stand with knees slightly bent, feet shoulder-width apart.
2. While keeping back flat, bend over to 90 degrees. Weights stay close to body.
3. Raise elbows to ceiling, pulling shoulder blades together. Lower arms then return to standing position.



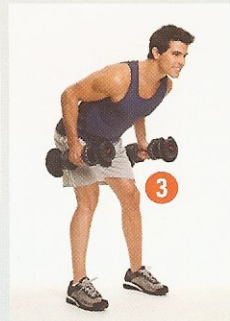
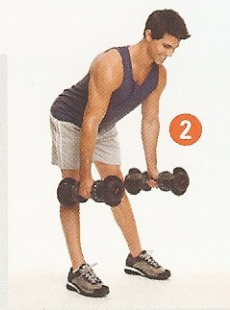
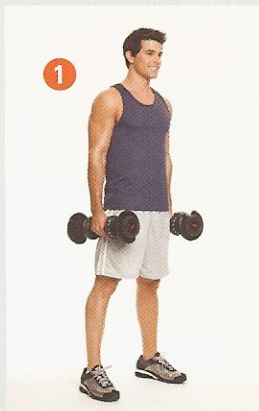
## SUMO SQUAT WITH OVERHEAD TRICEP EXTENSION

1. Stand with feet facing outward and knees slightly bent in a wide stance. Hold one weight in both hands and extend arms above head.
2. Squat, imagining your back sliding down a wall. Keep knees over toes. While keeping elbows tight to head, lower and lift weight. Return to standing position.



## DEAD LIFT WITH DOUBLE ROW

1. Stand with feet shoulder-width apart and knees slightly bent. Hold weights to sides, palms facing inward.
2. Bend over to 90 degrees, keeping back flat. Weights stay close to body. Then stand up halfway.
3. Pull elbows back toward ceiling, pulling shoulder blades together. Lower arms. Return to standing position.



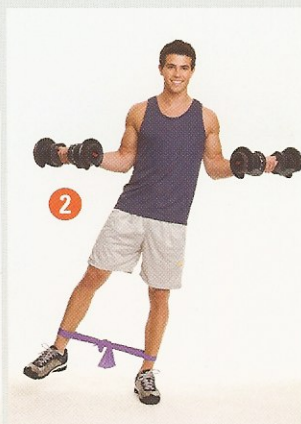
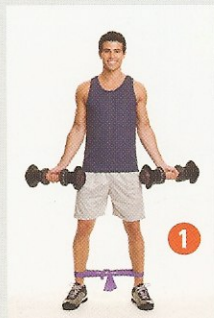
## BOWLER'S LUNGE WITH SINGLE-ARM ROW

1. Start with one leg crossed behind opposite leg. Hold weight in hand opposite the front leg.
2. Lunge down. Make sure not to let front knee go over toes. Keep shoulders even.
3. Keep elbow tight and pull arm back to 90 degrees. Lower arm down. Then straighten knees to starting position. Finish set on one side, then switch to opposite side.



## BICEP CURLS WITH ABDUCTOR BALANCE

1. Start with feet shoulder-width apart, weights in hands and palms facing forward. Place band around ankles.
2. Lift one leg away from body while curling both hands to shoulders. Lower arms, then lower leg. Alternate legs on each curl.



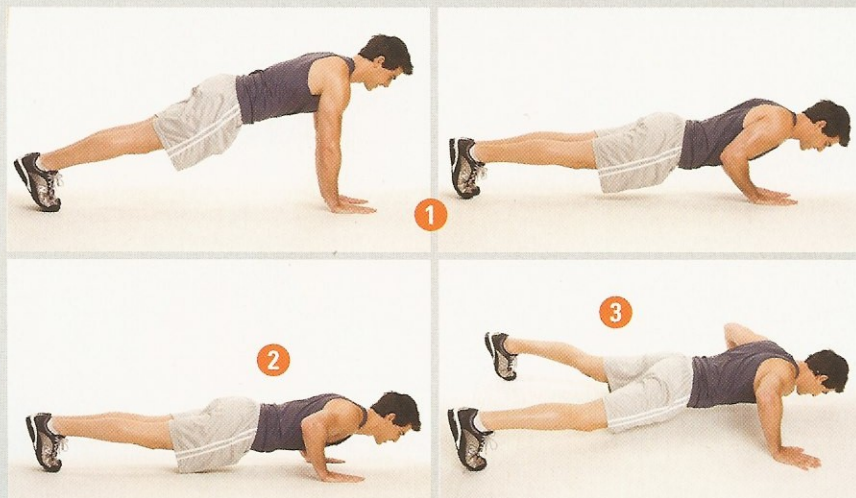
## FORWARD-LEAN LUNGE WITH DOUBLE ROW

1. Start with feet shoulder-width apart. Weights in hands, palms facing inward.
2. Step forward into a lunge position, bending both knees. Keep front knee over toes and arms held straight tight to side.
3. Keep elbows tight to side and bend both arms to 90 degrees. Pull shoulder blades together. Lower arms. Step back to standing position.



## TRIPLE-THREAT PUSH-UPS

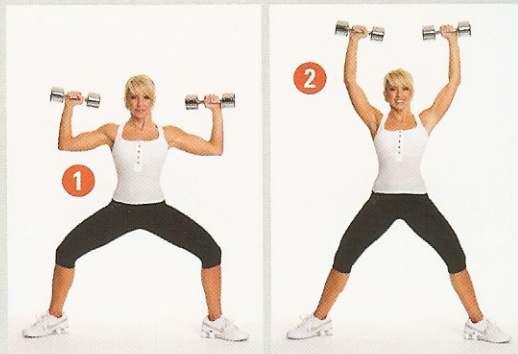
1. **TRICEP:**  
Start in plank position, with feet together and hands closer than shoulder width. Keeping elbows tight, lower chest toward ground then push up.
2. **TRADITIONAL:**  
Perform push-up with feet together, arms wider than shoulders.
3. **SPIDER:**  
Start in plank position, with feet wider than hip width and hands wider than shoulder width. Lower chest toward the ground.



## BURN CIRCUIT 3

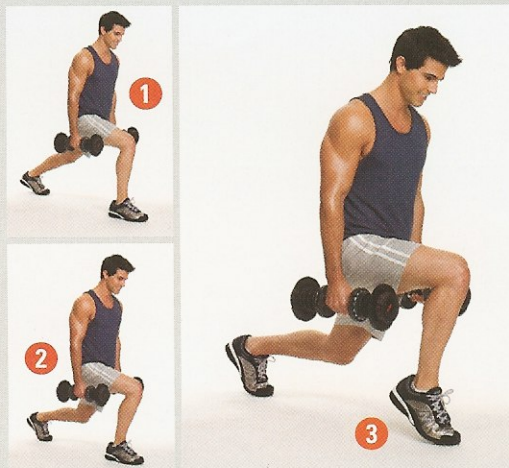
### SUMO SQUAT WITH OVERHEAD PRESS

1. Start with legs slightly bent and feet facing outward in a wide stance. Weights held in hands, palms facing forward. Squat down. Keep knees over toes.
2. Return to standing position. Extend arms overhead, then lower arms.



### LUNGE WITH CALF RAISE

1. Start with both feet facing forward in a split stance and chest up. Back leg straight, front knee slightly bent. Weights held at sides.
2. Lunge straight down, bending both knees.
3. Keep both knees bent and lift front heel off the ground. Lower heel, then stand up. Finish set on same leg then switch to opposite leg.



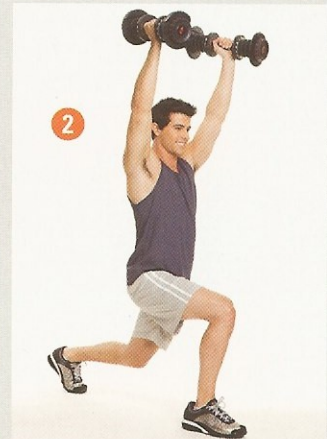
### SQUAT WITH LATERAL RAISE

1. Start with toes facing forward and feet shoulder-width apart. Weights held slightly in front of you, palms facing inward. Bend knees to 90 degrees. Keep knees over toes.
2. Return to standing position. Keeping arms slightly bent, raise arms to shoulder level. Lower arms to sides.



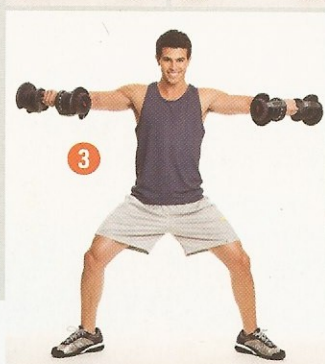
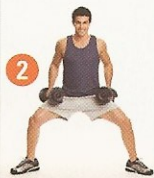
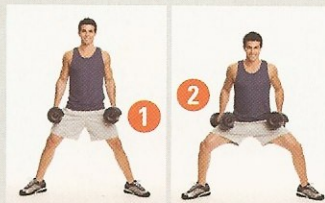
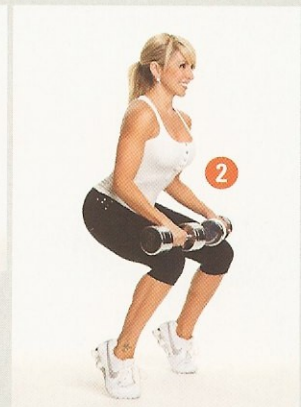
## LUNGE WITH FRONTAL PRESS

1. Start with weights resting at shoulders, legs in split stance. Bend both knees and lunge down.
2. Press hands up overhead then lower down. Straighten knees. Alternate legs halfway through.



## SQUAT WITH CALF RAISE

1. Start with toes forward, feet shoulder-width apart, and weights resting on knees. Squat down.
2. Raise heels. Lower heels. Stand up.

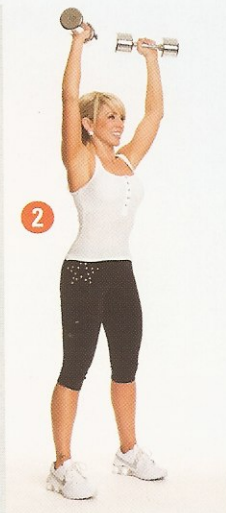


## SUMO SQUAT WITH DELT RAISES

1. Stand with feet facing outward in a wide stance. Hold weights at hips.
2. Imagine your back sliding down a wall. Squat down, keeping knees over toes. Straighten legs and stand up.
3. With arms slightly bent, raise both arms to shoulder level. Then lower arms.

## SQUAT WITH DOUBLE OVERHEAD PRESS

1. Stand with toes facing forward, feet shoulder-width apart. Hold weights at shoulders and angle hands inward. Squat down, keeping knees over toes.
2. Return to standing position. Keeping hands angled in, straighten arms overhead. Keep shoulders down and core engaged. Lower arms down.



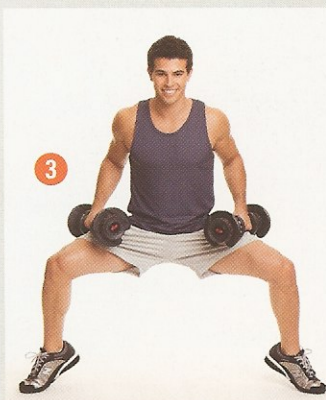
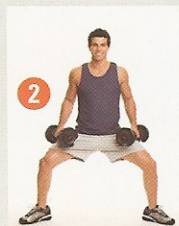
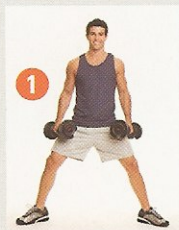
## LUNGE WITH LATERAL RAISE

1. Start with feet together and step forward into split stance. Bend knees and lower down into a lunge.
2. Straighten legs. Raise both arms to shoulder level. Lower arms. Then step back, feet together.



## SUMO SQUAT WITH CALF RAISE

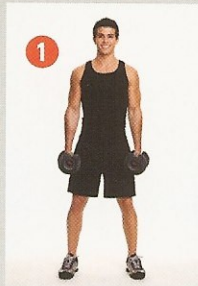
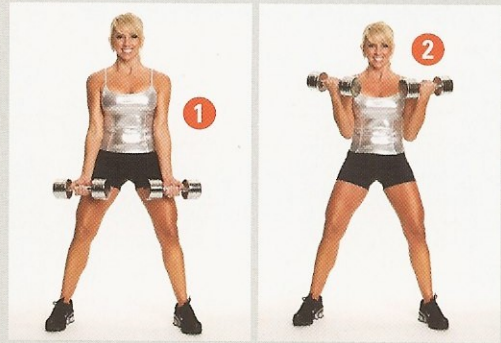
1. Stand with feet facing outward in a wide stance.
2. Imagine your back sliding down a wall. Squat down, keeping knees over toes.
3. Raise both heels off the ground. Lower heels then straighten knees back to starting position.



## PUSH CIRCUIT 1

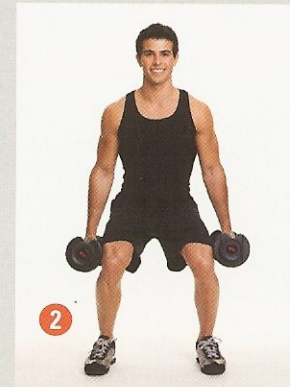
### STANDARD BICEP CURL

1. Start with feet slightly more open than shoulder width, with knees slightly bent. Hold weights at thighs with palms facing forward. Engage core.
2. Holding elbows tight to side, raise weights toward shoulders.



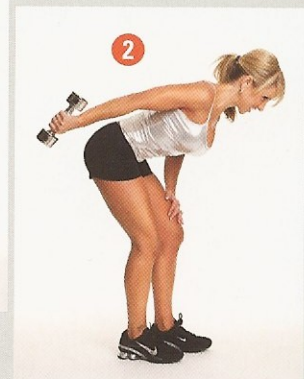
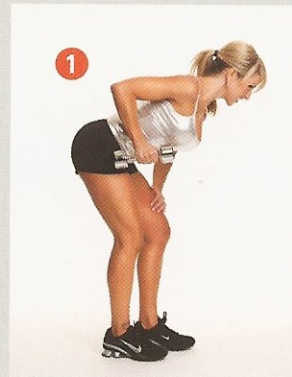
### STANDARD SQUAT

1. Stand with toes facing forward and feet shoulder-width apart. Weights held at side.
2. Imagine sitting in a chair and squat. Keep knees over toes and chest up.



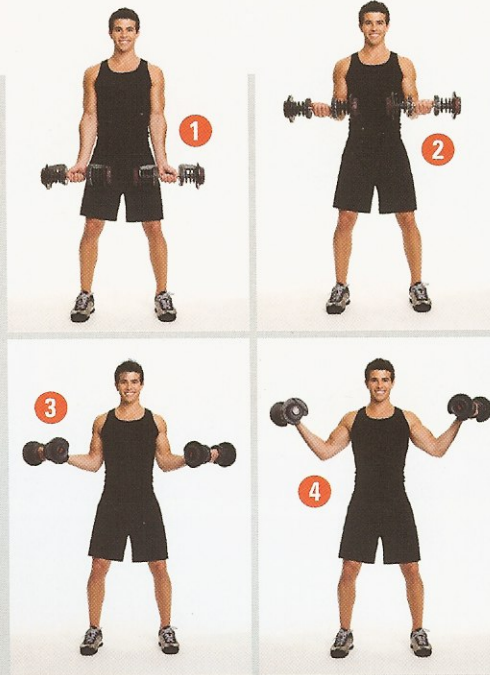
### SINGLE-ARM BENT-OVER TRICEP EXTENSION

1. Stand with feet in a comfortable balance stance and knees slightly bent. Bend at waist. Hold weight in one hand and place other hand on thigh. Hold elbow tight to side. Head and spine aligned. Engage core.
2. Extend arm back, squeezing your tricep. Return to starting position.



## V-PRESS BICEPS

1. Stand with feet shoulder-width apart, weights held on front of legs and palms facing forward.
2. Lift weights up toward shoulders to where elbows are bent to about 90 degrees. Keep wrists straight and elbows tight to sides.
3. Rotate hands away from body, keeping arms bent at about 90 degrees.
4. Lift arms up and out away from body.



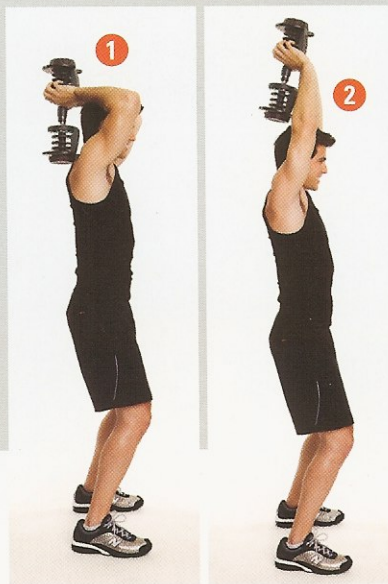
## SINGLE-LEG SQUAT



1. Start with weights held at sides and feet shoulder-width apart. Hold chest up and back. Shift weight to one leg and lift opposite heel.
2. Hold chest up and keep heel raised. Keeping weight on one leg, squat down.

## OVERHEAD TRICEP EXTENSION

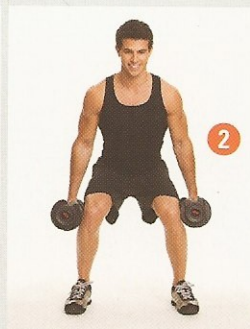
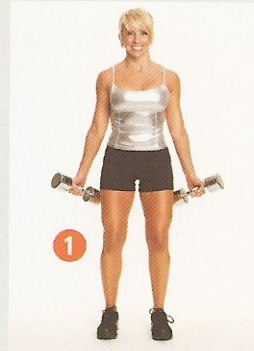
1. Stand with knees slightly bent and feet shoulder-width apart. Hold one weight with both hands behind head and arms bent to about 90 degrees. Keep elbows close to head and core tight.
2. Straighten arms up toward ceiling using triceps, then lower weight.





## HAMMER BICEPS

1. Stand with toes facing forward, feet shoulder-width apart, and knees slightly bent. Weights held at side with palms facing forward. Engage core.
2. Hold elbows tight to sides and keep shoulders down and back. Keep palms facing out and curl weights toward shoulders.

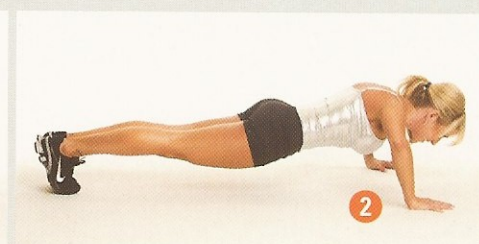
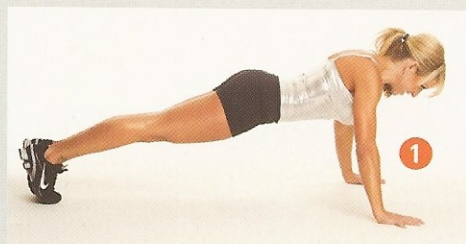


## HEEL SQUAT

1. Hold weights at sides and stand with knees slightly bent and feet shoulder-width apart.
2. Imagine you're sitting in a chair and squat straight down. Come back up very slowly.

## PUSH-UPS

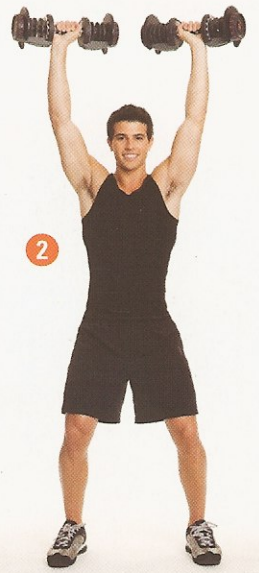
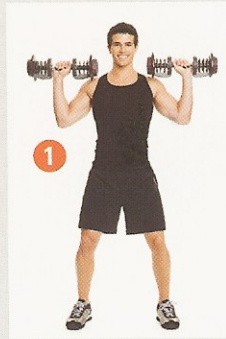
1. Start in a plank or push-up position. Position shoulders over wrists and head aligned with spine. Engage core.
2. Hold tight body position and lower chest toward ground. Return to starting position.



## PUSH CIRCUIT 2

### STANDARD OVERHEAD PRESS

1. Stand with knees slightly bent and feet shoulder-width apart. Hold weights at shoulders.
2. Keep shoulders down and press arms overhead.



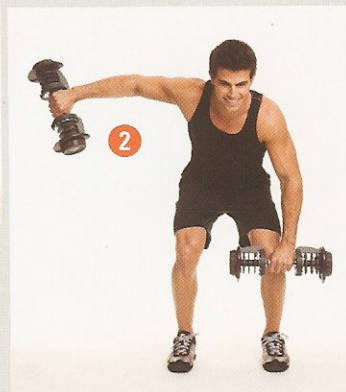
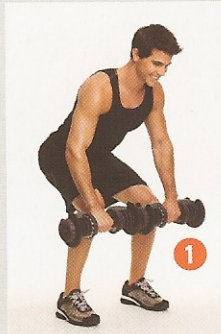
### SINGLE-LEG LUNGE

1. Stand with both feet facing forward in a split stance. Straighten back leg, with heel raised and front leg slightly bent. Hold arms straight to sides, palms facing inward.
2. Keep shoulders back. Bend both knees into a lunge.



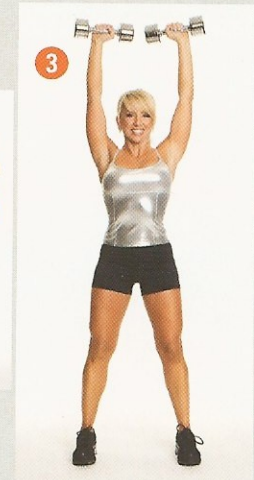
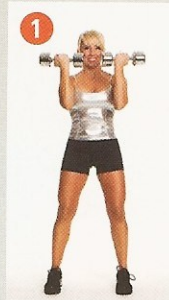
### STANDING REVERSE FLY

1. Grab weights and stand with knees slightly bent and feet shoulder-width apart. Bend over at the waist.
2. Keep elbows slightly bent. Lift arm to shoulder level, leading with pinky. Lower down. Repeat on opposite side.



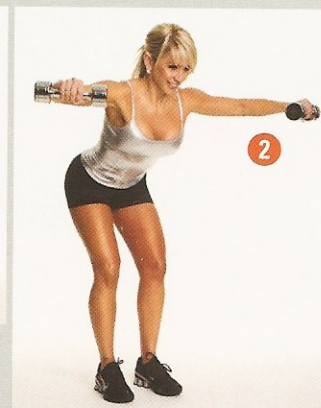
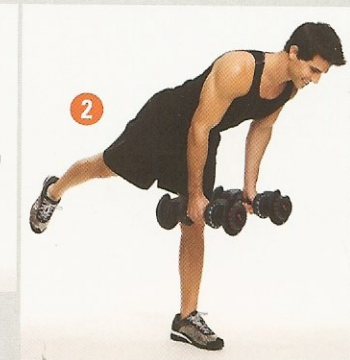
## STANDING ARNOLD PRESS

1. Stand with knees slightly bent and feet shoulder-width apart. Hold weights at chin level with palms facing inward.
2. Rotate hands away from body and toward the ceiling.
3. Open arms and finish with arms straight overhead. Rotate arms back down.



## SINGLE-LEG DEAD LIFTS

1. Stand on one leg and place opposite leg behind the other, with heel raised. Hold weights in front of thigh, palms facing inward.
2. Bend forward at waist while you keep back leg straight and lift it up. Slide weights down leg as far as your flexibility will allow.

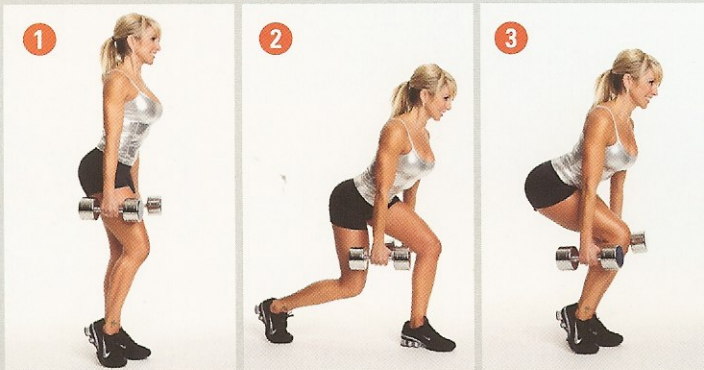
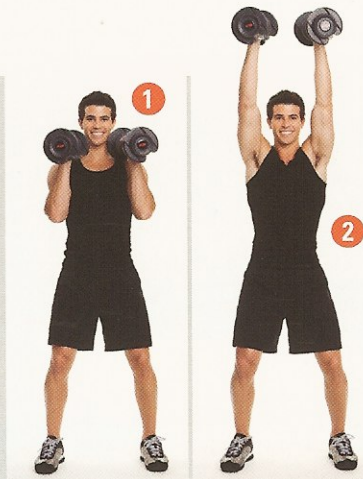


## BENT-OVER LAT RAISE

1. Stand with knees slightly bent and feet shoulder-width apart. Hold weights at sides, palms facing inward. Bend over to a 45-degree angle, engage core, and hold back flat. Keep head aligned with spine.
2. With arms slightly bent and palms facing downward, lead with the knuckles and raise both arms up to shoulder level. Squeeze shoulder blades together at the top.

## FRONTAL SHOULDER PRESS

1. Stand with a slight bend in knees and feet shoulder-width apart. Hold weights by shoulders.
2. Press arms overhead.

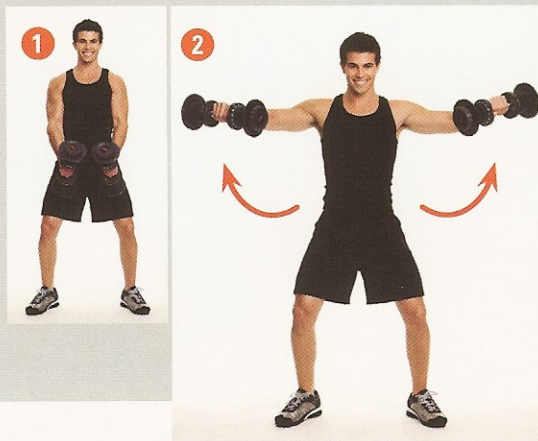


## SINGLE-LEG-TAP LUNGES

1. Start with feet together.
2. Step back with one leg and lunge, bending both knees.
3. Bring feet together, keeping weight on one leg.

## LATERAL DELT RAISE

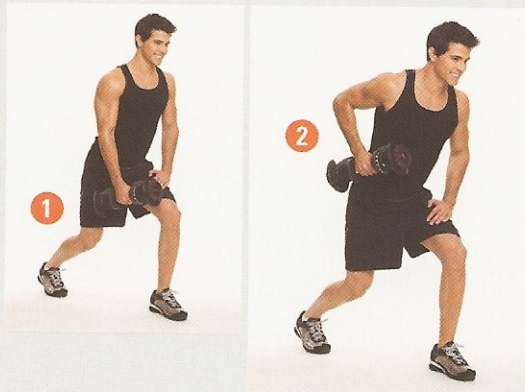
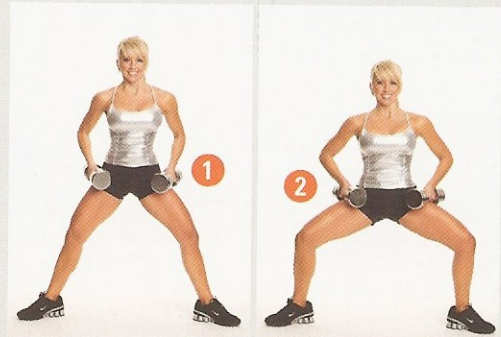
1. Stand with knees slightly bent and feet shoulder-width apart. Hold weights in front, palms facing inward. Hold core tight.
2. Lift arms, one at a time, to shoulder level. Keep wrists aligned with elbows.



## PUSH CIRCUIT 3

### SUMO SQUAT

1. Stand with feet facing outward and legs in a wide stance. Hold weights at hips.
2. Imagine your back sliding down a wall and squat. Keep knees over toes.

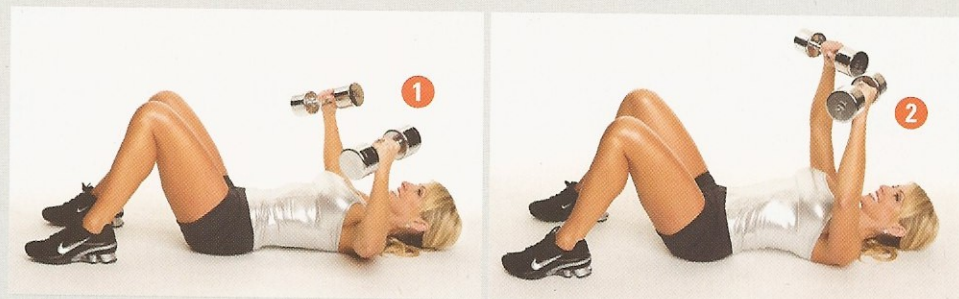


### SINGLE-ARM ROW

1. Stand with one foot behind the other, with both knees slightly bent. Hold weight on same side as your back leg.
2. Pull elbow up and bring shoulder blade toward spine. Keep weight close to body.

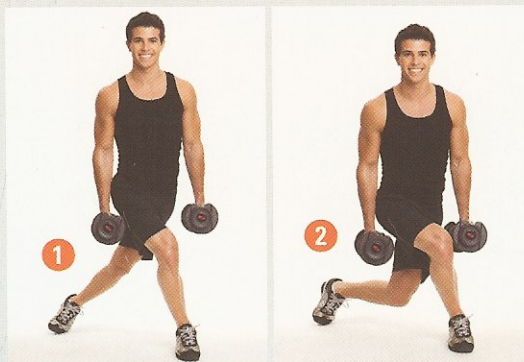
### CHEST FLY

1. Lie on back. Bend knees, feet flat and shoulder-width apart. Press lower back into the floor. Slightly bend arms and extend out to side, angle hands inward.
2. Keeping hands angled inward and arms slightly bent, bring arms together over chest. Imagine yourself hugging a tree.



## BOWLER LUNGE

1. Stand with one leg in front of the other; cross back leg to opposite side of front leg. Bend front knee and keep back leg straight. Hold weights at your sides, palms facing inward.
2. Keep chest up and lower down into lunge. Bend both knees. Front knee stays over your toes.



## DOUBLE-ARM BENT-OVER ROW

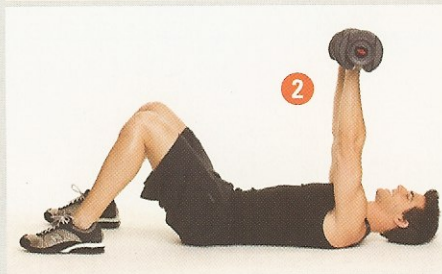
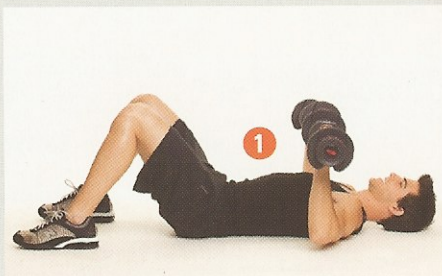
1. Stand with knees slightly bent and feet shoulder-width apart, and bend over at the waist. Hold weights tight at sides of legs. Keep head aligned with spine.
2. Pull elbows up and squeeze shoulder blades together at the top.

## BENCH PRESS

1. Lie on back. Bend knees, feet flat and shoulder-width apart.

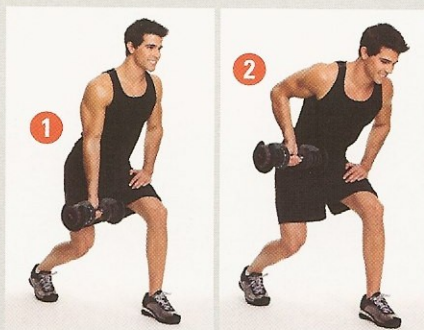
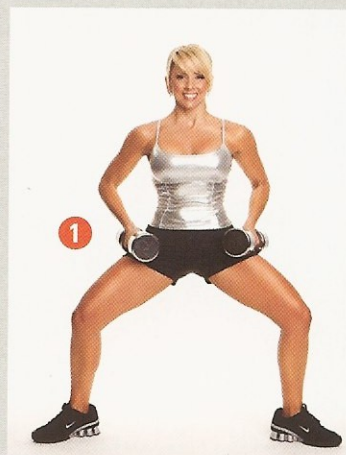
Press lower back into the floor. Hold weights with arms bent to 90 degrees.

2. Press arms up over chest.



## SINGLE-LEG SUMO SQUAT

1. Start with feet facing outward in a wide stance and weights held at hips. Isolate one leg. Squat with all your weight on one heel. Squeeze on the way up. Focus on the inner thigh.

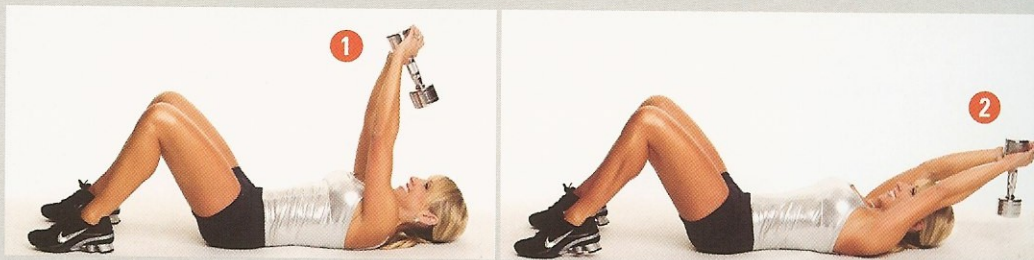


## REVERSE-GRIP BENT-OVER ROW

1. Stand with both knees bent in a split stance. Lean over and place one hand on front leg. Opposite arm holds weight, palm facing forward. Align head with spine.
2. Hold shoulders back and pull arm up and back, leading with your elbow.

## LONG-ARM PULLOVER

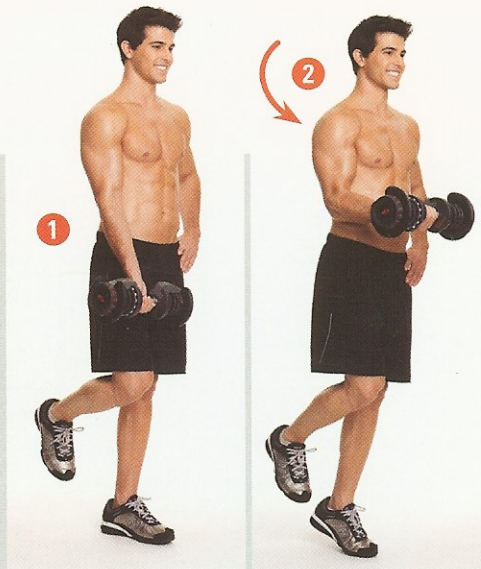
1. Lie on back. Bend knees, feet flat and shoulder-width apart. Press lower back into the floor. Hold one weight with both hands over chest, keeping arms straight.
2. Keeping arms straight, lower weight overhead toward the floor.



## LEAN CIRCUIT 1

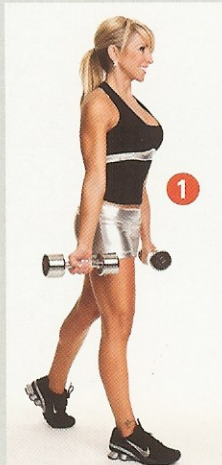
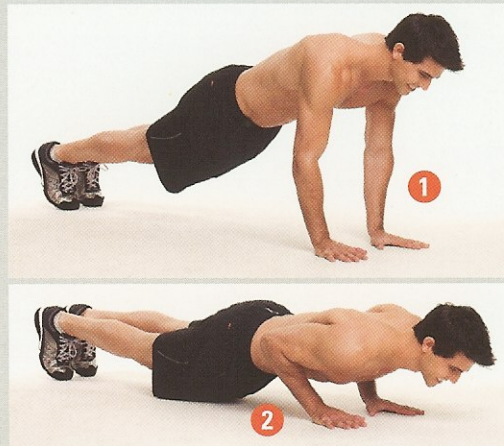
### SINGLE-CALF RAISE, BICEP CURL

1. Balance on one leg and hold weight in opposite arm.
2. Lift heel off the ground; curl weight toward shoulder.



### TRICEP PUSH-UPS

1. Start in a plank position with hands closer than shoulder width. Engage core.
2. Hold body position and lower chest toward ground. Keep elbows tight to rib cage as you lower down.



### SPLIT LUNGE WITH BICEPS

1. Stand in a split stance with back heel raised. Hold weights with palms facing forward.
2. Lunge down, bending both knees, and curl arms toward shoulders.





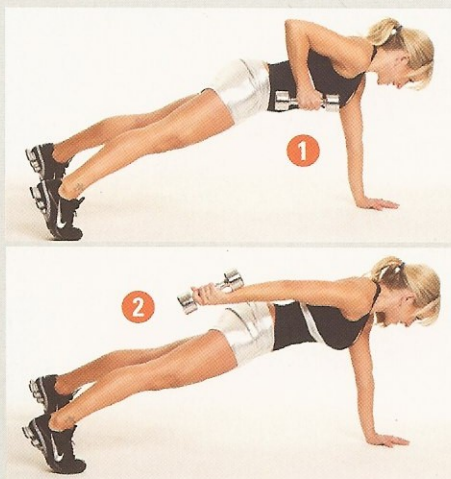
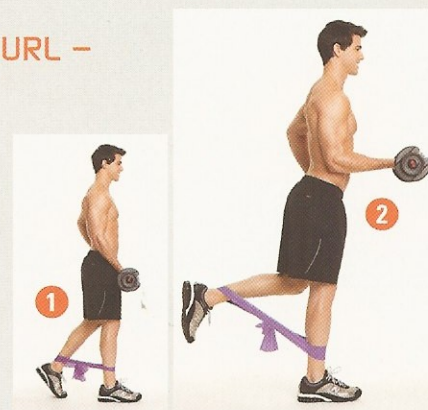


### STATIONARY RUNNER'S LUNGE – DOUBLE TRICEPS

1. Get low into a runner's lunge position, with back leg straight and front knee bent. Keep knee over toes. Bend arms and hold weights tight to sides. Pull shoulder blades together.
2. Hold runner's lunge and straighten arms back, squeezing triceps.

### BICEP CURL WITH HAMSTRING CURL – RIGHT AND LEFT

1. Place band around both ankles. Stand with one leg in front of other, back heel raised. Hold weight in same hand as front leg.
2. Curl back heel toward glute and curl weight toward shoulder at the same time.

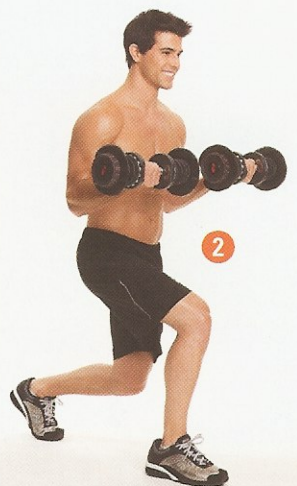
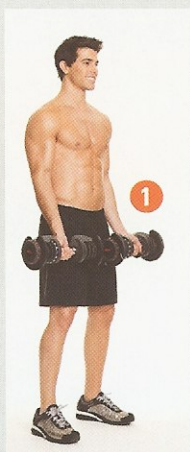


### PLANK WITH SINGLE-TRICEP EXTENSION

1. In one-arm plank position, hold weight in one hand. Keep arm bent and close to side. Engage core, with head aligned with spine.
2. Hold tight plank position and extend elbow.

## REVERSE LUNGE – DOUBLE-ARM BICEP CURL

1. Start with knees slightly bent and feet shoulder-width apart. Hold weights in front of legs, palms facing forward.
2. Step back into lunge position, bending both knees and curling both weights toward shoulders. Keep front knee behind toes.

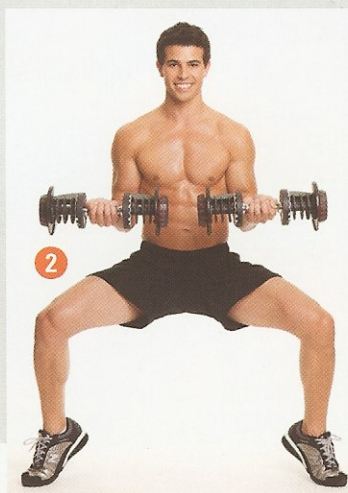
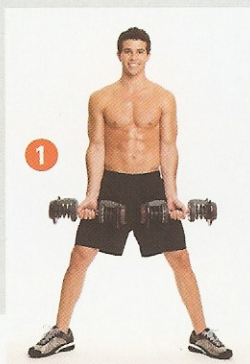


## SUPINE TRICEP

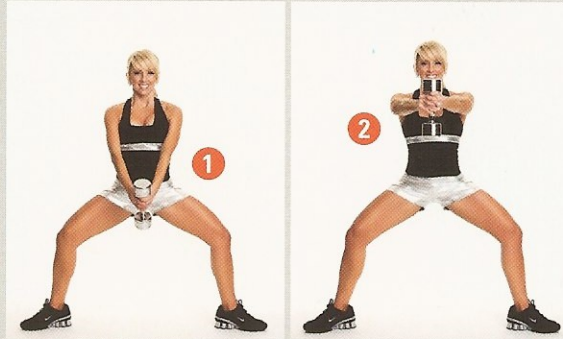
1. Lie on back. Bend knees, feet flat and shoulder-width apart. Press lower back into the floor. Hold one weight over your head, keeping both arms straight.
2. Lower weight toward floor over your head. Bend elbows to about 90 degrees.

## SUMO SQUAT CALF RAISE WITH BICEP CURL

1. Start with feet facing outward in a wide stance.
2. Perform a squat. Curl weights toward shoulders while rising up onto toes. Lower heels and arms. Then stand up.



## LEAN CIRCUIT 2

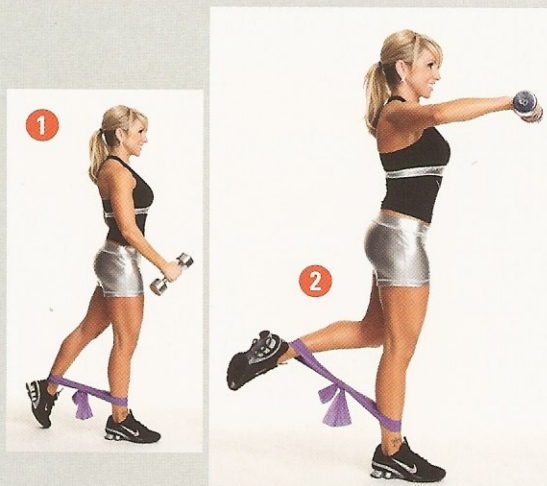
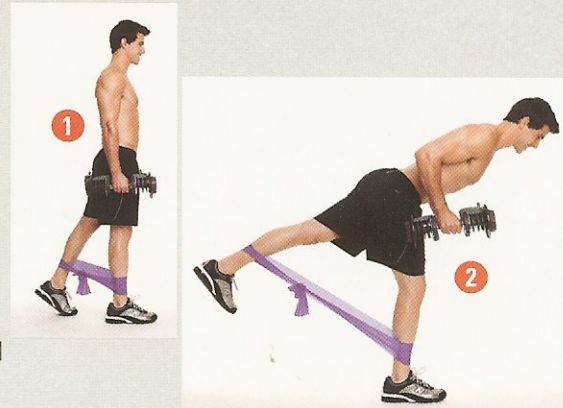


### SUMO SQUAT ANTERIOR DELT LIFT

1. Stand with feet turned out in a wide stance. Hold one weight with both hands between legs.
2. Raise arms in front of chest to shoulder level while performing a squat.

### DOUBLE-ARM ROW – SINGLE-LEG LIFT WITH BAND

1. Place band around ankles. Stand with one leg in front of other, back heel raised. Hold weights at side, palms facing inward.
2. Lean forward and lift back leg up, keeping a straight line from head to toe. Bring elbows back toward ceiling and pull shoulder blades together.

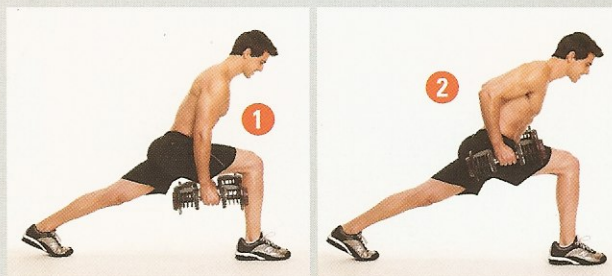


### SINGLE HAMSTRING CURLS, WITH LATERAL RAISE

1. Place band around ankles. Stand with one leg in front of other, back heel raised.
2. While curling the back knee, bring heel toward glute, keep arms slightly bent, and raise weights up to shoulder level.

## RUNNER'S LUNGE WITH DOUBLE-ARM ROW

1. Stand in a runner's lunge with front knee over toes. Hold weights at sides, palms facing inward. Lean chest forward to 45 degrees.



2. Lift both elbows toward the ceiling, bending arms to 90 degrees. Pull shoulder blades together.

## LATERAL RAISE WITH ABDUCTION WITH BANDS



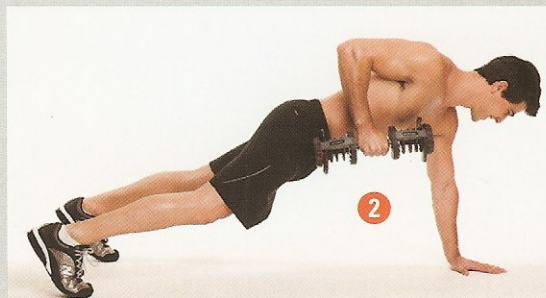
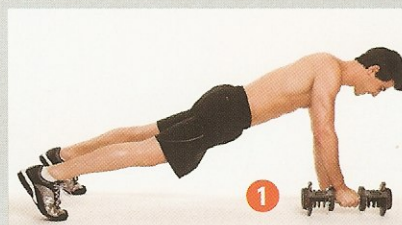
1. Place band around ankles. Stand with feet shoulder-width apart with one heel raised. Hold weights with arms slightly bent, palms facing inward.

2. Lift one leg out to side while raising both arms up to shoulder level. Lower and repeat on opposite side.

## PLANK WITH SINGLE-ARM ROW

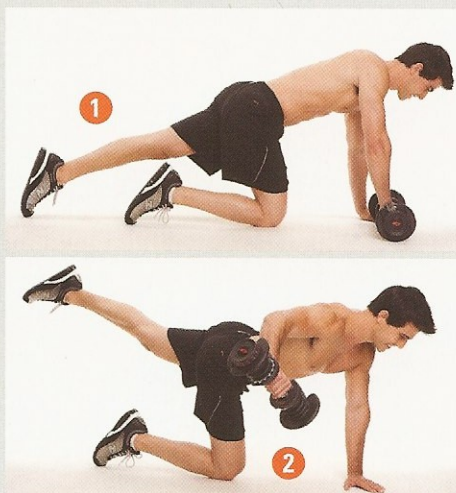
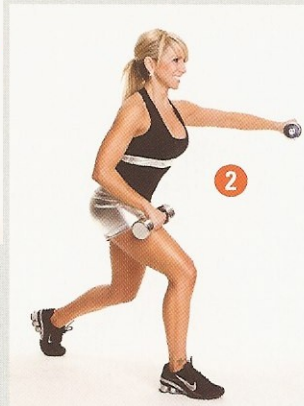
1. Start in a plank position. Hold weight in one hand. Keep hips parallel to floor.

2. Lift elbow toward ceiling and pull shoulder blade toward spine.



## REVERSE LUNGE – LATERAL RAISE

1. Stand with feet together and one heel raised, weight on opposite leg. Weights held at sides.
2. Step back into a lunge, bending both knees. Raise forward same arm as leg that is stepping back.

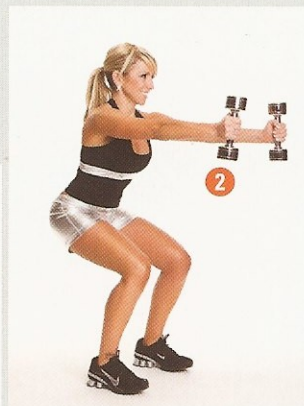


## POSTERIOR DELTOID RAISE WITH LEG LIFT

1. Begin on all fours. Hold weight in one hand and extend opposite leg straight back with toes on the ground.
2. With elbow slightly bent and leading with the pinky, lift arm to shoulder level. At the same time, lift back leg up and squeeze glute.

## SQUAT WITH DOUBLE-ARM ANTERIOR DELT LIFT

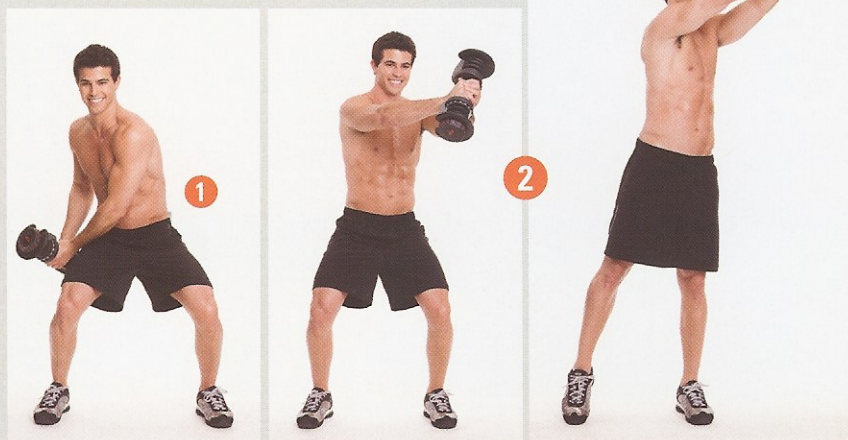
1. Stand with feet shoulder-width apart. Hold weights at sides, palms facing inward.
2. Squat like you are sitting in a chair as you raise arms forward to shoulder level.



## LEAN CIRCUIT 3

### SQUAT WITH CROSS-BODY CHOP

1. Stand with feet slightly wider than shoulder-width apart. Hold one weight with both hands to side of body, arms straight. Engage core and squat straight down. Keep knees over toes.
2. While lifting up from squat, raise arms across body on a diagonal above head. Torso twists as weight rises.

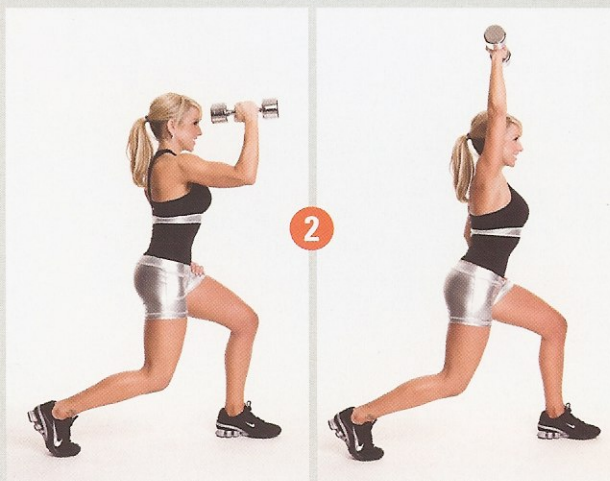


### REVERSE LUNGE AND ARNOLD PRESS

1. Stand with feet together and one heel raised, weight on opposite leg. Hold weight in same arm as raised heel, palm facing shoulder.

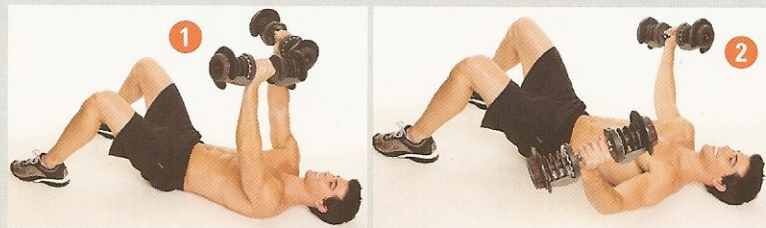


2. Step back into lunge. Bend both knees and rotate hand outward while pressing overhead. As you step back in, rotate arm inward and down.



## CHEST FLY WITH HIP LIFT

1. Lie on back. Bend knees, feet flat and shoulder-width apart. Press lower back into the floor. Hold weights over chest, hands angled in a triangle. Lift hips.
2. Keep a slight bend in elbows—lower weights and hips to the floor at the same time.



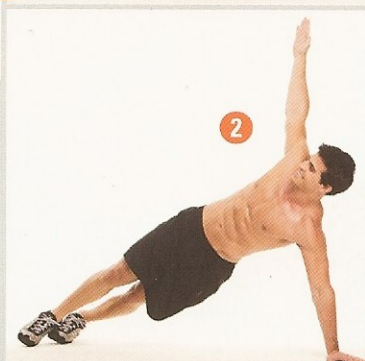
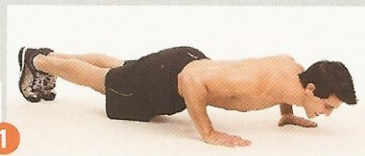
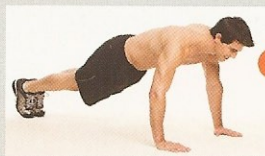
## KNEELING OVERHEAD PRESS AND CENTER CRUNCH

1. Start on both knees with weights held at shoulders. Slowly sit back and crunch, creating a C-curve.
2. Rise up and press arms directly overhead.



## PUSH-UP SIDE PLANKS

1. Start in a plank position. Engage core. Perform a traditional push-up.
2. At top of push-up, lift one arm off ground and balance weight on opposite arm. (This is a side-plank position.) Maintain a straight line from head to toe. Feet can be stacked or staggered for balance.

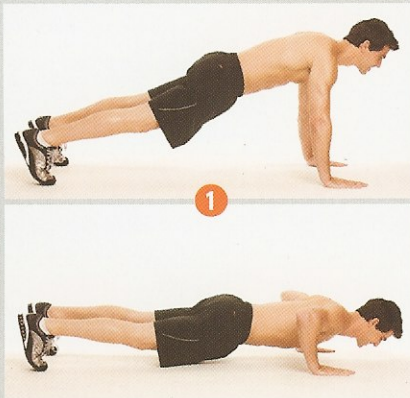


## DEAD LIFT FRONTAL PRESS



1. Stand with legs straight and feet shoulder-width apart. Hold weights at sides with palms facing inward.
2. Slightly bend knees and bend at waist. Maintain a flat back. Keep weights close to body.
3. Return to standing position, and with palms facing inward, bring weights to shoulders.
4. Press arms overhead.

## TRAVELING PUSH-UPS



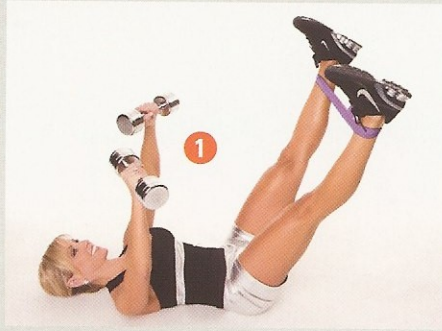
1. Start in a plank position. Engage core. Perform a traditional push-up.
2. Move left hand and left foot to meet right hand and right foot; then move right hand and right foot out to return to standard plank position.

3. Perform another traditional push-up and repeat, traveling to opposite side.



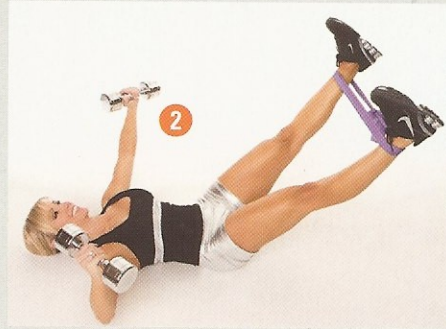


## CHEST FLY – ABDUCTION



1. Lie on back. Place band around ankles and extend legs in air. Extend arms straight over chest, angling hands inward.

2. Lower legs 6 inches toward the floor. At the same time, open arms toward the floor.



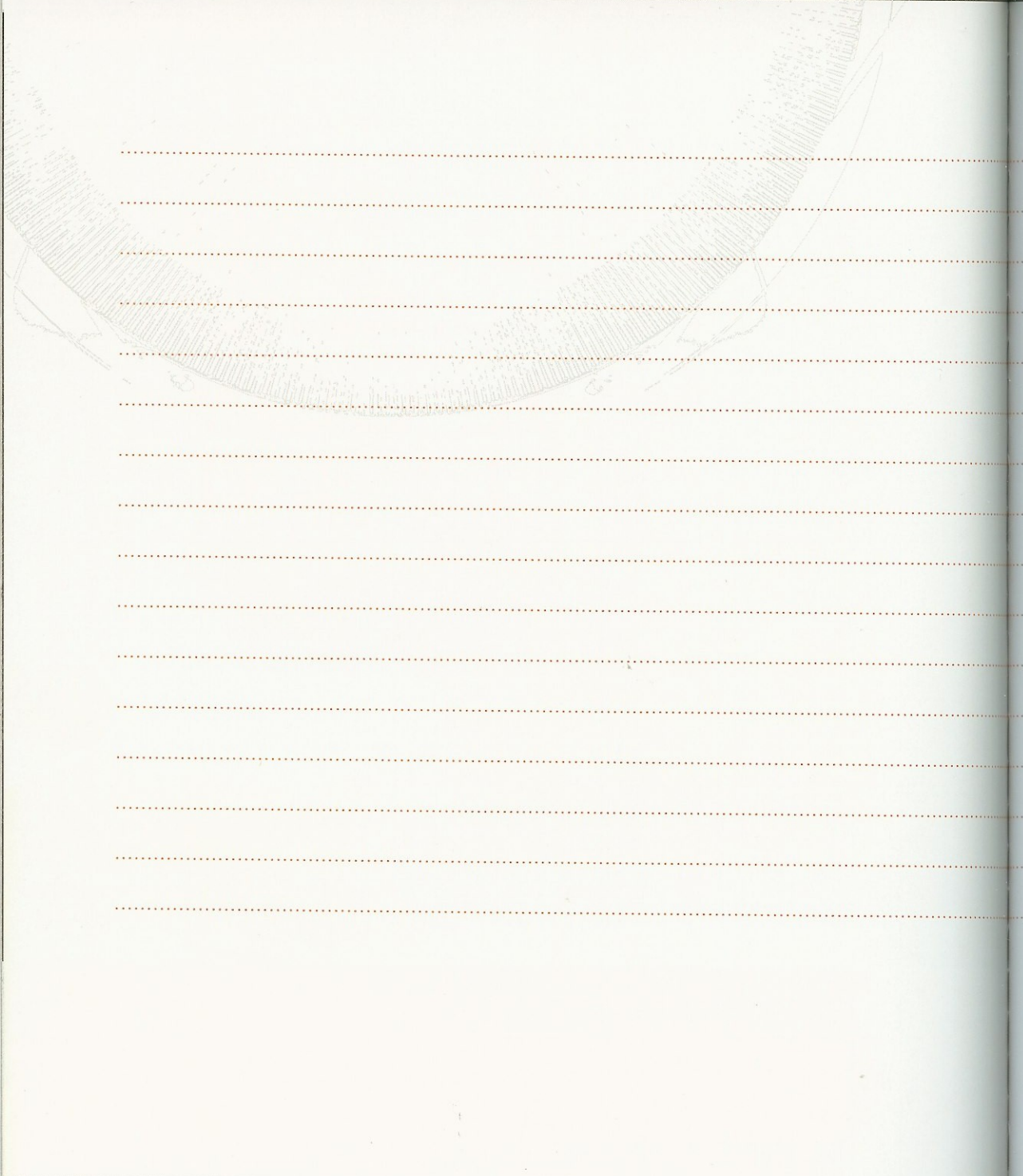
## ARMY CRAWL



1. Start on elbows in plank position.
2. Bring one knee toward the elbow. Hip comes to ribs in a side-oblique crunch.



# NOTES



A large, faint, circular diagram or illustration, possibly a muscle or anatomical structure, is visible in the background of the lined notes area. The diagram shows a curved, segmented structure with internal lines, resembling a cross-section of a muscle or a part of a body. The lines are light gray and blend into the background of the page.

CHALEAN EXTREME: **MUSCLE BURNS FAT!**

# NOTES

CHALEAN EXTREME: **MUSCLE BURNS FAT!**

# CHALEAN EXTREME TEAM



Consult your physician before beginning any exercise program.

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