

Burn Phase

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|----------------------|----------------|----------------------|--|----------------------|------------------------------------|----------------|
| 1 Burn Circuit 1 | 2 Rest Day | 3 Burn Circuit 2 | 4 Burn Intervals & Ab Burner | 5 Burn Circuit 3 | 6 Burn It Off & Recharge | 7 Rest Day |
| 8 Burn Circuit 1 | 9 Rest Day | 10 Burn Circuit 2 | 11 Burn Intervals & Ab Burner | 12 Burn Circuit 3 | 13 Burn It Off & Recharge | 14 Rest Day |
| 15 Burn Circuit 1 | 16 Rest Day | 17 Burn Circuit 2 | 18 Burn Intervals & Ab Burner | 19 Burn Circuit 3 | 20 Burn It Off & Recharge | 21 Rest Day |
| 22 Burn Circuit 1 | 23 Rest Day | 24 Burn Circuit 2 | 25 Burn Intervals & Ab Burner | 26 Burn Circuit 3 | 27 Burn It Off & Recharge | 28 Rest Day |

Push Phase

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|----------------------|----------------|----------------------|--|----------------------|------------------------------------|----------------|
| 1 Push Circuit 1 | 2 Rest Day | 3 Push Circuit 2 | 4 Burn Intervals & Ab Burner | 5 Push Circuit 3 | 6 Burn It Off & Recharge | 7 Rest Day |
| 8 Push Circuit 1 | 9 Rest Day | 10 Push Circuit 2 | 11 Burn Intervals & Ab Burner | 12 Push Circuit 3 | 13 Burn It Off & Recharge | 14 Rest Day |
| 15 Push Circuit 1 | 16 Rest Day | 17 Push Circuit 2 | 18 Burn Intervals & Extreme Abs | 19 Push Circuit 3 | 20 Burn It Off & Recharge | 21 Rest Day |
| 22 Push Circuit 1 | 23 Rest Day | 24 Push Circuit 2 | 25 Burn Intervals & Extreme Abs | 26 Push Circuit 3 | 27 Burn It Off & Recharge | 28 Rest Day |

Lean Phase

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|----------------------|----------------|----------------------|--|----------------------|-------------------------------------|----------------|
| 1 Lean Circuit 1 | 2 Rest Day | 3 Lean Circuit 2 | 4 Burn Intervals* & Extreme Abs* | 5 Lean Circuit 3 | 6 Burn It Off* & Recharge | 7 Rest Day |
| 8 Lean Circuit 1 | 9 Rest Day | 10 Lean Circuit 2 | 11 Burn Intervals* & Extreme Abs* | 12 Lean Circuit 3 | 13 Burn It Off* & Recharge | 14 Rest Day |
| 15 Lean Circuit 1 | 16 Rest Day | 17 Lean Circuit 2 | 18 Burn Intervals* & Extreme Abs* | 19 Lean Circuit 3 | 20 Burn It Off* & Recharge | 21 Rest Day |
| 22 Lean Circuit 1 | 23 Rest Day | 24 Lean Circuit 2 | 25 Burn Intervals* & Extreme Abs* | 26 Lean Circuit 3 | 27 Burn It Off* & Recharge | 28 Rest Day |

***If you own the Deluxe DVD's replace:
 Burn Intervals with Get Lean Intervals
 Extreme Abs with I've Got Abs
 Burn It Off with Fat Burn Challenge**

Lean For Life Phase

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|----------------------|----------------|----------------------|--|----------------------|-------------------------------------|----------------|
| 1 Burn Circuit 1 | 2 Rest Day | 3 Push Circuit 2 | 4 Burn Intervals* & Extreme Abs* | 5 Lean Circuit 3 | 6 Burn It Off* & Recharge | 7 Rest Day |
| 8 Burn Circuit 1 | 9 Rest Day | 10 Push Circuit 2 | 11 Burn Intervals* & Extreme Abs* | 12 Lean Circuit 3 | 13 Burn It Off* & Recharge | 14 Rest Day |
| 15 Burn Circuit 1 | 16 Rest Day | 17 Push Circuit 2 | 18 Burn Intervals* & Extreme Abs* | 19 Lean Circuit 3 | 20 Burn It Off* & Recharge | 21 Rest Day |
| 22 Burn Circuit 1 | 23 Rest Day | 24 Push Circuit 2 | 25 Burn Intervals* & Extreme Abs* | 26 Lean Circuit 3 | 27 Burn It Off* & Recharge | 28 Rest Day |

***If you own the Deluxe DVD's replace:
 Burn Intervals with Get Lean Intervals
 Extreme Abs with I've Got Abs
 Burn It Off with Fat Burn Challenge**