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and provide moderate amounts of proteins, and carbohydrates to foster a healthy lifestyle. Let us have a look at how Chalean Extreme Fat Burning Food Guide acts like a fuel to run your workouts.

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and see visible results every 30 days. It uses resistance training to help you increase lean muscle mass, which has been proven to burn calories and raise your metabolism. The result is a lean, firm, well-toned physique.

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and provide moderate  
amounts of proteins,

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and carbohydrates to foster a healthy lifestyle. Let us have a look at how Chalean Extreme Fat Burning Food Guide acts like a fuel to run Page 8/25

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metabolism, and get LEAN with ChaLEAN Extreme. Beachbody trainer Chalene Johnson uses cardio and resistance training in a brand-new way to get you better results in less time. Now you can burn up to 60% of your body fat in just 3 months and see visible results every

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page! Down below  
you will find the  
complete 90 day  
schedule for this  
workout designed by  
Chalene Johnson.  
The Chalean Extreme  
Schedule is set up  
into 3 phases with a  
forth phase that can  
be used after you  
complete the entire  
program.

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While Chalene Johnson is known for her cardio workouts, ChaLEAN Extreme is one of my favorite strength training programs. The 90-day program is broken into three phases to

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focuses on lifting as  
heavy as you can, but  
she varies the reps  
each month.

*ChaLEAN Extreme  
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ChaLEAN Extreme is  
a body-sculpting  
program designed to



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help lose up to 60 percent of body fat in just three months and see visible results every 30 days. It uses resistance training to increase lean muscle mass, which has been proven to burn calories and raise metabolism. The result is a lean, firm, well-toned physique.

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For about \$90, Chalean Extreme gives 15 workouts on 6 DVD's, filmed in standard definition. Trust me, the ads make this product look a lot more professional than what you actually see on the screen. Each phase is three workouts, with a 15

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minute ab workout  
and a cardio routine  
intermingled. Phase 1  
– BURN CIRCUIT

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consists of 6 DVDS  
featuring a total of 15  
workouts, a CD  
entitled Extreme  
Motivation, two books

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Extreme – the Muscle Burns Fat Guidebook and the Fat Burning Food Guide – a resistance band, a thigh toner band, and a body fat tester. We will look at all of these in further detail below, starting with the DVDs.

Chalean Extreme  
Workout DVDs

*ChaLEAN Extreme*  
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buying it off ebay and  
having the Weight  
Loss Guidebook be a  
mere pamphlet rather  
than a book, (feeling a  
little ripped off here) I  
was left wondering  
what exactly I was to

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do. Then I searched  
online for my answer.

## *Organizational Determination: ChaLean Extreme Guide*

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chalean extreme is  
that she teaches you  
how to lift weights and  
heavy weights with  
proper form. The  
workouts are 5 days a

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week and range from 35-45 minutes in length. 3 strength training days and 2 cardio days with abs and a stretch/yoga day.

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fat measurer and more. Return Policy: 30 days; Level: Flexible for different levels. This program focuses on MUSCLE. BURNS. FAT. ChaLean Extreme is for people of all shapes, sizes and ages who want to see results in their body. The program consists of 3 phases, Burn,

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