



QUICKSTART

CHALEAN EXTREME  
WORKS BECAUSE  
**MUSCLE  
BURNS  
FAT!**

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

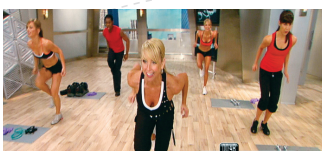
On days when you are not doing strength or cardio training, this program will help you rejuvenate, lengthen, and stretch your hard-working muscles.



## DVD 5

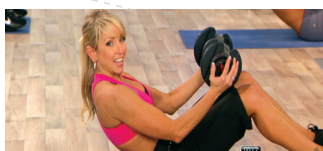


## DVD 6



### 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

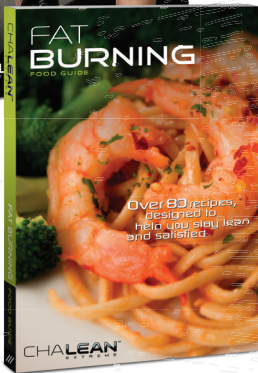
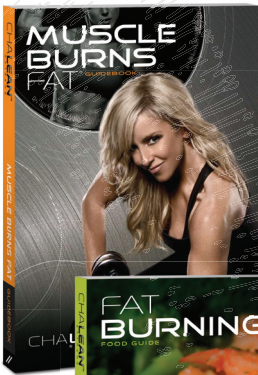


## AUDIO CD

### EXTREME MOTIVATION

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.

# SUCCESS GUIDES



**MUSCLE BURNS FAT! GUIDEBOOK:** (You're reading it now.) This guidebook provides the complete blueprint for how to get maximum results with the ChaLEAN Extreme program. In this guidebook, you will learn the basics: how muscle burns fat; how to move through the four phases (Burn, Push, Lean, and Lean for Life!) with the Body Makeover Calendars; how to choose the best weights in each phase; how to track your weight changes and growth; how to perform each circuit workout with exceptional form; and how to record your results. **EVERYTHING YOU NEED TO KNOW IS IN THIS BOOK!**

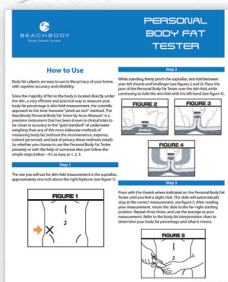
**FAT-BURNING FOOD GUIDE:** Filled with scrumptious, savory, and simple recipes, you won't feel deprived while reprogramming your body into a fat-burning machine. With the ChaLEAN Extreme program, you will be working out intensely, so you need to fill your body with the proper fuel! And, just as your workouts change month to month so will your plan of eating. So you will need to learn how to feed your body more and more with the proper foods and nutrition. Simply follow the plan according to your gender and weight—you will be amazed by the lean-muscle-mass building and rapid fat loss that you will experience over the next few months!

# EQUIPMENT



**THIGH-TONING BAND:** This extreme resistance band amps up your lower-body sculpting to the max—not to mention your core! By adding an extra layer of resistance to your muscle-burn challenge, you'll tighten and tone your hips, inner and outer thighs, and butt! This is a small yet powerful muscle-building tool.

**BODY FAT TESTER:** Measuring, tracking, and seeing results are what this fat caliper will help you do. With obesity becoming an ever-growing health epidemic, it is imperative that we understand where we fall on the body-fat analysis chart. You see, a healthy body is not measured by a number on a scale; it's actually measured by how much or how little body fat you have. The problem is that most of us don't know how to calculate this number! That is where this fat-tracking tool comes in. It is a simple device that will help you assess the change in your body fat. Check and mark down your development every 30 days. No doubt, you will be amazed by the results (as everyone in the ChaLEAN Extreme test group was!).



**TRY BEACHBODY RESISTANCE BANDS FOR ACCELERATED FAT BURNING:**

Get extreme results using these super sculpting tools during your ChaLEAN Extreme experience. Watch the BAND BASICS portion of the BURN BASICS video for proper usage. You will learn how to use the bands for each and every single move performed in all of the Burn, Push, and Lean Circuit workouts. It is important to learn how to adjust the bands for safe handling as well as to learn how to increase or decrease resistance depending upon your skill level.

**THE BEST PART OF THIS BAND SET? THEY TRAVEL EASY AND YOU'LL SEE EFFECTIVE BODY-TRANSFORMATION RESULTS!**



If you use free weights, we recommend the Bowflex® SelectTech® Dumbbells weight system that you will see Chalene and other team members use in the strength-training workout videos. This weight system allows for a wide selection of different pound increments (even ½-lb. options) and takes up very little space.



Contact your Coach, or visit [Beachbody.com/CE](http://Beachbody.com/CE) or [TeamBeachbody.com/CE](http://TeamBeachbody.com/CE) for purchasing information.

**LOST 47% OF HER BODY FAT!**

**JULIE M.**  
Age: 33  
Lost 17 lbs.  
and 35 in.!\*



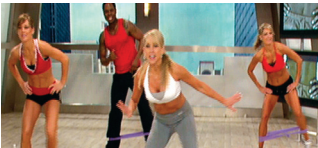
\*Results may vary. Exercise and proper diet are required to maintain weight loss and muscle definition.

# WANT MORE CHALEAN EXTREME WORKOUTS?



## DVD 7

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 (we recommend incorporating them in the Lean phase for accelerated fat burning). 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.!\*

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

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



