

TURBOFIRE & CHALEAN EXTREME HYBRID SCHEDULE



TURBO FIRE®

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 RECOVERY	STRETCH 40 CLASS ____ : ____ AM/PM	AB BURNER + RECHARGE ____ : ____ AM/PM	Rest	BURN CIRCUIT 1 ____ : ____ AM/PM	CORE 20 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	BURN IT OFF + STRETCH 10 CLASS ____ : ____ AM/PM	AB BURNER + RECHARGE ____ : ____ AM/PM
2 RECOVERY	BURN CIRCUIT 2 ____ : ____ AM/PM	EXTREME ABS + RECHARGE ____ : ____ AM/PM	Rest	BURN CIRCUIT 3 ____ : ____ AM/PM	CORE 20 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	BURN INTERVALS + STRETCH 10 CLASS ____ : ____ AM/PM	ABS 10 CLASS + RECHARGE ____ : ____ AM/PM
3 RECOVERY	BURN CIRCUIT 1 ____ : ____ AM/PM	EXTREME ABS + RECHARGE ____ : ____ AM/PM	Rest	BURN CIRCUIT 2 + STRETCH 10 CLASS ____ : ____ AM/PM	BURN INTERVALS + AB BURNER ____ : ____ AM/PM	BURN CIRCUIT 3 + STRETCH 10 CLASS ____ : ____ AM/PM	ABS 10 CLASS + STRETCH 40 CLASS ____ : ____ AM/PM
4 TRANSITION	FIRE 45 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	HIIT 15 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	Rest	FIRE 30 CLASS + ABS 10 CLASS ____ : ____ AM/PM	FIRE 45 EZ CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	CORE 20 CLASS + STRETCH 40 CLASS ____ : ____ AM/PM	FIRE 45 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM TRACK YOUR RESULTS

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 HYPERTROPHY	PUSH CIRCUIT 1 + STRETCH 10 CLASS ____ : ____ AM/PM	BURN IT OFF + EXTREME ABS ____ : ____ AM/PM	Rest	PUSH CIRCUIT 2 + STRETCH 10 CLASS ____ : ____ AM/PM	BURN INTERVALS + AB BURNER ____ : ____ AM/PM	PUSH CIRCUIT 3 + STRETCH 10 CLASS ____ : ____ AM/PM	FIRE 45 EZ CLASS + ABS 10 CLASS ____ : ____ AM/PM
6 HYPERTROPHY	PUSH CIRCUIT 1 + STRETCH 10 CLASS ____ : ____ AM/PM	BURN IT OFF + EXTREME ABS ____ : ____ AM/PM	Rest	PUSH CIRCUIT 2 + STRETCH 10 CLASS ____ : ____ AM/PM	BURN INTERVALS + AB BURNER ____ : ____ AM/PM	PUSH CIRCUIT 3 + STRETCH 10 CLASS ____ : ____ AM/PM	FIRE 45 EZ CLASS + ABS 10 CLASS ____ : ____ AM/PM
7 HYPERTROPHY	PUSH CIRCUIT 1 + STRETCH 10 CLASS ____ : ____ AM/PM	FIRE 30 CLASS + ABS 10 CLASS ____ : ____ AM/PM	Rest	PUSH CIRCUIT 2 + STRETCH 10 CLASS ____ : ____ AM/PM	FIRE 30 CLASS + ABS 10 CLASS ____ : ____ AM/PM	PUSH CIRCUIT 3 + STRETCH 10 CLASS ____ : ____ AM/PM	FIRE 55 EZ CLASS + ABS 10 CLASS ____ : ____ AM/PM
8 HYPERTROPHY	PUSH CIRCUIT 1 + STRETCH 10 CLASS ____ : ____ AM/PM	FIRE 45 CLASS + ABS 10 CLASS ____ : ____ AM/PM	Rest	PUSH CIRCUIT 2 + STRETCH 10 CLASS ____ : ____ AM/PM	FIRE 45 CLASS + ABS 10 CLASS ____ : ____ AM/PM	PUSH CIRCUIT 3 + STRETCH 10 CLASS ____ : ____ AM/PM	FIRE 55 EZ CLASS + ABS 10 CLASS ____ : ____ AM/PM TRACK YOUR RESULTS

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9 TRANSITION	HIIT 15 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	FIRE 45 CLASS + AB BURNER ____ : ____ AM/PM	Rest	HIIT 15 CLASS + SCULPT 30 CLASS ____ : ____ AM/PM	FIRE 45 EZ CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	CORE 20 CLASS + STRETCH 40 CLASS ____ : ____ AM/PM	FIRE 55 EZ CLASS + STRETCH 10 CLASS ____ : ____ AM/PM
10 HIIT	HIIT 20 CLASS + TONE 30 CLASS ____ : ____ AM/PM	BURN IT OFF + EXTREME ABS ____ : ____ AM/PM	Rest	HIIT 25 CLASS + SCULPT 30 CLASS ____ : ____ AM/PM	BURN INTERVALS + AB BURNER ____ : ____ AM/PM	HIIT 20 CLASS + TONE 30 CLASS ____ : ____ AM/PM	FIRE 55 EZ CLASS + STRETCH 10 CLASS ____ : ____ AM/PM
11 HIIT	HIIT 25 CLASS + SCULPT 30 CLASS ____ : ____ AM/PM	FIRE 45 CLASS + ABS 10 CLASS ____ : ____ AM/PM	Rest	HIIT 25 CLASS + TONE 30 CLASS ____ : ____ AM/PM	FIRE 45 EZ CLASS + ABS 10 CLASS ____ : ____ AM/PM	HIIT 25 CLASS + SCULPT 30 CLASS ____ : ____ AM/PM	FIRE 30 CLASS + ABS 10 CLASS ____ : ____ AM/PM
12 HIIT	HIIT 25 CLASS + TONE 30 CLASS ____ : ____ AM/PM	FIRE 60 CLASS + ABS 10 CLASS ____ : ____ AM/PM	Rest	HIIT 30 CLASS + SCULPT 30 CLASS ____ : ____ AM/PM	FIRE 55 EZ CLASS + ABS 10 CLASS ____ : ____ AM/PM	HIIT 25 CLASS + TONE 30 CLASS ____ : ____ AM/PM	FIRE 30 CLASS + ABS 10 CLASS ____ : ____ AM/PM TRACK YOUR RESULTS

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13 RECOVERY	Rest	AB BURNER + RECHARGE ____ : ____ AM/PM	FIRE 45 EZ CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	ABS 10 CLASS + STRETCH 40 CLASS ____ : ____ AM/PM	FIRE 45 EZ CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	STRETCH 40 CLASS ____ : ____ AM/PM	Rest
14 CARDIO/ SCULPT	FIRE 45 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	LEAN 1 + ABS 10 CLASS ____ : ____ AM/PM	Rest	FIRE 60 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	LEAN 2 + EXTREME ABS ____ : ____ AM/PM	FIRE 55 EZ CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	LEAN 3 + AB BURNER ____ : ____ AM/PM
15 CARDIO/ SCULPT	FIRE 60 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	LEAN 1 + ABS 10 CLASS ____ : ____ AM/PM	Rest	FIRE 60 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	LEAN 2 + CORE 20 ____ : ____ AM/PM	FIRE 55 EZ CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	LEAN 3 + EXTREME ABS ____ : ____ AM/PM
16 CARDIO/ SCULPT	FIRE 60 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	LEAN 1 + CORE 20 CLASS ____ : ____ AM/PM	Rest	FIRE 60 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	LEAN 2 + CORE 20 CLASS ____ : ____ AM/PM	FIRE 60 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	LEAN 3 + CORE 20 CLASS ____ : ____ AM/PM TRACK YOUR RESULTS

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17 TRANSITION	FIRE 45 EZ CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	BURN INTERVALS + EXTREME ABS ____ : ____ AM/PM	Rest	CORE 20 CLASS + STRETCH 40 CLASS ____ : ____ AM/PM	FIRE 30 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	FIRE 45 EZ CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	CORE 20 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM
18 HIIT	HIIT 20 CLASS + UPPER 20 CLASS ____ : ____ AM/PM	FIRE 60 CLASS + ABS 10 CLASS ____ : ____ AM/PM	Rest	HIIT 25 CLASS + LOWER 20 CLASS ____ : ____ AM/PM	FIRE 55 EZ CLASS + AB BURNER ____ : ____ AM/PM	HIIT 20 CLASS + SCULPT 30 CLASS ____ : ____ AM/PM	FIRE 45 EZ CLASS + ABS 10 CLASS ____ : ____ AM/PM
19 HIIT	HIIT 25 CLASS + UPPER 20 CLASS ____ : ____ AM/PM	FIRE 60 CLASS + ABS 10 CLASS ____ : ____ AM/PM	Rest	HIIT 30 CLASS + LOWER 20 CLASS ____ : ____ AM/PM	FIRE 55 EZ CLASS + EXTREME ABS ____ : ____ AM/PM	HIIT 25 CLASS + SCULPT 30 CLASS ____ : ____ AM/PM	FIRE 45 EZ CLASS + ABS 10 CLASS ____ : ____ AM/PM
20 HIIT	HIIT 30 CLASS + UPPER 20 CLASS ____ : ____ AM/PM	FIRE 60 CLASS + ABS 10 CLASS ____ : ____ AM/PM	Rest	HIIT 30 CLASS + LOWER 20 CLASS ____ : ____ AM/PM	FIRE 55 EZ CLASS + CORE 20 CLASS ____ : ____ AM/PM	HIIT 30 CLASS + SCULPT 30 CLASS ____ : ____ AM/PM	FIRE 45 EZ CLASS + ABS 10 CLASS ____ : ____ AM/PM TRACK YOUR RESULTS