

It's important to record your weight lifted and reps in every routine so you know the proper weight to use next time. So print this workout log, place it with your workout DVD's, log your stats, and watch how much stronger you get!

## BURN

<b>BURN CIRCUIT 1</b>	<b>WEEK 1</b>	<b>WEEK 2</b>	<b>WEEK 3</b>	<b>WEEK 4</b>
Sumo Squat with Hip Lift	W _____ R _____			
Lunge with Posterior Fly	W _____ R _____			
Push-up with Leg Lift	R _____	R _____	R _____	R _____
Dead Lift with Posterior Fly	W _____ R _____			
Lunge with Core Rotation	W _____ R _____			
Bench Press and Leg Lower	W _____ R _____			
Squat with Side Bend	W _____ R _____			
Fwd-Lean Lunge w/ Dbl Arm Post. Fly	W _____ R _____			
Chest Fly with Hip Lift	W _____ R _____			
<b>BURN CIRCUIT 2</b>	<b>WEEK 1</b>	<b>WEEK 2</b>	<b>WEEK 3</b>	<b>WEEK 4</b>
Sumo Squat with Bicep Curl	W _____ R _____			
Lunge with One-Arm Tricep Extension	W _____ R _____			
Dead Lift Row	W _____ R _____			
Sumo Squat with Overhead Tricep Ext.	W _____ R _____			
Dead Lift with Double Row	W _____ R _____			
Bowler's Lunge with Single-Arm Row	W _____ R _____			
Bicep Curls with Abductor Balance	W _____ R _____			
Forward-Lean Lunge with Double Row	W _____ R _____			
Triple-Threat Push-Ups	R _____	R _____	R _____	R _____
<b>BURN CIRCUIT 3</b>	<b>WEEK 1</b>	<b>WEEK 2</b>	<b>WEEK 3</b>	<b>WEEK 4</b>
Sumo Squat with Overhead Press	W _____ R _____			
Lunge with Calf Raise	W _____ R _____			
Squat with Lateral Raise	W _____ R _____			
Lunge with Frontal Press	W _____ R _____			
Squat with Calf Raise	W _____ R _____			
Sumo Squat with Delt Raises	W _____ R _____			
Squat with Double Overhead Press	W _____ R _____			
Lunge with Lateral Raise	W _____ R _____			
Sumo Squat with Calf Raise	W _____ R _____			

# Chalean Extreme Guidebook

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## **Chalean Extreme Guidebook:**

**Extreme Kayaking** Oliver Scott, AI, 2025-03-10 Extreme Kayaking plunges into the adrenaline fueled world of navigating extreme whitewater emphasizing that success hinges not just on physical prowess but on astute judgment and technical skill This book details the knowledge needed to assess risks and make critical decisions in high stakes environments Discover how mastering advanced maneuvers like boofing and understanding river hydraulics are essential for tackling the world s most challenging waterways The book starts with fundamental kayaking principles covering boat design paddling techniques and safety equipment before diving into advanced topics like reading rapids and rescue strategies A significant portion focuses on risk management highlighting the importance of scouting and assessing environmental conditions Concluding with real world case studies Extreme Kayaking offers practical lessons derived from both successful and unsuccessful expeditions illustrating the consequences of sound versus flawed decision making and reshaping the perception of extreme kayaking **Adrenaline Junkies Bucket List** Falconguides, 2001-01-01 **Surviving Extremes** Nick Middleton, 2003 The intrepid Oxford don explorer and author of Going to Extremes is back and he s set himself a challenge to cope with the worst that nature can throw at him Travelling to four of the most extreme natural environments swamps deserts jungles and arctic wastelands the question is can he pick up enough tips from the indigenous people to hack it at the very edge of human existence or will his mid latitude sensibilities forever let him down This is Nick s account of how he put his body and mind to the test in a survival experiment Extremes Nick Middleton, 2003

The Top Books of the Year Chalean Extreme Guidebook The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels enthraling the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the engaging narratives that have captivated audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Chalean Extreme Guidebook : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and suspenseful novel that will keep you wondering until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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