



# CHALEAN®

## EXTREME

### What is it?

**ChLEAN Extreme®** is a body-sculpting program designed to help you lose up to 60 percent of your body fat in just 3 months, 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.

### Why is it so effective?

- Because **Muscle Burns Fat®**—when you develop lean muscle, you raise your body's metabolism, so you'll burn more fat when you're working out and even when you're not.
- With Chalene Johnson's **Lean Phasing®** technique, you advance through 3 phases of training, so even those without experience doing resistance exercise can achieve a lean, hard physique.
- And **breakdown sets** allow you to push past failure, stimulating more fat-burning lean muscle with every workout.

### Celebrity trainer Chalene Johnson

One of the most popular fitness instructors in the country, Chalene is an experienced, highly motivating workout leader. With her guidance, you'll learn the proper form and technique for working out with weights or bands, even if you've never done resistance training before. She'll keep you from getting bored and inspire you to do your very best.

### How does Chalene's Lean Phasing technique work?

The 15 extreme workouts are broken into three phases, so you keep progressing as you build strength and endurance:

**Phase 1: BURN** Start lifting weights to jump-start your metabolism.

**Phase 2: PUSH** Learn how to "lift heavy" to build the muscle and burn more fat.

**Phase 3: LEAN** Once you've built a foundation, Chalene brings it home with new routines and dynamic moves that melt the fat away.

And each phase includes these workouts for even better results:

**Extreme cardio:** Chalene ignites your metabolism further with super-intense cardio and strength-training routines, then rejuvenates and lengthens your muscles with an invigorating flexibility workout.

**Core power:** Targeted ab routines let you tighten and tone your abs for a rock-hard midsection.



## Product Training Guide



### What makes ChaLEAN Extreme unique?

- Cardio-only workouts burn calories while you're exercising. But ChaLEAN Extreme incorporates resistance training to build lean muscle, so you burn more fat during each workout and supercharge your metabolism throughout the day.
- While gym-based resistance training workouts often focus on building large muscles, ChaLEAN Extreme gives you a lean, strong, well-defined body, not a big, bulky physique.

### — RETAILING TIPS —

Who to target:	Why ChaLEAN Extreme®?
People who want to lose weight and shed fat	By using the fat-burning power of resistance training, ChaLEAN Extreme lets you lose weight more effectively than just about any other workout or diet plan.
People who want a lean, hard body	ChaLEAN Extreme tones your muscles as you lose fat, so you end up with a hard body instead of a skinny-yet-flabby look.
People who want an alternative to cardio-based programs	Endless cardio workouts get boring, and they won't give you the the metabolism-boosting, body-sculpting results you get from ChaLEAN Extreme.
People who are interested in strength training but are wary of bulking up	You'll build a lean, firm, well-toned body, but won't develop big or bulky muscles.
People of all fitness levels who want to start where they are and progress gradually	Whether you're an experienced exerciser or just getting started, you can practice ChaLEAN Extreme at the level that's right for you, then gradually work up to heavier weights as you grow stronger.
Fans of Chalene's Turbo Jam®	ChaLEAN Extreme gives you the same expert, engaging leadership that Chalene brings to Turbo Jam, with the added benefit of faster fat-burning through resistance training.

### Equipment needs:

- ChaLEAN Extreme base kit comes with one pro-grade resistance band
- Users may want to purchase additional resistance bands, adjustable dumbbells, individual 5- to 30-lb. dumbbells (for women) or 12- to 40-lb. dumbbells (for men)



### Cross-selling suggestions

Your ChaLEAN Extreme customers may be interested in other Beachbody products, including:

#### TurboFire:

- B-LINES® Standard Kit
- Beachbody® Balance Ball



#### Nutritionals:

- Shakeology®—is a superfood protein shake that comes in delicious whey and vegan flavors. It helps provide your customers with the nutrition they need to get their best results from ChaLEAN EXTREME.
- ActiVit® Multivitamins

# Product Training Guide

BASE KIT:		WHAT'S THE BENEFIT?
<b>Workouts</b>		
<b>Disc 1:</b> Burn Basics, Band Basics	<ul style="list-style-type: none"> <li>Chalene teaches her training techniques and how to get the best results from your resistance bands.</li> </ul>	
<b>Disc 2:</b> Burn Circuit 1, Burn Circuit 2, Burn Circuit 3	<ul style="list-style-type: none"> <li>Lift weights to build strength, jump-start your metabolism, and break down those fat reserves.</li> </ul>	
<b>Disc 3:</b> Push Circuit 1, Push Circuit 2, Push Circuit 3	<ul style="list-style-type: none"> <li>You learn to lift heavier weights—beyond your comfort zone—so you can build the muscles you need to burn fat.</li> </ul>	
<b>Disc 4:</b> Lean Circuit 1, Lean Circuit 2, Lean Circuit 3	<ul style="list-style-type: none"> <li>Circuit-training workouts increase the pace of your lifting, giving it a cardio dimension that keeps melting off the pounds.</li> </ul>	
<b>Disc 5:</b> Burn It Off! Recharge	<ul style="list-style-type: none"> <li>A high-intensity cardio workout to build strength, and a recovery routine to stretch and refresh.</li> </ul>	
<b>Disc 6:</b> Burn Intervals, Ab Burner, Extreme Abs	<ul style="list-style-type: none"> <li>Strength and cardio intervals to boost your calorie-burning engine; ab routines to shrink, tighten, and tone your core.</li> </ul>	
<b>Resources</b>		
Muscle Burns Fat® Workout Guidebook	<ul style="list-style-type: none"> <li>Everything you need to get great results, plus workout calendars that show the workouts to do each day.</li> </ul>	
Fat-Burning Food Guide	<ul style="list-style-type: none"> <li>Find delicious meal ideas and learn what to eat in each phase for maximum fat burning.</li> </ul>	
Chalene's "Healthy Eats" and Kitchen Makeover video	<ul style="list-style-type: none"> <li>Walks you through lessons on healthy eating and a complete kitchen makeover.</li> </ul>	
Chalene's Extreme Motivation Audio CD	<ul style="list-style-type: none"> <li>Get pumped up anywhere with Chalene's energizing guidance.</li> </ul>	
Thigh Toner Band	<ul style="list-style-type: none"> <li>Add an extra level of resistance for better results.</li> </ul>	
Pro-Grade Resistance Band	<ul style="list-style-type: none"> <li>Burn fat and tone muscle faster.</li> </ul>	



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