

MUSCLE BURNS FAT™!

INTRODUCING CHALEAN EXTREME™ a proven circuit training system that increases your lean muscle mass so you can burn up to 60% of your body fat in just 3 months and see visible results every 30 days—guaranteed! The more muscle you have, the more fat you burn, because **MUSCLE BURNS FAT!**

WHO WILL BENEFIT FROM THIS PROGRAM?

- People who want to lose weight and shed fat
- People who want an alternative to cardio-based programs
- People interested in strength training but who are wary of bulking up
- People of all fitness levels who want to start where they are and progress to more advanced levels of fitness using heavier weights

PRODUCT DESCRIPTION

15 extreme workouts broken into 3 phases

- **Phase 1: BURN** Start lifting weights to jump-start your metabolism.
- **Phase 2: PUSH** Learn how to lift heavy to build the muscle to burn fat.
- **Phase 3: LEAN** Once the foundation has been built, Chalene brings it home with new routines and dynamic moves to literally melt the fat off your body. You will be blown away!



WORKOUT CONTENTS

6 DVDs (15 workouts, 30 to 45 minutes long)

- DVD 1 Burn Basics/Band Basics
- DVD 2 Burn Circuit 1/Burn Circuit 2/Burn Circuit 3
- DVD 3 Push Circuit 1/Push Circuit 2/Push Circuit 3
- DVD 4 Lean Circuit 1/Lean Circuit 2/Lean Circuit 3
- DVD 5 Burn It Off!/Recharge
- DVD 6 Burn Intervals/Ab Burner/Extreme Abs

Diet and support tools

- **Muscle Burns Fat Guidebook** with workout calendars to show you which workout to do each day and how much weight to lift.
- **Body Fat Tester** to measure your body fat at each stage and see how much you'll lose month to month!
- **Thigh Toner Band** adds an extra layer of resistance.

MUSCLE BURNS FAT!

Plus 3 FREE gifts!

- **Fat-Burning Food Guide** shows you what to eat in each phase to maximize fat burning.
- **Chalene's Personal Motivational Audio CD** to pump you up!
- **Chalene's "Healthy Eats" and Kitchen Makeover DVD** walks you through a kitchen makeover for healthy results.

30-Day Money-Back Guarantee. If not satisfied for any reason, just return it within 30 days for a full refund of the purchase price, less s&h, but the FREE gifts are yours to keep!

FEATURES & BENEFITS

- **Lean phasing** is a clinically proven 3-phase circuit training technique that changes moves and intensity every month to continually challenge your muscles.
You never plateau, and you'll get visible results every 30 days—guaranteed!
- **Breakdown sets** push you past failure with heavy weights.
Lifting weights stimulates lean-muscle development and ignites your metabolism so you can burn up to 60% of your body fat.
- **Thigh Toning Band** adds an extra level of resistance to enhance your workout.
It will help you tighten and tone your buns, thighs, and calves.
- **Nutritional support**, including the Fat-Burning, Food Guide, which is filled with nutritional guidelines and delicious, healthy recipes. Plus, you get bonus video segments to teach you how to stock your pantry with healthy foods.
Following these guidelines will help you develop healthy eating habits to support both building lean muscle mass and rapid weight loss.

OVERCOMING OBJECTIONS

I don't want to bulk up.

The muscle you develop will make you look strong and sleek. Lifting heavy weights not only makes you stronger, leaner, and shapelier, but the lean muscle you build burns fat!

I have Chalene's Turbo Jam® already.

Turbo Jam is an excellent cardio program that will definitely get you slim and fit. But the most efficient way to burn body fat is to build lean muscle, because Muscle Burns Fat! And the best way to build muscle is to lift weights. ChaLEAN Extreme is a proven 3-phase circuit training system that will increase your lean muscle mass and ignite your metabolism so you'll burn fat even while you sleep! You can burn up to 60% of your body fat!

I'll just lift weights in the gym or on my own.

You can try that, but why not invest your time and energy following a proven system guaranteed to give you incredible results? Chalene will take you through the program step by step, teaching you proper form and technique and challenging your body with dynamic moves in the most effective sequence to maximize your results. Plus, you'll get nutritional and motivational support to ensure you stay on track. You can try it for 30 days, and if you're not completely satisfied, just return it within 30 days for a full refund of the purchase price, less shipping and handling—no questions asked.