



HYBRID WORKOUT SCHEDULE

Turn up the heat on your PUMP routine with TurboFire®. Chalene's high intensity interval training will torch the fat to show off the lean, sexy muscles you're sculpting with PUMP. Just follow the calendar below to get your hottest body ever.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1 Intro	FIRE STARTER + STRETCH 10	PUMP CHALLENGE	OFF	FIRE STARTER + STRETCH 10	PUMP CHALLENGE	FIRE STARTER + STRETCH 10	PUMP CHALLENGE
WEEK 2 Intro	FIRE STARTER* + STRETCH 10	PUMP CHALLENGE	OFF	PUMP & BURN	FIRE 30 + STRETCH 10	PUMP & BURN	FIRE STARTER + STRETCH 10
WEEK 3 Intro	PUMP & BURN	FIRE 30 + STRETCH 10	OFF	PUMP & BURN	FIRE 30 + STRETCH 10	PUMP & BURN	FIRE STARTER + STRETCH 10
WEEK 4 Transition	LOW HIIT 20 + STRETCH 10	FIRE 30 + ABS 10	OFF	LOW HIIT 20 + FLOW	FIRE 30 + ABS 10	LOW HIIT 25 + STRETCH 10	FIRE 40 + STRETCH 10
WEEK 5 Hypertrophy	PUMP & BURN + STRETCH 10	FIRE 30 + ABS 10	OFF	PUMP & BURN	FIRE 30 + HARD CORE ABS	PUMP & BURN + STRETCH 10	FIRE 30 + ABS 10
WEEK 6 Hypertrophy	PUMP & SHRED + STRETCH 10	FIRE 30 + HARD CORE ABS	OFF	PUMP & BURN + STRETCH 10	FIRE 40 + ABS 10	PUMP & BURN + STRETCH 10	FIRE 30 + HARD CORE ABS
WEEK 7 Hypertrophy	PUMP & SHRED + STRETCH 10	FIRE 40 + HARD CORE ABS	OFF	PUMP & BURN + STRETCH 10	FIRE 40 + HARD CORE ABS	PUMP & SHRED + STRETCH 10	FIRE 30 + HARD CORE ABS
WEEK 8 Hypertrophy	PUMP & SHRED + STRETCH 10	FIRE 40 + HARD CORE ABS	OFF	PUMP & SHRED + STRETCH 10	FIRE 40 + HARD CORE ABS	PUMP & SHRED + STRETCH 10	FIRE 40 + HARD CORE ABS
WEEK 9 Transition	LOW HIIT 20 + FLOW	FIRE 45 + ABS 10	OFF	LOW HIIT 25 + FLOW	FIRE 40 + ABS 10	LOW HIIT 20 + FLOW	FIRE 45 + ABS 10
WEEK 10 HIIT	HIIT 15 + ABS 10 + STRETCH 10	PUMP REVOLUTION + STRETCH 10	OFF	HIIT 15 + ABS 10 + STRETCH 10	PUMP REVOLUTION + STRETCH 10	HIIT 15 + ABS 10 + STRETCH 10	FIRE 45 + ABS 10
WEEK 11 HIIT	HIIT 20 + ABS 10 + STRETCH 10	PUMP REVOLUTION + STRETCH 10	OFF	HIIT 20 + ABS 10 + FLOW	PUMP EXTREME + STRETCH 10	HIIT 20 + ABS 10 + STRETCH 10	FIRE 55 + ABS 10
WEEK 12 HIIT	HIIT 25 + ABS 10 + FLOW	PUMP EXTREME + STRETCH 10	OFF	HIIT 25 + ABS 10 + FLOW	PUMP EXTREME + STRETCH 10	HIIT 25 + ABS 10 + FLOW	FIRE 55 + ABS 10

*FIRE STARTER CAN BE SWAPPED WITH FIRE 30