

**TURBOFIRE**  
& CHALEAN  
EXTREME  
**HYBRID**



# TURBO FIRE®

## TURBOFIRE & CHALEAN EXTREME® HYBRID SCHEDULE

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 STARTER CLASS + STRETCH 10 CLASS ___ : ___ AM/PM	LOW HIIT 20 CLASS + STRETCH 10 CLASS ___ : ___ AM/PM	Rest	FIRE 30 CLASS + ABS 10 CLASS ___ : ___ AM/PM	FIRE 40 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
<b>5</b> 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 40 CLASS + ABS 10 CLASS ___ : ___ AM/PM
<b>6</b> 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	LOW HIIT 20 CLASS + ABS 10 CLASS ___ : ___ AM/PM
<b>7</b> 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 CLASS + ABS 10 CLASS ___ : ___ AM/PM
<b>8</b> 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	LOW HIIT 20 CLASS + ABS 10 CLASS ___ : ___ AM/PM	PUSH CIRCUIT 3 + STRETCH 10 CLASS ___ : ___ AM/PM	FIRE 55 CLASS + ABS 10 CLASS ___ : ___ AM/PM TRACK YOUR RESULTS

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>9</b> 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 40 CLASS + STRETCH 10 CLASS ___ : ___ AM/PM	CORE 20 CLASS + STRETCH 40 CLASS ___ : ___ AM/PM	FIRE 55 CLASS + STRETCH 10 CLASS ___ : ___ AM/PM
<b>10</b> HIIT	LOW HIIT 25 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 CLASS + STRETCH 10 CLASS ___ : ___ AM/PM
<b>11</b> 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 40 CLASS + ABS 10 CLASS ___ : ___ AM/PM	HIIT 25 CLASS + SCULPT 30 CLASS ___ : ___ AM/PM	FIRE 30 CLASS + ABS 10 CLASS ___ : ___ AM/PM
<b>12</b> 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 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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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>13</b> RECOVERY	Rest	AB BURNER + RECHARGE ____ : ____ AM/PM	FIRE 40 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	ABS 10 CLASS + STRETCH 40 CLASS ____ : ____ AM/PM	FIRE 40 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	STRETCH 40 CLASS ____ : ____ AM/PM	Rest
<b>14</b> CARDIO/ SCULPT	FIRE 45 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	LEAN CIRCUIT 1 + ABS 10 CLASS ____ : ____ AM/PM	Rest	FIRE 60 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	LEAN CIRCUIT 2 + EXTREME ABS ____ : ____ AM/PM	FIRE 55 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	LEAN CIRCUIT 3 + AB BURNER ____ : ____ AM/PM
<b>15</b> CARDIO/ SCULPT	FIRE 60 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	LEAN CIRCUIT 1 + ABS 10 CLASS ____ : ____ AM/PM	Rest	FIRE 60 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	LEAN CIRCUIT 2 + CORE 20 ____ : ____ AM/PM	FIRE 55 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	LEAN CIRCUIT 3 + EXTREME ABS ____ : ____ AM/PM
<b>16</b> CARDIO/ SCULPT	FIRE 60 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	LEAN CIRCUIT 1 + CORE 20 CLASS ____ : ____ AM/PM	Rest	FIRE 60 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	LEAN CIRCUIT 2 + CORE 20 CLASS ____ : ____ AM/PM	FIRE 60 CLASS + STRETCH 10 CLASS ____ : ____ AM/PM	LEAN CIRCUIT 3 + CORE 20 CLASS ____ : ____ AM/PM TRACK YOUR RESULTS

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17 TRANSITION	FIRE 40 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 40 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 CLASS + AB BURNER ___ : ___ AM/PM	HIIT 20 CLASS + SCULPT 30 CLASS ___ : ___ AM/PM	FIRE 40 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 CLASS + EXTREME ABS ___ : ___ AM/PM	HIIT 25 CLASS + SCULPT 30 CLASS ___ : ___ AM/PM	FIRE 40 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 CLASS + CORE 20 CLASS ___ : ___ AM/PM	HIIT 30 CLASS + SCULPT 30 CLASS ___ : ___ AM/PM	FIRE 40 CLASS + ABS 10 CLASS ___ : ___ AM/PM

TRACK YOUR RESULTS