



CHALEAN

WEEK 1

Exercise	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1. Warm-up							
2. Cardio							
3. Strength							
4. Core							
5. Stretch							
6. Cardio							
7. Strength							
8. Core							
9. Stretch							
10. Cardio							
11. Strength							
12. Core							
13. Stretch							
14. Cardio							
15. Strength							
16. Core							
17. Stretch							
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20. Core							
21. Stretch							
22. Cardio							
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24. Core							
25. Stretch							
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29. Stretch							
30. Cardio							
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100. Core							



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