

## Chalean Extreme Muscle Burns Fat Guidebook

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### Chalean Extreme Muscle Burns Fat

ChaleAN Extreme is a body-sculpting program designed to help you lose up to 60 percent of your body fat in just three months, and see visible results every 30 days. It uses resistance training to increase lean muscle mass, which has been proven to burn calories and raise your metabolism. The result is a lean, firm, well-toned physique.

### Chalean Extreme - Team Emerge Fitness

Get Extreme in 2009, with ChaleAN Extreme. www.extremely-fit.com.

### ChaleAN Extreme - Muscle Burns Fat!

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### Chalean Extreme - Mighty Mom, MD

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### Chalean Extreme - Top Shot Fitness

ChaleAN Extreme - Muscle Burns Fat! - Duration: 0:41. extremelyfit 49,667 views. 0:41. Chalean Extreme - 90 days extreme results with Chalene Johnson - Duration: 2:38.

### Chalean Extreme... Muscle Burns Fat!!

trY beAChbodY resistANCe bANds For ACCeLerAted Fat burNINg: Get extreme results using these super sculpting tools during your ChaleAN Extreme experience. Watch the BAND BASICS portion of the BURN BASICS video for proper usage.

### chAleAn exTreme worKS becAUSe mUScle 4 bUrns FAT!

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### Chalean Extreme - Online Wellness with Nicole Nunez

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### Product Training uide - Beachbody

Muscle burns fat and boosts your metabolism. Chalene actually says you can lose up to 60% of your body fat using the program throughout the 3 months; however, I started noticing results in the first 30 days. You might also like ChaleAN Extreme or P90X : How to choose? Workout Chalean Extreme Printable

### ChaleAN Extreme Review, Results and Printable Calendar

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### Chalean Extreme - Strong 6 Saved

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### Chalean Extreme | Yanik Fenton Fitness

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### Chalean Extreme - Changing 4 Good Fitness

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### Chalean Extreme - Body By Briggs

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### Chalean Extreme - The Fit Vegetarian

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### Beachbody

The idea behind ChaleAN Extreme is that "muscle burns fat". This basically means that the more muscle you have, the more energy (ie calories) your body uses. It's estimated that muscle burns 3-5 times more calories than fat. So, even at rest, your muscles are burning calories.

### ChaleAN Extreme Review - HomeFitnessGurus

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