

# The Ultimate Lean Routine



Up to a 30% loss of  
body fat

Up to a 50% increase in  
aerobic fitness

Up to a 40% increase in  
muscle strength

More energy

**12-WEEK CROSS TRAINING  
& FAT LOSS PROGRAM**

From the director of the  
Warner Bros. Fitness Center

**Greg Isaacs**

# Ultimate Lean Routine

**Rachel S Tattersall**



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