

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

Clemens Wendtner



Ultimate Lean Routine:

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