



LEAN

TOP TO  
BOTTOM

FULL BODY FAT BURN GUIDE

ADVANCED

*Lilly Sabri*

PHYSIOTHERAPIST, HEAD TRAINER & FOUNDER OF THE LEAN APP

START THE CHALLENGE, YOU'VE GOT THIS!

**BEGINNERS DO YOUTUBE WORKOUTS.**  
ADVANCED DO ALL WORKOUTS.

## YOUTUBE WORKOUTS (BEGINNER)

MON TUE WED THU FRI SAT SUN

Rest Day

## ADVANCED WORKOUTS

GET THE LEAN APP FOR ACCESS

MON TUE WED THU FRI SAT SUN

FOR BEST RESULTS DO ALL WORKOUTS.

Special Offer

# LEAN

Get access to the App-exclusive LEAN Method full-length programs, meal plans, nutritious recipes and more!

