



**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							
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99. Strength							
100. Core							



# Chalean Extreme Guidebook

**Falconguides**



## **Chalean Extreme Guidebook:**

**Extreme Kayaking** Oliver Scott, AI, 2025-03-10 Extreme Kayaking plunges into the adrenaline fueled world of navigating extreme whitewater emphasizing that success hinges not just on physical prowess but on astute judgment and technical skill This book details the knowledge needed to assess risks and make critical decisions in high stakes environments Discover how mastering advanced maneuvers like boofing and understanding river hydraulics are essential for tackling the world s most challenging waterways The book starts with fundamental kayaking principles covering boat design paddling techniques and safety equipment before diving into advanced topics like reading rapids and rescue strategies A significant portion focuses on risk management highlighting the importance of scouting and assessing environmental conditions Concluding with real world case studies Extreme Kayaking offers practical lessons derived from both successful and unsuccessful expeditions illustrating the consequences of sound versus flawed decision making and reshaping the perception of extreme kayaking **Adrenaline**

**Junkies Bucket List** Falconguites, 2001-01-01 **Surviving Extremes** Nick Middleton, 2003 The intrepid Oxford don explorer and author of Going to Extremes is back and he s set himself a challenge to cope with the worst that nature can throw at him Travelling to four of the most extreme natural environments swamps deserts jungles and arctic wastelands the question is can he pick up enough tips from the indigenous people to hack it at the very edge of human existence or will his mid latitude sensibilities forever let him down This is Nick s account of how he put his body and mind to the test in a survival experiment *Extremes* Nick Middleton, 2003 **Adrenaline Junkie's Adventure Book** Bryan Kelley, 2018-12-26 Imagine being in the water with a 15 foot 5000 pound great white shark and being so close that you could poke it in the eye Imagine being in a plane at 4000 feet in the air and climbing out of the cockpit to walk around on the wings while still in flight The Adrenaline Junkie s Adventure Book is a guide for the outdoor and sports enthusiasts the thrill seekers the adrenaline junkie s and the adventure travelers seeking out some of the most fantastic adventures imaginable This book covers a wide variety of extreme activities in the water on land and in the air Written by a USMC Recon Marine and thrill seeking adventurer this book presents readers with many different activities that should get their hearts racing and adrenaline pumping These incredible activities can be found and enjoyed all over the world as well as in their back yards This book offers some hotel and restaurant recommendations along with pricing info and contact information for the facilities where you can book your adventures This book is perfect for anyone looking for their next extreme adventure idea as well as any armchair adventures just looking for a good read

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