

Burn Boot Camp TOUGH21

tritional Social Physical Mental Nutritional Social Physical Mental Nutritional Social Physi

REMEMBER WHY YOU STARTED

Weight:

Muscle lb:

Water lb:

Body Fat %:

MONDAY

- ☐ Motivational Quote
- ☐ Drink 2 After Burn shakes a day
- ☐ Eat at least 2 organic green vegetables a day
- ☐ Introduce yourself to someone new every day
- ☐ Log your food

- ☐ HOLIDAY Don't forget to move!

TUESDAY

- ☐ Motivational Quote
- ☐ Drink 2 After Burn shakes a day
- ☐ Eat at least 2 organic green vegetables a day
- ☐ Introduce yourself to someone new every day
- ☐ Log your food

- ☐ Stretch 10 mins after Camp

WEDNESDAY

- ☐ Motivational Quote
- ☐ Drink 2 After Burn shakes a day
- ☐ Eat at least 2 organic green vegetables a day
- ☐ Introduce yourself to someone new every day
- ☐ Log your food

- ☐ 1 min of sit ups
- GOAL:
COMPLETED:

THURSDAY

- ☐ Motivational Quote
- ☐ Drink 2 After Burn shakes a day
- ☐ Eat at least 2 organic green vegetables a day
- ☐ Introduce yourself to someone new every day
- ☐ Log your food

- ☐ 5 mins working on double unders no matter how many times you mess up

FRIDAY

- ☐ Motivational Quote
- ☐ Drink 2 After Burn shakes a day
- ☐ Eat at least 2 organic green vegetables a day
- ☐ Introduce yourself to someone new every day
- ☐ Log your food

- ☐ 2 mins of pushups (Knees = .5)
- GOAL:
COMPLETED:

SATURDAY

- ☐ Motivational Quote
- ☐ Drink 2 After Burn shakes a day
- ☐ Eat at least 2 organic green vegetables a day
- ☐ Introduce yourself to someone new every day
- ☐ Log your food

- ☐ Take a Saturday Camp

SUNDAY

- ☐ Motivational Quote
- ☐ Drink 2 After Burn shakes a day
- ☐ Eat at least 2 organic green vegetables a day
- ☐ Introduce yourself to someone new every day
- ☐ Log your food

- ☐ **LUNGE ½ A MILE**

WEEKLY GOALS

- ☐ Create a week long goal:
- ☐ Foam roll once a week, completeing 3 rounds per session
- ☐ Post a picture of yourself on social media with your weekly goal in the discription and tagging [@burnbootcampappletonwi](#) OR [@burnbootcampappletonwestwi](#) [#Tough21](#) [#BurnBootCamp](#)
- ☐ Attend a Focus Meeting w/ food log Scheduled for:

ONGOING CHALLENGE

No alcohol for the next 21 days.








Don't say anything negative about yourself for the full 21 day. Constructive Criticism is great, it we often insult ourselves more than we realize.

Week 1

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WEEK 1 FOOD LOG

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

FOAM ROLL ROUTINE

COMPLETE THREE ROUNDS PER SESSIONS

TFL- Tensor Fascia Latae

Lie on one side with the foam roller just in front of the hip. Cross the top leg over the lower leg, placing that foot on the floor. Slowly roll from the hip joint down toward the knee to find the tender spot. Hold for 30-90 seconds until the discomfort is reduced. Then Roll 10 times. Switch sides and repeat.

QUAD

Lay on foam roller face down with one leg on, one off. Go onto your elbows and start to roll from the top of your hip to 2 inches above the knee. Find your tender spot and hold for 30-90 seconds. Then roll length of the muscle 10 times.

HAMSTRING

Sit on the foam roller with legs straight in front of you, hands on the floor by your hips. Roll the foam roller to an inch above your knee. Find the tender spot and hold for 30-90 seconds with little rolls. Roll the length of the muscle 10 times.

FOOT

Take a tennis ball place it on the floor under the arch of your foot. While holding on to the wall for balance, apply pressure to the ball and roll the length on your foot 10 times. Then roll side to side over your arch 10 times. Then roll in a circular motion on the bottom of your heel. 30 Passes total.

THORASIC

Lie on the floor with the foam roller behind the upper back. Cross arms to opposite shoulders. Raise hips off the floor and slowly roll back and forth to find the tender spot. Hold for 30-90 seconds. Roll 10 times.

PECTORIAL

Take a tennis ball. Face the wall and put the tennis ball in between the wall and your body. It should be right next to your arm pit, on top of where your sports bra lays. RoLL left to right 20 times. Small movement. Then switch sides.

MOTIVATIONAL QUOTES

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MONDAY

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- ☐ Drink 2 After Burn shakes a day
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- ☐ Log your food

- ☐ 2 mins of Squat Jumps

GOAL:
COMPLETED:

TUESDAY

- ☐ Motivational Quote
- ☐ Drink 2 After Burn shakes a day
- ☐ Eat at least 2 organic green vegetables a day
- ☐ Introduce yourself to someone new every day
- ☐ Log your food

- ☐ Sprint Record: grazing here (marked) and back
- GOAL:
COMPLETED IN:

WEDNESDAY

- ☐ Motivational Quote
- ☐ Drink 2 After Burn shakes a day
- ☐ Eat at least 2 organic green vegetables a day
- ☐ Introduce yourself to someone new every day
- ☐ Log your food

- ☐ 2 mins of pull ups (using the lowest band possible)
- GOAL:
COMPLETED:

THURSDAY

- ☐ Motivational Quote
- ☐ Drink 2 After Burn shakes a day
- ☐ Eat at least 2 organic green vegetables a day
- ☐ Introduce yourself to someone new every day
- ☐ Log your food

- ☐ Take two camps in one day

FRIDAY

- ☐ Motivational Quote
- ☐ Drink 2 After Burn shakes a day
- ☐ Eat at least 2 organic green vegetables a day
- ☐ Introduce yourself to someone new every day
- ☐ Log your food

- ☐ 10 min wall sit (90 degrees.)
- GOAL:
TIMES YOU
BROKE:

SATURDAY

- ☐ Motivational Quote
- ☐ Drink 2 After Burn shakes a day
- ☐ Eat at least 2 organic green vegetables a day
- ☐ Introduce yourself to someone new every day
- ☐ Log your food

- ☐ Come to the Workout Event at the Park. Check FB for details!

SUNDAY

- ☐ Motivational Quote
- ☐ Drink 2 After Burn shakes a day
- ☐ Eat at least 2 organic green vegetables a day
- ☐ Introduce yourself to someone new every day
- ☐ Log your food

- ☐ **COMPLETE 4 MILES AS FAST AS POSSIBLE.**
- GOAL:
COMPLETED:

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- ☐ Attend a Focus Meeting w/ food log Scheduled for:

ONGOING CHALLENGE

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Week 2

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WEEK 1 FOOD LOG

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

FOAM ROLL ROUTINE

COMPLETE THREE ROUNDS PER SESSIONS

TFL- Tensor Fascia Latae

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QUAD

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HAMSTRING

Sit on the foam roller with legs straight in front of you, hands on the floor by your hips. Roll the foam roller to an inch above your knee. Find the tender spot and hold for 30-90 seconds with little rolls. Roll the length of the muscle 10 times.

FOOT

Take a tennis ball place it on the floor under the arch of your foot. While holding on to the wall for balance, apply pressure to the ball and roll the length on your foot 10 times. Then roll side to side over your arch 10 times. Then roll in a circular motion on the bottom of your heel. 30 Passes total.

THORASIC

Lie on the floor with the foam roller behind the upper back. Cross arms to opposite shoulders. Raise hips off the floor and slowly roll back and forth to find the tender spot. Hold for 30-90 seconds. Roll 10 times.

PECTORIAL

Take a tennis ball. Face the wall and put the tennis ball in between the wall and your body. It should be right next to your arm pit, on top of where your sports bra lays. RoLL left to right 20 times. Small movement. Then switch sides.

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- ☐ Introduce yourself to someone new every day
- ☐ Log your food

☐ 2 mins of full burpees (knee or hips = .5 rep)
GOAL:
COMPLETED:

TUESDAY

- ☐ Motivational Quote
- ☐ Drink 2 After Burn shakes a day
- ☐ Eat at least 2 organic green vegetables a day
- ☐ Introduce yourself to someone new every day
- ☐ Log your food

☐ Try an exercise you have always wanted to try.

WEDNESDAY

- ☐ Motivational Quote
- ☐ Drink 2 After Burn shakes a day
- ☐ Eat at least 2 organic green vegetables a day
- ☐ Introduce yourself to someone new every day
- ☐ Log your food

☐ 2 mins of max DB cleans
GOAL:
COMPLETED:

THURSDAY

- ☐ Motivational Quote
- ☐ Drink 2 After Burn shakes a day
- ☐ Eat at least 2 organic green vegetables a day
- ☐ Introduce yourself to someone new every day
- ☐ Log your food

☐ complete 1 mile as fast as possible
GOAL:
COMPLETED:

FRIDAY

- ☐ Motivational Quote
- ☐ Drink 2 After Burn shakes a day
- ☐ Eat at least 2 organic green vegetables a day
- ☐ Introduce yourself to someone new every day
- ☐ Log your food

☐ Partner with a Burn Sister to create a new exercise and share on socials

SATURDAY

- ☐ Motivational Quote
- ☐ Drink 2 After Burn shakes a day
- ☐ Eat at least 2 organic green vegetables a day
- ☐ Introduce yourself to someone new every day
- ☐ Log your food

☐ **SAC Test (client version)**

SUNDAY

- ☐ Motivational Quote
- ☐ Drink 2 After Burn shakes a day
- ☐ Eat at least 2 organic green vegetables a day
- ☐ Introduce yourself to someone new every day
- ☐ Log your food

☐ 1000 Bicycles

WEEKLY GOALS

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- ☐ Attend a Focus Meeting w/ food log Scheduled for:

ONGOING CHALLENGE

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Week 3

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WEEK 1 FOOD LOG

MONDAY	<div>○○○○○</div> <div>○○○○○</div>
TUESDAY	<div>○○○○○</div> <div>○○○○○</div>
WEDNESDAY	<div>○○○○○</div> <div>○○○○○</div>
THURSDAY	<div>○○○○○</div> <div>○○○○○</div>
FRIDAY	<div>○○○○○</div> <div>○○○○○</div>
SATURDAY	<div>○○○○○</div> <div>○○○○○</div>
SUNDAY	<div>○○○○○</div> <div>○○○○○</div>

SAC TEST

The SAC: This is the test all Burn Trainers must take before being able to coach you. We have 15 minutes to complete it. There is no time limit on yours. YOU CAN MODIFY when needed. The idea is to just finish it! We will have the floor open from 10AM- 12PM that Saturday for you to come in and complete it.

25 double unders

(in a row if possible, 50 singles modified after trying doubles)

5 consecutive pull ups

(use the smallest/no band. Low TRX pull to modify.)

25 chest to deck pushups

(In a row if possible. Go to knees to modify)

75 Squat Jumps

25 Chest to deck burpees

(go to knees to modify)

½ mile run- path will be marked around the gym

FIRST IN BODY

Weight:

Muscle lb:

Water lb:

Body Fat %:

LAST IN BODY

Weight:

Muscle lb:

Water lb:

Body Fat %:

DIFFERENCE

Weight:

Muscle lb:

Water lb:

Body Fat %:

MOTIVATIONAL QUOTES