

burn boot camp®

COMMIT2FIT

C H A L L E N G E

SEPTEMBER 20TH - OCTOBER 9TH

COMMIT TODAY. TRANSFORM TOMORROW.

**GIVE US 21 DAYS AND WE'LL SHOW YOU THAT YOU'RE
STRONGER THAN YOU EVER IMAGINED.**

WHY COMMIT2FIT?

Because it's time to get re-inspired with what is possible. Because it's time to re-connect with friends and shared goals. Because it's time to re-focus, not on what you need to lose, but what you must gain.

Join us for Burn Boot Camp's 21-day Challenge to re-commit to building strength, fueling your body intentionally and crushing goals.

THIS IS IT. TIME TO GO ALL IN.

IN THIS PACKET YOU WILL FIND:

CHALLENGE OVERVIEW

WHAT YOU NEED TO BE PREPARED

ACCOUNTABILITY TRACKERS

MACRO GUIDANCE AND PLANNING MEALS

ADDITIONAL RESOURCES



CHALLENGE YOURSELF

The COMMIT2FIT Challenge will take place over three weeks working on specific skills that will be incorporated into the grand finale on Saturday, October 9th.

Camps Monday through Thursday will focus on building endurance with four (4) metabolic conditioning movements. You'll track your progress and set personal records, getting stronger with each camp. The goal is to go hard and beat those PR's day after day, week after week.

We'll conclude on the last Saturday of the Challenge with the finale, where you'll get to show off all those gains and celebrate with your Burn community. As you cross the COMMIT2FIT finish line you will be blown away by your strength, stamina and self-confidence. And maybe realize that finish line was just the beginning...

Get amped up **Burn Nation**. We're in this **together**.



THE BURN NUTRITION PHILOSOPHY



FROM CEO AND
FOUNDER DEVAN KLINE

At Burn Boot Camp, we know there's no one-size-fits-all approach to nutritional needs. Our goal is to find an individual approach for you; a personalized plan to find the foods that cultivate your strength, stamina and self-confidence.

We believe wholeheartedly that you can enjoy delicious, healthy food, without the hardcore, restrictive rules that make giving up way too easy. Imagine getting excited about nutrition, listening to your body and finding control over your eating habits. Imagine having the support of the entire Burn Boot Camp family helping you set realistic, achievable goals and celebrating your success every step of the way.

The work is challenging. But it's time to accept nothing less than real change. We're talking about the lifelong kind. Let's make this commitment together, and swing for the fences.

This is it. This is your wake-up call to take control. Don't hit snooze.



As you get stronger each week, your goal will be to increase your reps with each of these movements.

THE LINEUP

MONDAY *Goblet Squats*

TUESDAY *Chest Press*

WEDNESDAY *Med Ball Slams*

THURSDAY *Double Unders*

Don't know some of these exercises? No problem! We demonstrate each one at the beginning of every camp and offer modifications to increase or decrease intensity. Follow @burnbootcamp on Instagram for tips and videos about the exercises you'll see during COMMIT2FIT.

THE GAINS

This Challenge will also focus on your nutrition to ensure maximum performance, build muscle, and burn fat. Your mission?

Let's crush the following goals:

1. GALLON CHALLENGE

One of the best ways to fast-track your transformation is to hydrate. For 21 days your COMMIT2FIT Challenge includes drinking a gallon of water per day. Make it easy with a Burn Boot Camp half-gallon jug, purchased at your location, and stay on track throughout the Challenge. Cheers!

2. MEAL PLAN COMMITMENT

To get the most out of the COMMIT2FIT Challenge, stick with a meal plan for 21 days. It will help establish an easy routine that will take your results to a whole new level. We know that every body is different and have created 3 different meal plans based on your suggested caloric intake. The three plans are 1500, 1800, and 2200 calorie plans.

Need help? We are in this together. Schedule a Focus Meeting with our Trainers via the Burn Boot Camp app and read more about how to pick your meal plan on the last page of this packet. Review all three packets at <https://burnbootcamp.com/nutrition-packet/>

3. CLEAN UP CARBS

Want to challenge yourself to maximize results? Select one (or both) of the options below in addition to taking the gallon challenge and sticking to your meal plan. This is where you put the "commit" in the COMMIT2FIT Challenge.

SUGAR

Glowing skin, more energy, better digestion. You won't find it in sodas and sugary drinks. For 21 days focus on good old-fashioned hydration: try fruit infused water, kombucha or coconut water!

ALCOHOL

See what you can achieve by saying no to the empty calories in alcohol and say yes to better sleep, more energy, balanced hormones, less anxiety and a fired-up metabolism.



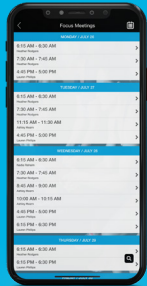
THE FINALE

HARD WORK PAYS OFF

Are you ready to see how far you've come? You'll get two minutes to perform as many reps as possible of the four focus exercises: Goblet Squats, Chest Press, Med Ball Slams & Double Unders.

PREPARE YOURSELF

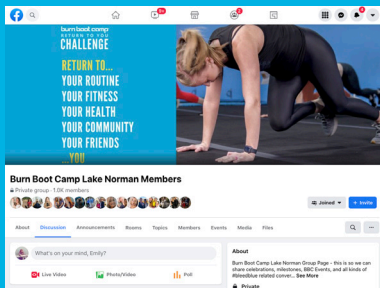
Are you up for the Challenge? Make sure you are set up for success.



BOOK CAMPS AND FOCUS MEETINGS

DOWNLOAD THE BURN BOOT CAMP APP

Before the Challenge starts, make sure you download the Burn Boot Camp App from the App Store. The Burn App allows you to book camp times, schedule Focus Meetings, and access our weekly Protocol with just a tap. With Focus Meetings, our certified personal trainers will host 1:1 nutritional guidance sessions, give tips on how to get the best out of your workout, and how to keep a positive mindset throughout the Challenge.



JOIN OUR PRIVATE MEMBER GROUP

REQUEST TO JOIN OUR FACEBOOK MEMBER GROUP

Each Burn Boot Camp location has a private member group where we discuss our progress, favorite workout gear, share a sweaty selfie and have some good laughs. Look for your invitation to join!



TRACK YOUR PROGRESS

PRINT AND SAVE OUR CHALLENGE TRACKERS

Write in your rep counts, PRs, weights used, hydration goals, and more. Want to really increase accountability and inspire others? Follow us on social media for Instagram and Facebook trackers so you can update friends on your performance.



BUILD LEAN MUSCLE

PICK UP YOUR WHEY OR VEGAN AFTERBURN PROTEIN

Stock up on Afterburn protein to maximize your results! Burn Boot Camp's official, post-workout nutrition is specifically designed for muscle growth and recovery. Afterburn has 23 grams of protein, no sugar and comes in three delicious flavors, in both a whey and plant-based option. It's the perfect addition to your routine that can help you truly transform.

ACCOUNTABILITY TRACKER

Throughout this 21 day Challenge, write down how many reps you complete each day and watch the number increase! Make sure you are checking off when you hit your water gallon goal, and checking off when you mod-up by not drinking sugary drinks or alcohol!

SUNDAY	MONDAY <i>Goblet Squats</i>	TUESDAY <i>Chest Press</i>	WEDNESDAY <i>Med Ball Slams</i>	THURSDAY <i>Double Unders</i>	FRIDAY	SATURDAY
SEPT 19	20 PR _____ <input type="checkbox"/> NO SUGARY DRINKS <input type="checkbox"/> NO ALCOHOL <input type="checkbox"/> GALLON	21 PR _____ <input type="checkbox"/> NO SUGARY DRINKS <input type="checkbox"/> NO ALCOHOL <input type="checkbox"/> GALLON	22 PR _____ <input type="checkbox"/> NO SUGARY DRINKS <input type="checkbox"/> NO ALCOHOL <input type="checkbox"/> GALLON	23 PR _____ <input type="checkbox"/> NO SUGARY DRINKS <input type="checkbox"/> NO ALCOHOL <input type="checkbox"/> GALLON	24 <input type="checkbox"/> NO SUGARY DRINKS <input type="checkbox"/> NO ALCOHOL <input type="checkbox"/> GALLON	25 <input type="checkbox"/> NO SUGARY DRINKS <input type="checkbox"/> NO ALCOHOL <input type="checkbox"/> GALLON
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YOU CRUSHED IT!

CUT HERE

WRITE WHAT YOU HAVE ACCOMPLISHED AND TURN THIS PAGE IN TO THE BURN AMBASSADOR DESK.
We would love to hear from you and feature your story in our gym!

MACRO FOCUS AND PLANNING MEALS

**STOP TRYING TO LOSE;
IT'S ABOUT WHAT YOU'LL GAIN**

STEP 1: MACROS 101

When it comes to your COMMIT2FIT nutrition, keeping track of calories is only part of the picture. Counting macronutrients (carbohydrates, protein, and fat) helps you understand where those calories are coming from and how they affect your body. The right macros can help you retain muscle while losing weight and have more energy during tough camps.

By switching your mindset to gaining muscle mass through adequate protein intake and daily workouts, you'll find a more sustainable and complete physical transformation. We encourage you to consume 100G of protein per day to optimize both your performance and results.



STEP 2: FORGET COOKIE CUTTER PLANS

CHOOSE THE MEAL PLAN THAT WORKS FOR YOU

To determine how many calories you need within your day, take the following actions:

- Utilize the following calculator: <https://www.calculator.net/calorie-calculator.html>

Choose the meal plan that aligns closest with your

- results (1500, 1800, or 2200 calories) at: <https://burnbootcamp.com/nutrition-packet/>
- Schedule your Focus Meeting
- Go shopping
- Visit meals.burnbootcamp.com, where you will save 10% off prepared meals delivered right to your door

Leverage the clean grocery guide at the end of this page to fill your kitchen with the best food to fuel your potential!

HEALTHY, TASTY MEALS AREN'T TOO GOOD TO BE TRUE

Eat Fit Go is all about finding a balance between consuming what your body needs via flavors that you love. That's why we offer convenient, ready-to-eat, yummy healthy meals. With premium, high-quality ingredients and nutrition facts clearly listed on the label, we make it easier to eat well most of the time, leaving room to bend the rules some of the time.

- Fresh, high-quality ingredients
- Portion Controlled
- Allergy-Friendly
- Plant-based Option

ADDITIONAL RESOURCES

At Burn Boot Camp we believe in small compounding victories that establish long-lasting behavioral routines that set you up for success. Aside from the items outlined in this packet, you can also leverage any of our additional resources to continue to understand how to achieve your goals!

Find all our Nutritional resources, including a clean grocery guide, top food swaps, and a 10-minute menu at <https://burnbootcamp.com/nutrition-packet/>



The information contained within this packet is intended for educational and informational purposes only. While we draw on our prior professional expertise and background in many areas, we are NOT doctors, nutritionists, or registered dietitians. We do not claim to help, advise, diagnose, treat, or cure any condition or disease. Before starting any new diet and exercise program please check with your doctor and clear any exercise and/or diet changes with them before beginning. Any product recommendation is not intended to diagnose, treat, cure, or prevent any disease. Our statements and information have not necessarily been evaluated by the Food and Drug Administration.