

burn boot camp®

5 FOR 5

CHALLENGE

CHALLENGE PACKET

THIS PACKET BELONGS TO:



THE 5-FOR-5 CHALLENGE

Burn Boot Camp's 5-for-5 Challenge, beginning on Tuesday, January 18th, is a way to start your new year by pairing the right physical challenge with the right mindset. For five days per week, you'll have five daily tasks to complete, with an option to mod-up through a social media challenge. Do you have the drive to go 5-for-5? Let's get into the details!

These are the 5-for-5:

1. Attend 5 Camps per week
2. Get 100 grams of protein per day
3. Drink one gallon of water per day
4. Journal for 10 minutes per day
5. Complete a "Super Finisher" at the end of Camp

If you're ready to mod-up:

Take and tag an **in-gym sweaty selfie** after every Camp to **add to your Trainer's "Burpee Bank"**. For every photo tagged with *@burnbootcamp* and your *location's Instagram handle*, your training team faces a burpee challenge (up to 500 burpees!) once 5-for-5 is complete. You know what they say about payback...

THINGS THAT YOU NEED

1. **Protein sources.** The easiest way to meet that 100G goal? Add our whey or vegan Afterburn protein shakes and new Afterburn bars. Both are available online and in-gym.
2. **Measure your water intake.** Take the guesswork out by purchasing a Half Gallon Jug at your location.
3. **A place to journal.** The Burn Boot Camp journal, available for purchase, has guided questions and a place to schedule your weekly Camps to hold you accountable.

NUTRITION

How you fuel your body matters, and getting enough protein is critical. Daily Camps create muscle growth, but your body can only build upon existing muscles if they recover after each workout. Burn Boot Camp's Afterburn protein and on-the-go bars help muscles heal quickly and promote the gain of lean mass.

DAILY GOAL

During the challenge, aim for 100g of protein per day and watch your body and performance transform. Need some smoothie ideas? Check out our 30 smoothie recipes in this packet!



HYDRATION

Another critical component to the recovery process? Water. Being dehydrated can result in longer recovery times. The cartilage and connective tissue that holds our joints together and gives them padding are mostly water. Those with chronic dehydration are at greater risk for joint deterioration than those with proper hydration. Heard enough? Go fill up that jug!

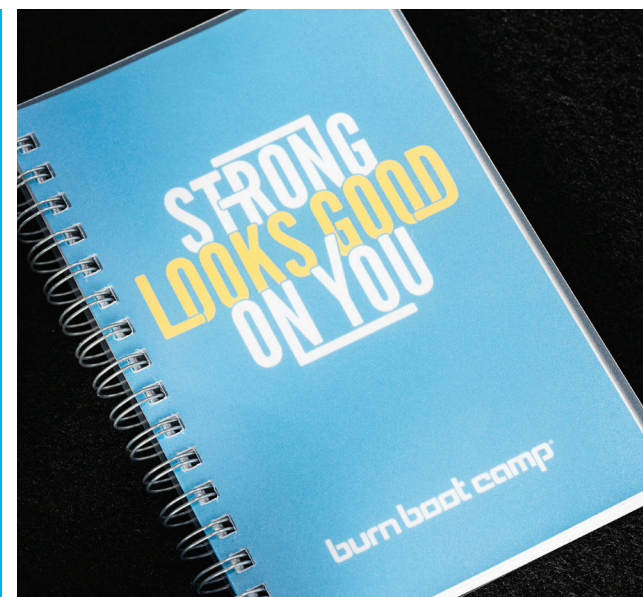
DAILY GOAL

Work toward drinking a gallon of water per day. Sliced cucumbers or fruit jazz up the flavor and the Burn Boot Camp Half Gallon Jug makes it easy to keep track. Cheers!

MENTALITY

Journaling in your guided Burn Boot Camp journal is just one of the powerfully transformative habits you will create during the 5-for-5 Challenge. This journal serves as another layer of self-care after you walk off the Floating Floor. It is a place to help you realize you have the power to create the life you want.

For ten minutes each day, schedule your Camps, jot down thoughts on your vision page, and answer a guiding question.



SMOOTHIES FOR DAYS

Below are 30 smoothie recipes to help you crush your protein goals!



BLUEBERRY CHEESECAKE

10 ounces unsweetened vanilla almond milk
1 tsp sugar free cheesecake pudding mix
1 scoop Vanilla Afterburn
1/2 cup frozen blueberries
2-4 ice cubes

WATERMELON

1 scoop of Vanilla Afterburn
5 cups fresh watermelon
1 lime
1 cup frozen strawberries
2 tbsp hemp seeds (or chia seeds)
1/2 cup almond milk

BANANA BLAST

1 or 2 scoops of Vanilla Afterburn
1 1/2 cups of almond milk
1/2 small green apple
1/2 frozen banana
1/2 tsp cinnamon
2-4 ice cubes

KALE

1 cup water
1 cup torn-up curly green kale leaves
1/2 cup raw unsalted cashews, soaked and drained
1/4 cup chopped pitted dates
2 medium-sized bananas
1/2 tsp natural vanilla
1 tsp minced ginger
2 cups ice cubes
1 scoop Vanilla Afterburn

BLUEBERRY BEET

1 scoop of Vanilla Afterburn
3/4 cup frozen blueberries
1/2 cup chopped or grated beets
1/2 banana
1 cup almond milk

CHOCOLATE STRAWBERRY

8 ounces unsweetened vanilla almond milk
1 scoop Chocolate Afterburn
1 teaspoon cocoa powder
1/4 cup frozen strawberries

MANGO BANANA

1 scoop of Vanilla Afterburn
2 bananas
16 oz mango chunks, frozen
2 tbsp honey or agave nectar
1 1/3 cups almond milk

BLACKBERRY BANANA

1 scoop of Vanilla Afterburn
1/4 cup blackberries
1 medium sized banana
2 tbsp almond butter
2 tbsp oats
4 ice cubes
1 cup almond milk
1/8 tsp almond extract
1/2 tsp pure vanilla extract
1 tbsp sliced almonds
1/2 tsp chia seeds

RASPBERRY

1 scoop of Vanilla Afterburn
2-3 cups Ice, optional
1 1/2 cups frozen raspberries
1 1/2 cups almond milk
3/4 cup Greek yogurt
2 tbsp honey, optional
1 large banana

CHOCOLATE CHIP MINT

1/2 cup coconut milk, canned
1/2 cup plain yogurt or plain Greek yogurt
2 bananas chopped and frozen
4 cups spinach
6 ice cubes
1 scoop Vanilla Afterburn
1/2-1 tsp peppermint extract
2 tbsp 85% dark chocolate chopped or dark chocolate chips
1/4-1/2 cup water optional

GREEN MANGO TANGO

10-12 ounces unsweetened vanilla almond milk
1 scoop Vanilla Afterburn
1 cup frozen mango
Half of a medium banana, frozen in chunks
Handful of spinach
2-4 ice cubes

GREENS

1 handful of spinach
1 banana (frozen)
1 cup celery
1/2 cup pineapple (chunks)
3/4 cup almond milk
1 scoop Vanilla Afterburn

FROSTY PINEAPPLE

1 scoop of Vanilla Afterburn
1 1/2 cups frozen pineapple chunks
1/2 cup frozen banana chunks
1/3 cup plain 0% greek yogurt
3/4 cup unsweetened vanilla almond milk

CHOCOLATE FUDGE

1 cup of unsweetened almond milk
2 tsp cocoa powder
1 scoop Chocolate Afterburn
1 overripe frozen banana
1/16 tsp salt
1/4 tsp pure vanilla extract
Optional 1-2 tbsp nut butter

ORANGE JULIUS

1 cup unsweetened almond milk
1/2 cup orange juice
1/2 frozen banana
3/4 serving Vanilla Afterburn
5-6 ice cubes

TROPICAL CUCUMBER

1/4 of a pineapple, peeled and cored
1/2 of a papaya, seeded
1 banana
1/2 cucumber, unpeeled
1 cup spinach
1/2 cup canned coconut milk
1 1/2 cups ice
1 scoop Vanilla Afterburn

PEACH COBBLER

2 cups frozen peach slices
1 – 1 1/2 cups almond milk
1 Scoop of Vanilla Afterburn
1 tsp cinnamon
1 tsp vanilla
3 tbsp old fashioned oats
1 tbsp ground flax seed
1-2 tbsp honey

CAKE BATTER

1 cup unsweetened vanilla almond milk
1/2 cup vanilla Greek yogurt
1/2 tsp of cake batter extract
1/2 banana (frozen)
1 scoop Vanilla Afterburn

PINA COLADA

1 scoop Vanilla Afterburn
1/2 frozen banana
1 cup frozen pineapple
1/2 cup coconut water
1/4 cup full-fat coconut milk
2-4 cubes of ice

VEGAN AVOCADO

1 scoop Vanilla Afterburn
1 cup water
1/2 cup spinach
1/2 avocado
1 cup frozen pineapple
2 tsp lemon juice
1/4 tsp ground ginger (powder)

POMEGRANATE BERRY

1 scoop Vanilla Afterburn
1 cup frozen berry mix
1/2 cup low fat cottage cheese
3/4 cup 100% pomegranate juice
1 tbsp hemp hearts
4 to 5 large ice cubes
1/4 cup fresh pomegranate arils for garnish

CARROT CAKE

1 cup unsweetened almond milk
1 scoop of Vanilla Afterburn
1/2 cup carrots roughly chopped
1 cup ice
1/2 tsp vanilla extract
1/2 tsp cinnamon
Stevia to taste
1 tbsp unsweetened shredded coconut flakes

ORANGE CHOCOLATE

1 cup of vanilla almond milk
1/2 cup plain fat-free Greek yogurt
2 scoops of Chocolate Afterburn
3 clementine oranges (leave skins on)
1 1/2 cups ice

STRAWBERRY SHORTCAKE

1/2 banana
1 cup strawberries, fresh or frozen
1/2 cup almond milk
2 scoops Vanilla Afterburn
1 1/2 tbsp honey
1/2 cup oats
1/4 tsp almond extract
1/4 tsp vanilla extract
1 cup vanilla yogurt
1 cup ice cubes

KIWI

1 scoop Vanilla Afterburn
2 5.3-ounce containers vanilla Greek yogurt
1/4 cup packed baby spinach
1 small banana
1/2 cup pineapple chunks
1 cup almond milk
1 kiwi
1 lime wedge
1-2 cups ice

GREEN SPIRULINA

1 frozen banana
1 cup frozen mango
2 cups fresh spinach
1 tsp spirulina powder
1/2 cup natural orange juice
1/2 cup plant milk of choice
1/2 avocado (pitted and peeled)
2 scoops Vanilla Afterburn

LEMON BAR

3/4 cup nonfat milk
1/4 cup water
2 tbsp fresh lemon juice
1 scoop Vanilla Afterburn
1 tsp pure vanilla extract
1 tsp lemon zest
1 cup ice

CHERRY VANILLA

1 cup unsweetened almond milk
1 cup dark, sweet frozen cherries
3/4 serving Vanilla Afterburn
5-6 ice cubes

CHOCOLATE MOCHA

1 scoop Chocolate Afterburn
1 tbsp cacao powder
1 tbsp ghee or coconut oil
8 oz freshly brewed coffee

GOLDEN MILK

1/2 banana (frozen)
1/4 tsp ginger
1 cup mango chunks (frozen)
1 cup vanilla almond milk
1 pinch black pepper
1/2 tsp cinnamon
1/2 tsp turmeric
1 scoop Vanilla Afterburn



REMEMBER

Don't forget that we also have a vegan, plant protein option, in addition to our grass-fed whey protein.



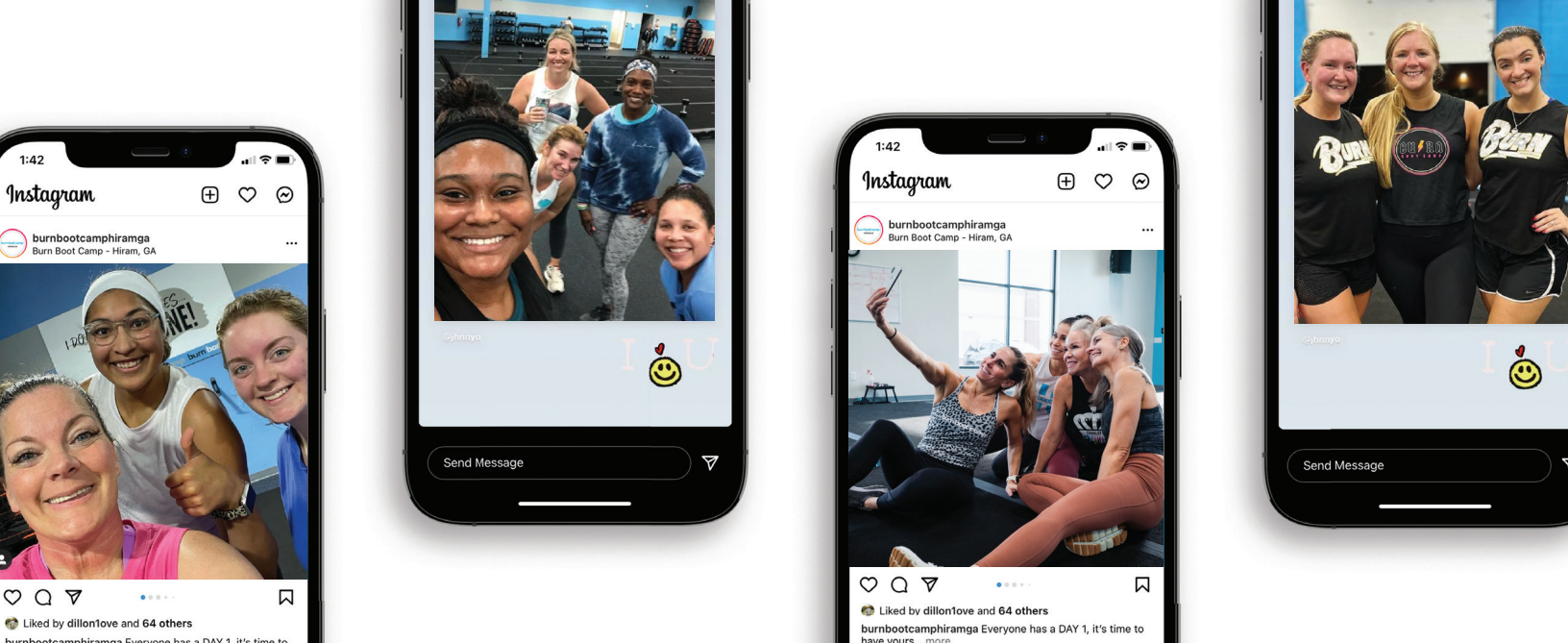
PHYSICAL

The Super Finishers for the 5-for-5 Challenge are, well, challenging! Complete the exercises and reps listed below, each day after Camp. As you complete each Super Finisher, ask yourself, "...because I was able to do this, what else can I do? What's next?"

And don't forget to tag us in those **sweaty selfies** to mod-up and **bank those burpees!**

For form tips and mod-downs head over to our Instagram stories each day.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	4-MINUTE LOW PLANK HOLD	200 JUMP SQUATS	50 PUSH UPS	10-MINUTE WALKING LUNGES	200 DOUBLE UNDERS	REST DAY
50 BREAK DANCERS	50 FULL BURPEES	100 IRISH PICK UPS	50 HALF BURPEE STAR JUMPS	4-MINUTE WEIGHTED WALL CHAIR	50 TARANTULAS	REST DAY
50 PLANK UPS	50 BROAD JUMP 180'S	50 6-POINT DEATH STARS	50 BLAST OFF PUSH UPS	100 WEIGHTED SIT-UPS	50 DONKEY KICK KNEE TUCKS	REST DAY
50 "DAYS AT THE BEACH"	<p>DON'T KNOW WHAT A "DAY AT THE BEACH" LOOKS LIKE? (We know what you wish it looked like!)</p> <p>Head over to our Instagram stories the night before Camp to view a demo of what each Super Finisher entails!</p>					



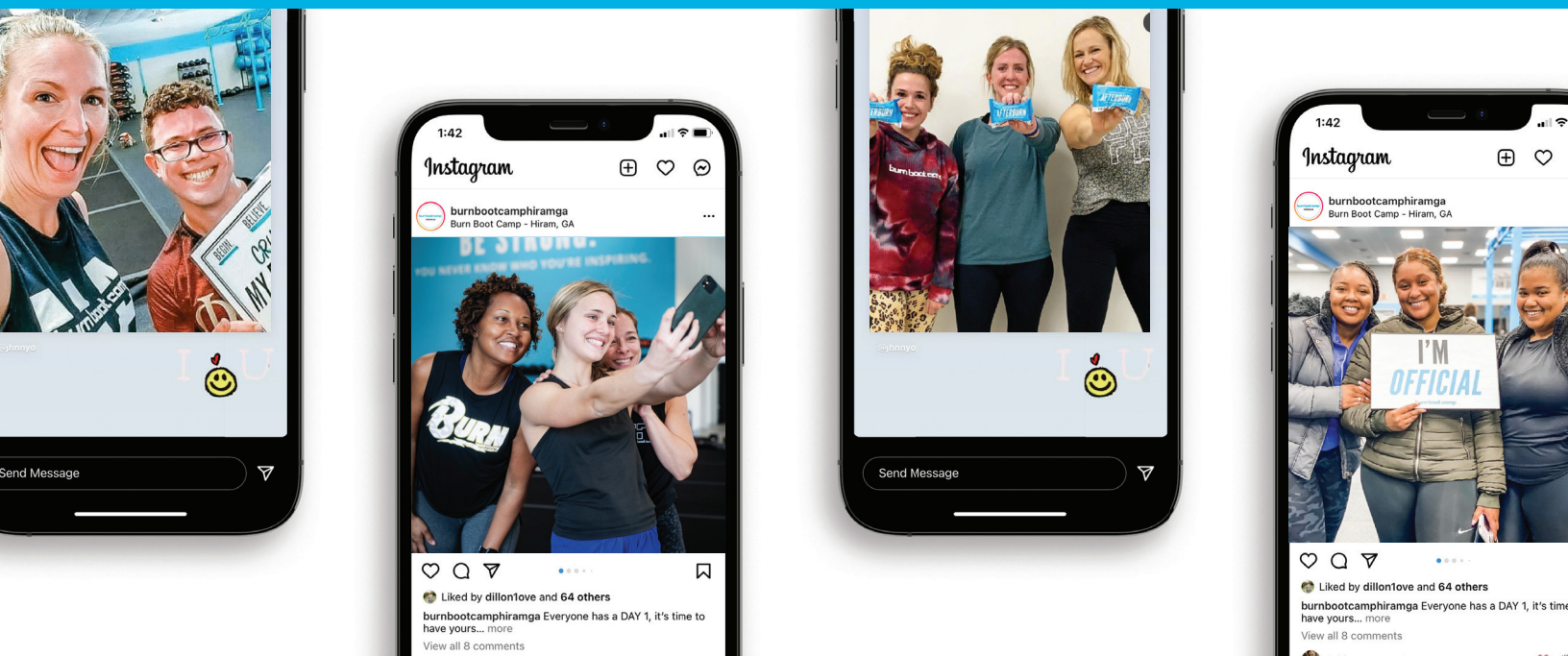
WANT TO MOD-UP?

TAKE YOUR SWEATY SELFIE

What's better than getting stronger and feeling better at the end of this challenge? How about getting revenge on your favorite trainers?


To mod-up for our social media challenge, grab a friend, snap a sweaty selfie in the gym, and when you **tag your location and Burn Boot Camp**, you'll add one burpee to your trainer's **"Burpee Bank."** They could face up to 500 burpees at the end of the challenge!

**Use hashtags #burnburpeebank
#sweatyselfie #5for5**



ACCOUNTABILITY TRACKER

Keep yourself accountable by checking off your goals!

	MON	TUES	WED	THURS	FRI	SAT
CAMP		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PROTEIN		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
GALLON		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
JOURNAL		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SUPER FINISHER		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SWEATY SELFIE		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CAMP	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PROTEIN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
GALLON	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
JOURNAL	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SUPER FINISHER	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SWEATY SELFIE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CAMP	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PROTEIN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
GALLON	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
JOURNAL	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SUPER FINISHER	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SWEATY SELFIE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CAMP	<input type="checkbox"/>	 <div> DON'T FORGET Give out a high five to your fellow Burn bros and Burn sisters when they crush a workout or hit a goal! </div>				
PROTEIN	<input type="checkbox"/>					
GALLON	<input type="checkbox"/>					
JOURNAL	<input type="checkbox"/>					
SUPER FINISHER	<input type="checkbox"/>					
SWEATY SELFIE	<input type="checkbox"/>					