

New Year

BODY BOOTCAMP

WITH REBECCA LOUISE



WORKOUTS | RECIPES | MOTIVATION

YOUR NEW YEAR BODY BOOTCAMP



Welcome to the January Bootcamp! We are so excited to start 2019 feeling amazing with goal-crushing workouts, great nutrition, motivation & mindset practices to keep us on track with balanced, healthy lifestyle habits!

We have our BRAND NEW bootcamp workout series starting January 7th 2019! Access the 10-minute routines on Youtube or the FULL 28-minutes on the BURN program!

Don't forget to share your daily check in's with the hashtag #NYBurnBootcamp



LOVE THE LOOKS? CHECK OUT FLEXI LEXI!



What's Inside

YOUR WORKOUT CALENDAR

BURN & BOOTCAMP PRIZES!

FIVE DETOX MOVES

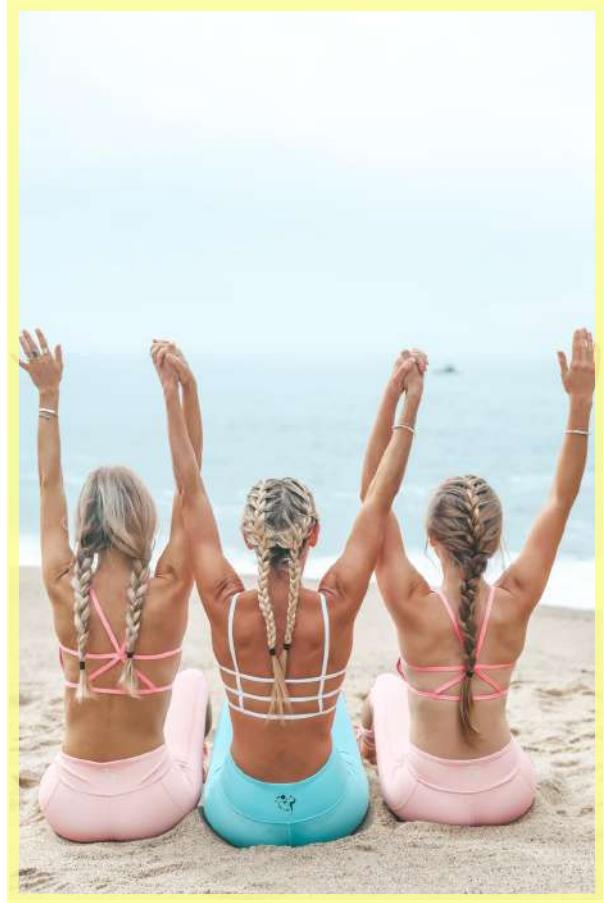
CLEANSING FOODS

RECIPES

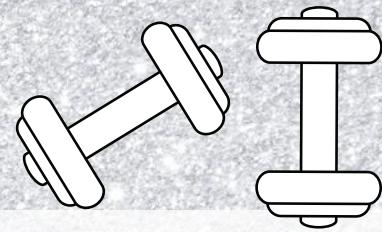
THE BEST NUTRITION FOR YOUR BODY

HEALTHY RELATIONSHIPS YOU NEED

HOW TO STAY MOTIVATED IN 2019



JANUARY *workout* CALENDAR



SUN	MON	TUE	WED	THUR	FRI	SAT
		1 NEW YEAR YOGA	2 HIP DIPS	3 SIX PACK	4 SLENDER ARMS	5 KICKSTART CARDIO
6 ENERGY BOOST	7 BOOTCAMP: ABS	8 HIIT BLAST	9 RUNWAY LEGS	10 YOGA SWEAT	11 DUMBBELL CRUSHER	12 LOVE HANDLES
13 SUNDAY SALUTATION	14 BOOTCAMP: LOWER BODY	15 TOTAL WEIGHT LOSS	16 BUTT LIFT	17 CHEST TONE	18 BIKINI CARDIO	19 YOGA REMIX
20 BETTER SLEEP STRETCHES	21 BOOTCAMP: FULL BODY	22 SLIM CALVES	23 CALORIE KILLER CARDIO	24 DUMBBELL DEFINITION	25 YOGA STRENGTH	26 BUM & TUM
27 RESTORATIVE BREATH	28 BOOTCAMP: OBLIQUES & THIGHS	29 PERKY PEACH	30 FLOW YOGA	31 LOSE FAT FAST CARDIO		

FOCUS YOUR ENERGY IN

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New thing I'm going to try:

What I'm going to get better at:

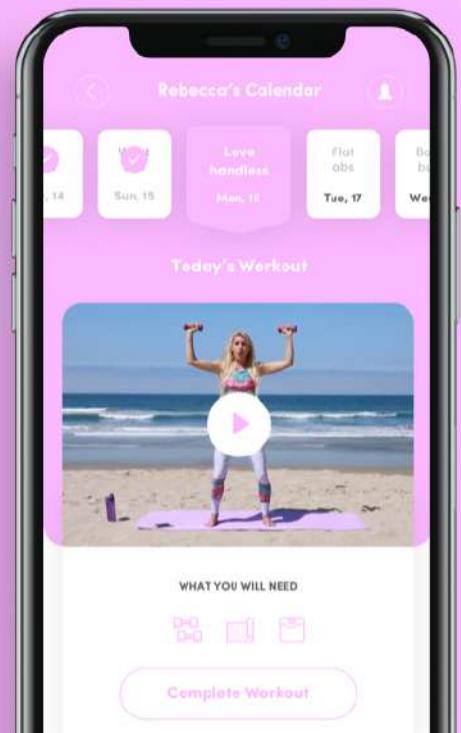
Relationship I'm going to work on:

ADD THE BURN APP - 7 DAYS FREE!

- 28 minute workouts every day, including our full length bootcamp series!
- Daily meal plan: breakfast, lunch, & dinner recipes, plus snack ideas!
- Electronic workout calendar to keep you on track
- Education articles for all your fitness and health-related questions
- Motivation every day



ALSO AVAILABLE ON DESKTOP



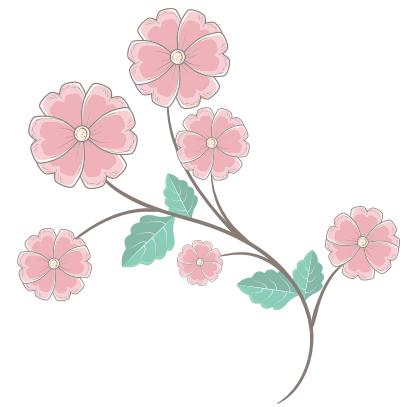
PLUS! WIN PRIZES FOR YOUR RESULTS!

Take your "before" photo on December 31st and your "after" photo on January 31st. Add photos side by side and share your transformation by tagging @burn & @rebeccalouisefitness in the photo with #NYBurnBootcamp



5 DETOX MOVES

FOR A BALANCED BODY



WIDE-LEG FORWARD BEND

This posture is jam packed with health benefits! Not only is it a great pose for loosening up tight hamstrings, but it also improves blood circulation, filters fresh fluid to your lymph nodes AND helps improve your digestion.

TWISTED CHAIR

Why we love this move - strengthens your spine, opens your heart, and tones digestive organs! Mentally, it helps refresh and reset your thoughts.



SPINE TWIST



This posture has a deep effect and can be felt throughout the whole body! This posture is perfect for relieving deep tension and stress, as well as leaving you feeling awake and more energized mentally!

LOCUST

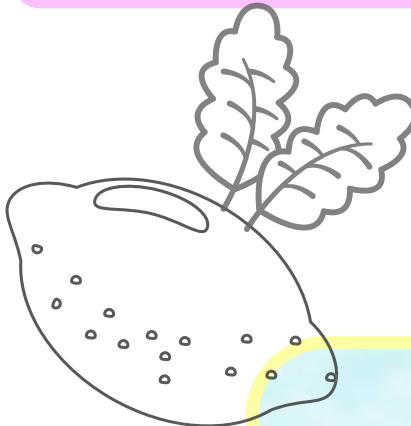
This pose strengthens the spine, opens the heart and creates pressure on your abdomen resulting in healthy digestion!



SEATED HEART OPENER



This posture is great for lengthening the spine which aids with taking strong, deep breaths. In response to deep breathing, the body is encouraged to expel carbon dioxide, eliminate waste, and circulate lymphatic fluid & lactic acid.



CLEANSING FOODS

KICKSTART YOUR POST-HOLIDAY HEALTH

BERRIES

Not only are berries easy and simple to eat, but they are LOADED with detoxifying benefits! All berries are jam-packed with antioxidants & extremely high in fiber - they fight inflammation & help clear up your skin for a glowing complexion.

LEMON

Lemons are an amazing source of vitamin C & support healthy heart function. Drinking lemon water is a great way to promote digestive health as well!

GARLIC

Helps boost your immune system & reduce blood pressure, & can even help aid in the process of detoxifying your body from heavy metals!

GREENS

All green veggies are high in fiber & aid in decreasing blood pressure. My favorite is kale! Not only does it make a tasty salad, but it's one of the most nutrient-dense foods out there with a high concentration of vitamin K for bone health!



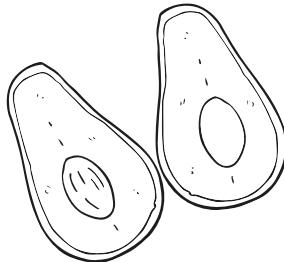
GREEN POWER SMOOTHIE

INGREDIENTS

- 2 scoops of Rebecca's healthy meal protein*
- 1 cup loosely packed cilantro
- 1 cup loosely packed organic baby kale
- 1 cup cucumber
- 1 cup pineapple
- Juice of 1 lemon
- 1 tbsp fresh ginger, grated
- 1/2 avocado

INSTRUCTIONS

- Place ingredients into a blender and puree until smooth.



* Available with nutrition plans (page 9)

TURKEY WRAP

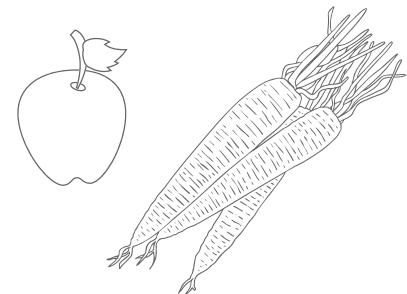


INGREDIENTS

- 1 whole wheat tortilla or wrap
- 2 tbsp hummus
- 2 oz deli turkey breast, thinly sliced
- 1/4 cucumber, thinly sliced, lengthwise
- 1 roma tomato, thinly sliced
- 1/3 avocado, thinly sliced

INSTRUCTIONS

- Lay out wrap & spread hummus around from center. Add a couple slices of the cucumber, tomato, & avocado. Top with turkey breast.
- Roll the wrap/ tortilla up like a burrito, taking care to make it as tight as possible.
- Slice the wrap in half and enjoy.



LEMON GINGER DETOX SALAD

INGREDIENTS

SALAD

- 4 cups kale
- 1 large carrot , shredded
- Handful of fresh flat-leaf parsley, chopped
- 1/2 avocado , sliced
- 2 tbsp raisins
- ½ cup garbanzo beans

DRESSING

- 3/4 cup freshly squeezed lemon juice
- 1/2 cup extra-virgin olive oil
- 1 inch knob of fresh ginger , to taste
- 1 clove garlic
- 2 tbsp raw honey

INSTRUCTIONS

- Dressing: combine all of the ingredients in a blender & blend until smooth.
- Salad: toss together the kale, carrots, garbanzo beans, and parsley in a large bowl & top with the sliced avocado and raisins.
- Top the assembled salad with 3-4 tbsp of the dressing and let it marinate for 5 minutes before serving.



BLUEBERRY OAT PANCAKES

INGREDIENTS

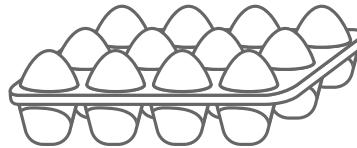
- ½ cup whole wheat flour
- ¾ cup coconut milk
- ½ cup old fashioned oats
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 2 tbsp brown sugar
- 1 egg
- 2 scoops of Rebecca's healthy meal protein*
- 1 cup Greek yogurt
- 3 tbsp coconut oil

INSTRUCTIONS

- Mix the flour, oats, baking powder, meal protein, egg, milk, baking soda, salt, & sugar in a bowl. Fold 1 cup of berries into the batter.
- Heat ¼ coconut oil in a griddle. Pour batter & flip when bubbles form at the top. Add more oil to griddle and repeat.
- Serve with berries, sliced almonds, and maple syrup.



* Available with nutrition plans (page 9)



TOFU & PEPPER STIRFRY



INGREDIENTS

- 2 tsp sesame oil
- 3 cloves garlic, minced
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- ¾ cup chicken broth
- 1 lb tofu, drained & pressed
- 1/2 cup chopped green onions
- 2 cups cooked quinoa
- 1/4 cup hoisin sauce
- 2 tbsp lime juice
- Salt & pepper

INSTRUCTIONS

- Heat a few splashes of olive oil in a skillet. Add garlic and cook (about 30 seconds), then add bell pepper & ¼ of the broth; cover and cook for a few minutes. Transfer mixture to a bowl.
- In the same skillet, heat oil and add tofu, green onions, & salt/pepper. Cook until tofu is browned.
- Return vegetable mixture to the pan, along with quinoa, hoisin sauce, lime juice and the remaining broth. Cook, stirring, for 2 minutes.



ONE-PAN SALMON & ASPARAGUS

INGREDIENTS

- 1 lb salmon, cut into 3 filets
- 1 bunch asparagus
- 1 tbsp olive oil
- 3 tbsp lemon juice
- 2 garlic cloves, minced
- 2 tbsp fresh parsley, chopped
- Salt & pepper

INSTRUCTIONS

- Place salmon filets on lined baking pan & arrange asparagus on sides of the salmon. Drizzle asparagus lightly with olive oil, top with garlic, and roll to coat. Sprinkle both asparagus and salmon with salt/pepper. Press 1 tbsp parsley onto top of salmon filets.
- Bake uncovered at 450°F for 10-12 minutes. Set the oven to BROIL and bake another 2-3 minutes.
- Remove from oven. Squeeze lemon juice onto salmon & top with remaining parsley.



NUTRITION PLANS



Because 80% of how you look and feel depends on the food you eat!

We are about to send you everything you need to join our success stories! Nutrition is the biggest part of achieving your results. Over at Rebecca Louise HQ we have the best coaches to support you with your journey!

Yes you read that right! My coaches and I will be personally guiding you on what to eat, when, and why. The Nutrition Plans come with my super tasty healthy meal protein to kick start your day. With the Rebecca Kit you will also receive metabolism-boosting tea and aloe to get your body going!

Are you ready to tone up, increase your energy, improve your skin, and feel confident?!

CLICK BELOW TO SELECT YOUR PLAN & LEARN MORE!

STARTER KIT

REBECCA KIT





HEALTHY RELATIONSHIPS YOU NEED THIS YEAR

Body: It's easy to assume that someone's life is perfect and that's why you crave it so bad — but just remember that we are all human and we all have hard days and life isn't always as great as an Instagram feed. Follow people who inspire and motivate you so that your mindset is strong when it comes to knowing your goals. Be confident in your mind and what you're doing as well as with your body, and if you're lacking confidence in those areas, take a minute and think about the social media you follow because that has a huge impact with the way you feel about yourself.

Food: The key part in being healthy and happy is fueling your body with the right nutrition! To do this, you should focus more on making sure you're eating good foods as well as the schedules & times in which you eat your meals. If you can't look after your own body and have that energy and positive attitude (that comes with a healthy diet) about yourself then you will never be super successful. After all, your body is the only place you have to live! Make sure you're giving your body all that it needs so you can maintain that healthy relationship with yourself.

Family: People say that "you can't choose your family" - but actually you can! If there's someone in your family that has a negative influence on you, it's completely okay to let them know that you are focusing on yourself and that you are not going to involve yourself with that person for the time being. It's easy in life to always be the good guy and always have your arms open to any family member in need, but it's okay to put that relationship on hold if it's creating toxicity in your life. You can always revisit it in the future!

Fitness: Pushing your body to the max every time you workout is NOT a healthy relationship to have with exercise. To make fitness a healthy relationship in your life, you want to find something that you enjoy doing and then you want to do that consistently. On the other hand, if you're not working out every week and only find the time and energy to get active a few times a month then you are NOT having healthy relationship with fitness either! Don't have to much exercise and don't have to little — a healthy relationship with exercise lies right in the middle.



HEALTHY RELATIONSHIPS YOU NEED THIS YEAR

Friends: Make sure that the people you're surrounding yourself have a positive attitude and goals for themselves! Take some time to really reflect on who you are hanging around with in your life and ask yourself "are they having a good influence in my life?" "Are they stretching me?" "Are they making me want to be the best version of myself?" And if you can't answer 'yes' to any of those questions, it's time to rethink that friendship.

Alcohol: Take some time to reflect on why you drink alcohol. Is it to be social? Peer pressure? Is it to be more confident? When you focus more on the positive things in life and what you want to improve on, it will be easier to cut out alcohol from your life.

Romantic: When it comes to having healthy relationship, the most important thing is to see if you both share the same goals, mindset, and morals. You don't want to miss out on other experiences in life just because you're sitting around waiting for your partner to change! Remember that you can't change anyone besides yourself. Take 100% responsibility for your actions and make zero excuses - that's how you're going to find and maintain a healthy, loving relationship.

WRITE DOWN THE MOST IMPORTANT RELATIONSHIP
YOU'RE GOING TO WORK ON & WHY:

HOW TO *stay motivated* IN 2019



WHY

When you really connect with WHY you want to do something, it's going to become that drive that helps you reach your goals. You have to find your why. Write it down and when you feel like falling off go and remember why you started!

ACCOUNTABILITY

If you're with a bunch of people who don't like eating healthy or they don't like working out and they're not really bothered about where they're going in life, then that's going to influence how you feel as well. And if you feel like what I just described relates to your life, then change your environment! Trust me, I've done it before and it is TOTALLY worth it!

DO YOUR BEST

Sit down and think about why you didn't feel the need to attack your goals today and how you feel for not giving it your best. It's really important to write down those things so you don't forget how you felt in that moment!! This will hold you accountable for your actions and help you reach your goals. Don't forget to share these with an accountability buddy as they will help keep you on track. Saying it out loud also makes it real!

HABITS

Give yourself 21 days with the mindset of "no matter what, this is what I'm going to do. When you constantly tell yourself that you can do something and that things will happen for you, it will. You have to remove all of those excuses from your mind that prevent you from getting where you want to be. Take the next 21 days to really focus on not making excuses. I really want you to focus on speaking and thinking positively and see how much your life can (and will!) change.



WRITE DOWN 3 WAYS YOU'RE GOING TO STAY MOTIVATED THIS YEAR!:

HAPPY 2019!



THERE IS SO MUCH IN STORE
FOR YOU OVER THE NEXT
365 DAYS. LIFE HAS A WAY
OF PUSHING YOU TO DO
AND BE MORE. RISE TO THE
CHALLENGE AND MAKE
EVERY DAY COUNT!

REBECCA LOUISE