

Burning Challenge

Boost your metabolism in **30 days**



Attain your goal with a solid plan! You have a 30-day challenge. In this plan, you will find an activity schedule and tips to help you boost your metabolism. Complete the summary after one week of workouts to track your progress. Remember about the recipes in our e-book that will help you achieve your meal goals. Good luck!

1	2	3	4	5	SUMMARY OF THE WEEK – rate how you feel on a scale of 1 to 5, describe your experience
<p>Do HIIT (high-intensity interval training) at the gym or at home. Allow 35 min for this activity. Remember to warm up for 5 min and stretch after the workout for 5 min.</p>	<p>Go for a walk.</p>	<p>Do cardio on your favourite machine. Allow not less than 40 minutes for the workout.</p>	<p>Do strength training. Opt for complex multi-joint exercises. These could be squats, deadlift, bench press, rowing, lunges, and bar pull-ups. An exhausting workout may boost your metabolic rate by as much as 10-15% for two hours after it's over.</p>	<p>Time to recover. Go to a sauna, plan some time with your favourite book. Do you prefer winding down actively? Go for a walk.</p>	
<p>Tip: set a goal you want to achieve with this challenge. Take body and fitness measurements and check again in 30 days.</p>	<p>Tip: add hot spices to your meals to improve metabolism. Don't overdo it.</p>	<p>Tip: drink a minimum of 2 litres of water a day.</p>	<p>Tip: drink green tea – it will supercharge your metabolism.</p>	<p>Tip: make apple oatmeal for breakfast from the recipe in our e-book.</p>	

6	7	8	9	10	SUMMARY OF THE WEEK – rate how you feel on a scale of 1 to 5, describe your experience
<p>Do a 15 min morning workout</p> <p>Muscle warm-up 4 min Jumping jacks 60 s Reverse lunges 60 s Hip circles 60 s Squats 60 s Bicycle crunch 60 s Burpees 60 s Plank 60 s Leg flutters 60 s Body stretching 3 min</p>	<p>Do cardio on your favourite machine. Allow not less than 40 minutes for the workout.</p>	<p>Do HIIT (high-intensity interval training) at the gym or at home. Allow 35 min for this activity. Remember to warm up for 5 min and stretch after the workout for 5 min.</p>	<p>Do a Tabata workout</p> <p>20 s of exercise and 10 s of rest between exercises</p> <p>Exercise set: Burpees Push-ups/Girl push-ups Jumping jacks Boxer shuffle</p> <p>Do 4-8 sets depending on your fitness level.</p>	<p>Time to recover.</p> <p>Go skating with friends or sledding with children as a perfect way to unwind.</p>	
<p>Tip:</p> <p>drink coffee – the caffeine can step up your metabolism and improve the fat burning process.</p>	<p>Tip:</p> <p>give up alcohol and sweets – at least for 30 days.</p>	<p>Tip:</p> <p>prepare wholesome lunch for work – choose a recipe from our e-book.ebooka.</p>	<p>Tip:</p> <p>opt for an intensive workout or train with weights; Your body will continue to work for several hours after it's over.</p>	<p>Tip:</p> <p>supplements that boost your metabolism: guarana, magnesium, vitamin B1, zinc, omega-3 and 6.</p>	
11	12	13	14	15	SUMMARY OF THE WEEK – rate how you feel on a scale of 1 to 5, describe your experience
<p>Do strength training.</p> <p>Opt for complex multi-joint exercises. These could be squats, deadlift, bench press, rowing, lunges, and bar pull-ups.</p> <p>An exhausting workout may boost your metabolic rate by as much as 10-15% for two hours after it's over.</p>	<p>Do HIIT (high-intensity interval training) at the gym or at home. Allow 35 min for this activity. Remember to warm up for 5 min and stretch after the workout for 5 min.</p>	<p>Do a 15 min morning workout</p> <p>Muscle warm-up 4 min Jumping jacks 60 s Reverse lunges 60 s Hip circles 60 s Squats 60 s Bicycle crunch 60 s Burpees 60 s Plank 60 s Leg flutters 60 s Body stretching 3 min</p>	<p>Do cardio on your favourite machine. Allow not less than 40 minutes for the workout.</p>	<p>Time to recover.</p> <p>It's a good idea to do some gentle stretching or yoga, allow 30 minutes for this activity. Your muscles will thank you for it ;)</p>	
<p>Tip:</p> <p>don't overeat or eat too little.</p>	<p>Tip:</p> <p>your diet should include foods rich in protein, which increases the metabolic rate, because your body uses quite a lot of energy to digest it.</p>	<p>Tip:</p> <p>no time to hit the gym? Do the workout at home! Don't let go.</p>	<p>Tip:</p> <p>don't eat processed foods; your meals should be based on fresh fruit, vegetables, and white meat or its substitutes.</p>	<p>Tip:</p> <p>boxing classes are perfect for boosting metabolism and managing stress.</p>	

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<p>Tip: follow MultiSport's social media – you'll find plenty of workout and healthy eating insights there.</p>	<p>Tip: try to prepare your own meals – so that you always know for sure what you're eating.</p>	<p>Tip: spend more time on your feet, take a bus to work or don't use your car for a week.</p>	<p>Tip: make a metabolism booster shot from our e-book.</p>	<p>Tip: if you find that the exercise and healthy diet are not working, be sure to consult your doctor and personal trainer.</p>	
21	22	23	24	25	SUMMARY OF THE WEEK – rate how you feel on a scale of 1 to 5, describe your experience
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<p>Tip: include fatty fish in your diet. The first benefit you'll notice after eating fatty fish will be feeling full pretty quick.</p>	<p>Tip: if you eat too many carbs or fats, your metabolism will slow down. Maintain a balanced diet.</p>	<p>Tip: change your bad habits. Mix foods you like with new ingredients to digest them faster and better.</p>	<p>Tip: the following foods are good for metabolism: eggs, broccoli, salmon, grapefruit, oatmeal, lean meat, fermented vegetables, white beans, forest fruits.</p>	<p>Tip: add cinnamon to your meals; spices allow sugar to be absorbed much faster.</p>	

26	27	28	29	30	SUMMARY OF THE WEEK – rate how you feel on a scale of 1 to 5, describe your experience
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🌟🌟 Congratulations!

You have completed the challenge.
 Maintain your healthy habits to enjoy your dream body all year round. Good luck!

