

14 Day Tone, Lift, and Burn Program







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MISS
modern wellness



Designed by Some Shelly

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ABOUT THE PROGRAM

About the Program

Hello! I'm so happy you're here, and ready to get started with your **14-day Tone, Lift, and Burn Program**.

The workouts are designed to hit all your muscle groups, boost metabolism and energy levels, burn fat - and tone those tough to target areas.

They are perfect for the busy babe who doesn't have time for super lengthy workouts, but wants serious results. And they can be done from anywhere!

But this program is really about so much more than the workouts.

There's healthy, and delicious recipes to add into your rotation. An accountability checklist is included to help you develop or maintain healthy habits that you can fit into your lifestyle beyond this program.

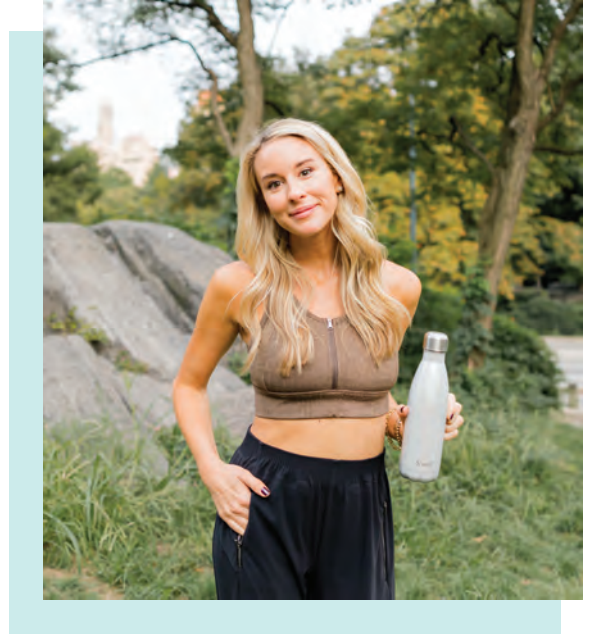
You'll benefit from this challenge if one or more of these describes you:

- You're looking for short, but extremely efficient and effective workouts
- You're feeling like your workout routine could use a jumpstart
- You need an energy and mood boost
- You're looking for stress relief workouts
- You want to burn calories, and see results from your efforts
- You want to add lean sculpted muscle definition, and lift the booty :)



About Beth / MissModernWellness

I'm a New York City based Fitness and Wellness expert with over ten years of experience as an NASM Sports Medicine/ Personal Trainer. I've helped women of all ages reach their fitness, health, and weight loss goals. My specialty certifications include Prenatal and PostPartum Exercise, Fitness Nutrition, Behavior Change, and Corrective Exercise.



My blog and brand **MissModernWellness** is a place for women seeking a no BS, straight forward approach to all things wellness.


My goal is to inspire women to be the best version of themselves by adopting a healthy, balanced lifestyle. I'm not the trainer who is going to tell you that you must give up cocktails or your favorite foods to reach your goals.

I am going to give you real life tips and tricks to fit those things into your life while adding in healthy habits so you feel and look your best!

If you have any questions about this plan always feel free to reach out. I'm happy to help, and I love hearing from you! **Email: MissModernWellness@gmail.com**

Don't forget to follow along on instagram for more wellness tips, workouts and healthy recipes **@MissModernWellness**

You can also check out more workouts on my blog **[here](#)**.



TIPS ON HOW TO USE YOUR PROGRAM

TIPS on how to use your 14-day program , succeed and feel amazing!

- Write your workouts in your calendar - whether you use your phone or an old school calendar - or both like me! This will help ensure your workouts are scheduled, and makes you that much more likely to get them done.
- Prep your workout outfits, and space. Lay out your workout clothes the night before somewhere where you can see them.
- Get enough rest. Aim for 7-8 hours nightly.
- Grocery shop and stock up on whole, nutritious foods that will keep your energy levels high. Try the delicious, healthy recipes included in this guide!
- Modify where needed. You can do less or more reps based on your fitness level, and how the movements feel.
- Follow the proposed schedule as best you can.
- Check out the suggested workout schedule for the next 14 days. You are welcome to tweak the days to fit your schedule best.
- Email MissModernWellness@gmail.com or DM [@missmodernwellness](https://www.instagram.com/missmodernwellness) with any questions. I'm here to support you!



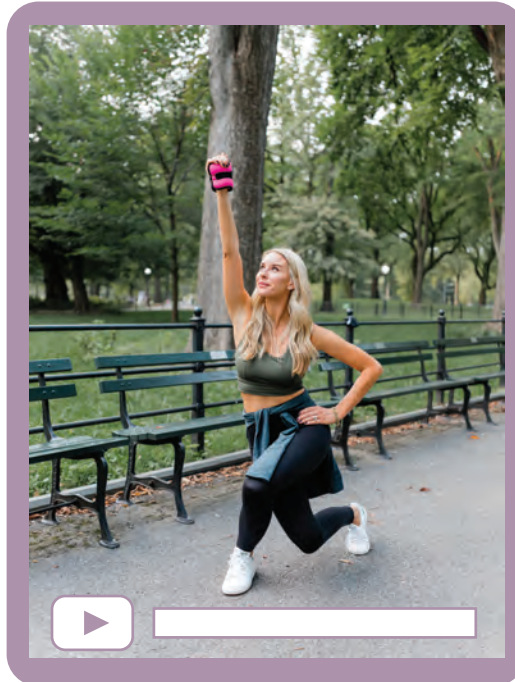
WORKOUTS

WORKOUT ONE

Upper and Lower Body Tone

Equipment : Optional set of light - medium dumbbells

Click to Play

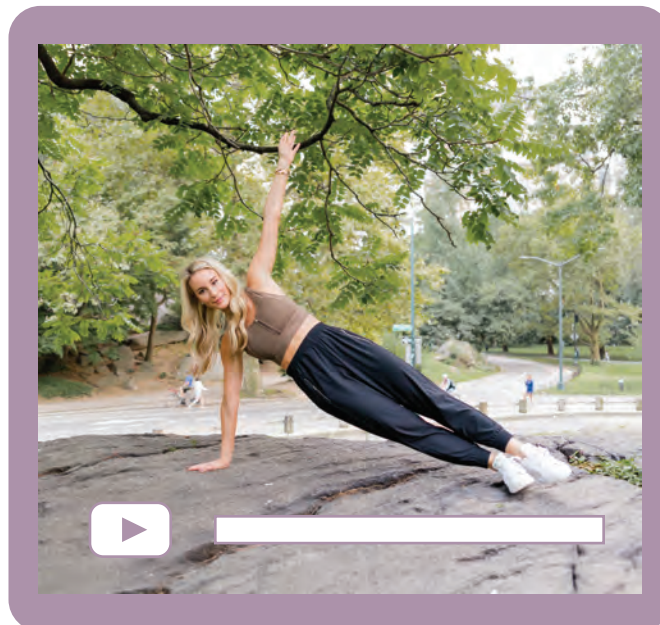


- Standing Ab Cincher Rotation , 30-45 seconds
- Sagittal Leg + Arm Raise , 8-10 reps each side
- Plie Squat + Serve the Platter , 10 reps
- Plie Stiletto Squat + Serve the Platter , 10 reps
- Booty Kick Jog + Hammer , 30 seconds
- Weighted Russian Twists , 30 seconds

WORKOUT TWO

Full Body Workout
Equipment : None

- Bird dog, 10 reps each side
- Plank Up and Down , 30 seconds
- Booty Lift Kicks , 12-15 reps each side
- Knee-to-Elbow , 10 reps on each side
- Heel Tap Jumps , 10-15 reps
- Muffin Top Tone Side Bend , 10-15 reps each side



Click to Play

Sample 14 Day Tone, Lift and Burn Schedule

	M	T	W	T	F	S	S
week 1	Workout 1 complete 2-4 circuits	30 Minutes Cardio some ideas include a power walk, run, bike ride/spinning, or dance cardio	Workout 2 complete 2-4 circuits	30 Minutes Cardio some ideas include a power walk, run, bike ride/spinning, or dance cardio	Workout 1 complete 2-4 circuits	Workout 2 complete 2-4 circuits	Active Rest take a short walk, stretch, foam roll, or do some slow flow yoga
	Workout 1 complete 2-4 circuits	30 Minutes Cardio some ideas include a power walk, run, bike ride/spinning, or dance cardio	Workout 2 complete 2-4 circuits	30 Minutes Cardio some ideas include a power walk, run, bike ride/spinning, or dance cardio	Workout 1 complete 2-4 circuits	Workout 2 complete 2-4 circuits	Active Rest take a short walk, stretch, foam roll, or do some slow flow yoga

*Week 2: See if you can challenge yourself to add in in an extra circuit for your workouts. For example, if you did three circuits last week try and complete 4 circuits.

Congrats, beauty! You did it!

You can repeat this challenge as often as you like, or head to MissModernWellness.com for more at home workouts.



HEALTHY & DELICIOUS RECIPES

Metabolism Boosting Chocolate Cashew Smoothie

(serves 1)

INGREDIENTS:

- 1 cup almond or cashew milk
- 1/2- 1 frozen banana (*use more banana if prefer a thicker smoothie)
- 1 tsp chia seeds
- 1 scoop Chocolate protein powder
- Small handful of ice
- Top with 1/4 cup chopped cashews

HOW TO MAKE IT:

- Blend everything together , and top with chopped cashews
- Tip: Double the recipe and save half for the next day. Keeps well for 1-2 days.



Dijon Chicken with Roasted Butternut Squash

(serves 2)

INGREDIENTS: (makes 4 servings, can easily half)

- 1 1/4 pounds boneless skinless chicken breasts
- 3 teaspoons olive oil
- salt and pepper to taste
- 1/4 cup grainy mustard
- 2-3 tablespoons Dijon mustard
- 3 tablespoons honey
- 1 tablespoon melted butter
- cooking spray
- 1 butternut squash
- 1 tsp paprika
- 4-6 sage leaves (optional)



How to Make It the Chicken:

- Preheat the oven to 400 degrees.
- In a small bowl, whisk together the grainy mustard, Dijon mustard, honey and butter (note: I like an extra dijon flavor, but if you prefer a sweeter taste can use 2 tbsp dijon instead of 3.)
- Coat baking dish with cooking spray.
- Spread half of the sauce into the bottom of the dish.
- Arrange the chicken breasts on top of the sauce, then drizzle 1 tbsp olive oil + the remaining sauce over the top of the chicken.
- Cover with foil, then bake for 20 minutes. Uncover and bake for an additional 10- 15 minutes or until chicken is cooked through. (I recommend checking after 30 minutes.)

How to Make the Butternut Squash:

- Cut butternut squash into small cubes (or better yet buy precut - available at most grocery stores through the Fall and Winter.)
- Coat baking dish with cooking spray.
- In a large bowl, toss the butternut squash with the olive oil and sage and season with salt, pepper and paprika.
- Spread the squash on a baking sheet in a single layer and roast in the oven for about 40 minutes, until tender and lightly browned, tossing once half-way through.
- Add a little more salt and pepper to taste, and serve with chicken or a big salad!
- Notes: I like this dish with a small salad. Here I enjoyed it with apples, and some late summer cherry tomatoes. It also goes well with my nourishing harvest salad with lemon tahini dressing

Nourishing Harvest Salad with Lemon Tahini Dressing

(serves 2)

INGREDIENTS:

- 1 Bag Arugula or Spinach
- 1 butternut squash *you may have some leftover to save
- 1 Beet - can also buy pre spiralized or diced
- 8 oz pulled rotisserie chicken (optional)
- 1/2 Avocado
- 1/4 Cup Tahini
- 2 tablespoons Lemon Juice
- 1 tablespoon maple syrup or agave
- 1 tablespoon apple cider vinegar
- 2 cloves fresh garlic minced or 1 tbsp jarred minced garlic
- Trader Joe's everything but the bagel seasoning mix (optional)
- 1 tablespoon olive oil or avocado oil

HOW TO MAKE IT:

- Preheat oven to 400.
- Place diced squash on a sheet pan with or without foil and drizzle with olive or avocado oil, and sprinkle with salt and pepper. Roast for 25-30 minutes, turning once half way through.
- Prep beets, and avocado and set aside.
- In a small bowl combine tahini, squeezed lemon juice, maple syrup, apple cider vinegar, and garlic. Stir or whisk well.
- Taste - and add salt and pepper if like. If the dressing is too thick add a tiny bit of water to thin out. Set aside.
- Slice chicken, and discard skin.
- Add squash, beets, avocado, and chicken to a bed of arugula. Mix dressing again, and drizzle on top of salad. Add an (optional) few shakes of everything-but-the-bagel-seasoning, or salt and pepper to taste.
- Notes: If you're vegetarian you can omit the chicken. I also love this salad with chickpeas. The dressing keeps for 4-5 days in an airtight container.



Daily Checklist

M T W T F S S

Wrote down/said out loud 3 things I'm grateful for							
Got in my workout							
Drank at least 8 glasses of H2O							
Ate something green							
Gave someone a compliment							
Took some time to myself for self care							
Got enough sleep							
Recognized something I like or appreciate about myself							

What People Are Saying About the 14 Day Tone, Lift and Burn Guide :

"I used the 14 day Tone, Lift, and Burn program to switch up my routine and get back some motivation/excitement for working out...and boy did it work! I love the workouts. And I really liked having a plan to follow. I noticed my muscles looked tighter and leaner after just two weeks, and I feel so much more energized! The movements are just the right amount of challenging. I'll definitely be adding the workouts into my regular routine"

Madeline Scott - New York , NY

"These workouts are so much fun! I love doing them with my own music, or even while watching TV. I'm also obsessed with the recipes. I've made the harvest salad twice - it's so flavorful, and satisfying!"

Gaby Laschinger - Denver, CO

"The chocolate cashew smoothie is ridiculously good! It kept me full ,and tasted like dessert."

Melissa Mayer - Rocky River, OH

Don't forget to follow along on instagram and facebook for more workouts , fitness tips , and healthy recipes.

Email me at MissModernWellness@gmail.com to share your results! I love hearing from you!

XO,
Beth