

Instagram

Search



burnbootcamp • Follow

burnbootcamp Mark your calendars... KNOCKOUT IS BACK 🔥

Tuesday the 19th at 11am EST.

Knockout is a 45-minute LIVE, trainer-led sweat session featuring a newly designed protocol combining classic, high-intensity movements from our core camps to provide a challenging and energizing combat style workout.

3,611 views
JANUARY 14

Add a comment... [Post](#)

More posts from burnbootcamp

GREEN BREAKFAST PROTEIN SMOOTHIE


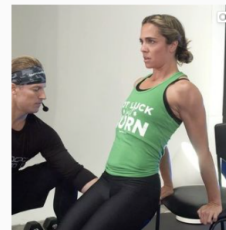
INGREDIENTS

- 1 cup Almond Milk or Soy Milk
- 1/2 cup Spinach
- 1/2 teaspoon Spirulina
- 1 Banana
- 1 tablespoon Peanut Butter
- 1 teaspoon Honey
- 5-6 ice cubes

DIRECTIONS

Add above ingredients to blender. Blend and enjoy!

burnbootcamp

**WILL IT BE EASY?
NO.
WILL IT BE WORTH IT?
ABSOLUTELY.**

burnbootcamp

