

FULL BODY TONE WORKOUT PROGRAM

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HOW TO BE UNSTOPPABLE

LEAN



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- MARY BRAUN -

HELLO FROM THE AUTHOR

Hello, I'm Mary Braun, and I will be your trainer for the 7 Day FULL BODY TONE Guide. My ultimate goal is to be by your side every step of the way, as I've been doing for the past couple years with my community. I started working in the Modeling industry 4 years ago, which taught me how valuable it is to take care of not only my body, but also my mind and soul. As a model, the challenge I faced was finding a balance between keeping my body as fit as I can without losing the fun and love I have for moving my body. My passion has always been to support and help the people around me in being their absolute best selves. It is so important for each and every one of us to feel comfortable and confident in our bodies, and I am here to help you; to be on this amazing journey of focusing on your mind and body, with you.

My love for Yoga came after I completed my Nutritionist License. I went on to do my 200 Hour Yoga Teacher Training in Los Angeles in 2019 which is one of the best decisions I have ever made as it meant, over the last 3 years I have been able to help so many amazing people in getting incredible results with my workouts and diet tips on Youtube and Instagram.

I can't wait to begin this journey with you. We're going to smash it, all together, as a TEAM.

WHAT TO EXPECT

The 7 Day Full Body Guide is designed to tone your entire body and leave you feeling stronger and more confident than before! There will be different workouts everyday, working on different parts of the body. There are workouts focused on Booty, Abs and Waist for days where you want to give it your absolute all, and there are Yoga/Stretch Day's and a Daily Gratitude tracker for days where you want to take it slower; to focus on your mind. We have so many incredible workouts to look forward to!

Subscribe to my YouTube channel here to make sure you don't miss the workouts. You can find all this information on the workout calendar, on page 6.

WHAT WILL YOU NEED?

All of the workouts are home friendly as minimal equipment and space is required.

Equipment

Throughout the Guide, you will see the following icons, letting you know what equipment is needed for a workout. The equipment is not essential, but does increase the intensity of the workouts to give you an extra burn!

A mat or soft surface to lie down



LEAN Resistance Bands
Adjustable or HIIT

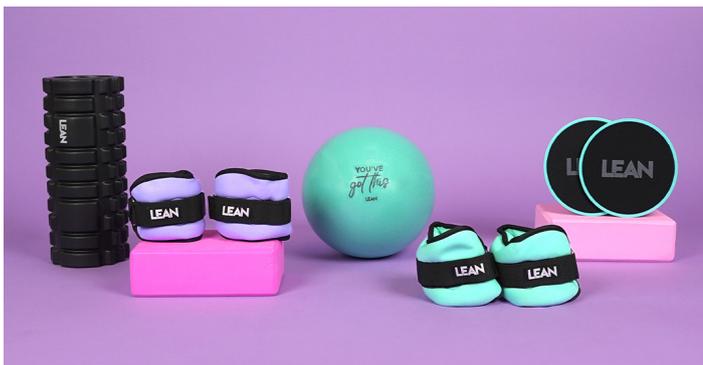


Weights
Dumbbells or Water bottles



Ankle Weights

LEAN FITNESS EQUIPMENT



HAVE EVERYTHING YOU NEED AT HOME

ADJUSTABLE BANDS
HIIT BANDS
LONG BANDS
ANKLE WEIGHTS

PILATES BALL
SLIDERS
FOAM ROLLER
SKIPPING ROPE

[CLICK HERE TO SHOP](#)

WWW.LEANWITHLILLY.COM

THE #MARYBODY FAM

Join the most supportive community out there!

The #MaryBody family will not only share their journey with you, but they will also encourage you on your health and fitness journey.

We are big believers in sharing motivation and inspiration and coming together as a community to become the healthiest and happiest versions of ourselves.

Don't forget to tag us on the social media handles listed below to be reposted.

We can't wait to watch your transformation journeys, mind and body.

Click the icons below and join the community:



@_MARYBRAUN



MARY BRAUN



@_MARYBRAUN



@LEANWITHLILLY



LEAN WITH LILLY GUIDES

WWW.LEANWITHLILLY.COM



7 DAY FULL BODY TONE

START THE CHALLENGE		WE ARE SUPERWOMEN #MARYBODY			CLICK HERE FOR NEW & LIVE WORKOUTS	
WHAT ARE YOU GRATEFUL FOR THIS WEEK?						
<p>DAY 1.</p> <p>NEW 3PM GMT, 14TH MAR. LOSE BELLY FAT 5 MINS</p> <p> LEAN & TONED ARMS 10 MINS </p> <p> FLAT BELLY & SMALL WAIST 12 MINS </p> <p> CALORIE BURN 10 MINS</p>	<p>DAY 2.</p> <p> BOOTY ACTIVATION 10 MINS</p> <p> SLIM LEGS & ROUND BUTT 15 MINS</p> <p> VICTORIA SECRET LEGS 10 MINS</p>	<p>DAY 3.</p> <p>NEW 3PM GMT, 16TH MAR. BOOTY BURNOUT 6 MINS</p> <p> BOOTY GROWTH + WEIGHTS 15 MINS </p> <p> INTENSE BOOTY 20 MINS </p>	<p>DAY 4.</p> <p> FULL BODY FAT BURNER 20 MINS</p> <p> MUFFIN TOP BLAST 8 MINS</p> <p>NEW FROM DAY 1 LOSE BELLY FAT 5 MINS</p>	<p>DAY 5.</p> <p>REST DAY</p> <p> FULL BODY YOGA FLOW 15 MINS </p>	<p>DAY 6.</p> <p> BUTT LIFT 20 MINS</p> <p> BOOTY & FAT BURN 12 MINS </p> <p>NEW FROM DAY 3 BOOTY BURNOUT 6 MINS</p>	<p>DAY 7.</p> <p> SWEAT IT OUT WARM UP 10 MINS</p> <p> BRUTAL ABS 8 MINS</p> <p>NEW FROM DAY 1 LOSE BELLY FAT 5 MINS</p> <p> BACK BURN 10 MINS</p>
<p>SUBSCRIBE TO MARY BRAUN ON YOUTUBE FOR</p> <h2>FREE WEEKLY WORKOUT PROGRAMS</h2> <p>ABS, BOOTY, LEGS & ARMS TONING WORKOUTS & MORE</p>						

WORKOUTS



TAG @_MARYBRAUN ON INSTAGRAM
TO BE REPOSTED & FEATURED ON THE VIDEOS!



HEALTHY RECIPE

Nothing would make me happier than to see the recipes being cooked all around the world.
Tag us on the below social links and inspire others to eat healthy too.



@_MARYBRAUN



@LEANWITHLILLY

VEGAN

BAKED CHICKPEA & KALE

LEAN

For more recipes, Download the
LEAN App for FREE

[Click here](#)



TIME

PREP: 5 MINS
COOK: 15 MINS



METHOD

OVEN



SERVES

4

INGREDIENTS

- 2 cans Chickpeas
- ½ Onion (Diced)
- 2 handfuls Kale
- 1 cup Quinoa
- 1 Avocado
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsp Cumin
- 1 tsp Mixed Dried Herbs
- 1 tsp Paprika Powder
- 1 pinch Salt
- 1 pinch Ground Pepper

METHOD

1. Pre heat the oven to 220°C
2. Rinse and drain 2 cans of chickpeas and place into a lined large baking tray.
3. Dice half an onion into medium sized chunks and add to the baking tray.
4. Pour 1 Tbsp olive oil over the chickpeas and onions before sprinkling 2 Tbsp of cumin powder, 1 tsp of mixed dried herbs, 1 tsp of paprika powder and a crack of salt and pepper. Shake the ingredients in the tray before placing it in the oven to bake for 10 minutes.
5. Meanwhile, get started on the quinoa. Rinse under cold running water first. Then, add two cups of lightly salted to the quinoa in a saucepan. Bring to a boil on medium heat. Reduce to a simmer for 10 to 15 minutes, or until tender and the liquid is absorbed.
6. Rinse and drain the kale before chopping it lengthways (approximately ½ an inch in size).
7. After 10 minutes of baking the chickpeas, carefully remove the tray from the oven and add the kale, mixing it in with the chickpeas and onions. Place the tray back into the oven for 5 minutes (at a lower heat of 200°C).
8. Once the quinoa is ready, remove the pan from the hob, and scoop the avocado into the pan of warm quinoa and roughly mix.
9. Dish the baked chickpeas with the creamy quinoa either warm, or cold the next day.



GRATITUDE & MANIFESTATION

The practice of Gratitude and Manifestation is what I believe has, and is, helping me in reaching my goals. I have found that when I focus on the good and positive things in life, it comes back to me - this is the process of Law of attraction. Manifestation essentially means making everything you want to feel or experience into reality through thoughts and visualization - allowing your subconscious mind to know what you want to turn into reality.

For example, if your goal is to get into your best shape. Through manifestation, you need to:

1. Visualize: What do you want your body to look like? (you can use an image)
2. Mindset: Believe in yourself, your power & your strength that you can do this; that you already see yourself reaching this goal and achieving it
3. Action: Act like you hit your goal already so your subconscious believes that you are capable of achieving your dream. Your subconscious mind can't distinguish between reality or if your thoughts are just thoughts, whatever you believe and think will in turn, become reality.
4. START NOW AND TAKE ACTION -> what do I have to change/do to get to this certain goal

This may seem like A LOT but believe me if you start with little shifts in your way of thinking and believing in your visions and especially in YOURSELF - your dreams will no longer be dreams, they will become reality.

Don't be afraid of changes. With change, there is growth and valuable lessons.

Start small and be patient, everything will fall into place at the right time.

Gratitude is a tool that leads you to a constant positive mindset, which will in turn make you happier. There will be challenges, yes it will be hard. You will have tough moments, but at the end of the day, there is no sunshine without rain and the hard times will eventually pass. We have to go through hard times, to get through them. And I know you have absolutely got this!

START now. Leave all the negativity behind you, and let daily gratitude be your magnet for all your dreams, visions and goals.

HOW TO:

Write down at least 3 things everyday that you are grateful for. These can be big and little things, like a smile from a stranger, the food in your fridge, the sun or your parents, best friend or job.

Get yourself a notebook or something so you can keep your notes. Over time you can also review them to track how far you've come. Take a pencil and paper and write your daily gratitude either in the mornings or evenings, whatever feels like the best for you. I personally use the evenings to reflect and if I had a bad day, practicing gratitude will always remind me of so many things that make my life beautiful.

TIP:

You can also be grateful for things that ARE HAPPENING in the future like getting this new job, finding your soulmate, getting your 5th workout in this week. This is when you start to manifest things into your life that are not here yet. You are grateful for them already so your subconscious thinks they are here already. This will support your surroundings and environment to make your goals turn into reality much quicker. If something that you manifest didn't work out, it may not have been the right thing for you and something better is just around the corner. The universe will only give you what you deserve and what is right for you. You only deserve the best!

DAY 1

TODAY I AM GRATEFUL FOR...

DATE: __ / __ / __

1.

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2.

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.....

3.

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.....

DAY 2

TODAY I AM GRATEFUL FOR...

DATE: __ / __ / __

1.

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2.

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3.

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.....

DAY 3 TODAY I AM GRATEFUL FOR...

DATE: __ / __ / __

1.

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2.

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3.

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DAY 4 TODAY I AM GRATEFUL FOR...

DATE: __ / __ / __

1.

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2.

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3.

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DAY 5 TODAY I AM GRATEFUL FOR...

DATE: __ / __ / __

1.

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2.

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3.

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DAY 6 TODAY I AM GRATEFUL FOR...

DATE: __ / __ / __

1.

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2.

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3.

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DAY 7 TODAY I AM GRATEFUL FOR...

DATE: __ / __ / __

1.

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2.

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3.

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*"Don't dream of it
Train for it."*

Mary Braun

YOU MADE IT!

Congratulations on making it to the end of the workout guide! This is just the start and there's so much more to come for you. I'm so proud of you!

What should you do next?

If you're asking yourself that, don't worry! I'm going to be uploading more workout programs for you to follow. Just make sure you're subscribed to the email newsletter to never miss a guide.

This is not the end!

This guide is a taster of what's to come this year!
I can't wait to share with you what I've been working so hard on.

Lots of love
Mary xx



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