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I've got something important to tell you today - going by your weight on the scale is one of the biggest saboteurs to real progress, because we think that this number is telling us how well we are doing, that it somehow equates to what we are worth, and if it's not going down we are failing.

I want you to read [the Truth About Your Weight](#) today - I care about you so much, and I have absolutely dedicated myself to making sure this kind of information reaches as many people as possible. Leave a comment on the post so I'll know you were there.

30-Day Challenge Workout Fourteen: Upper Body

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Workout

Format: do 3 rounds; do each move for the prescribed amount of time, taking minimal rest as needed

1- Squat Thrusts (0:45)

- squat down - place your hands on the ground and shoot your feet back so you are in a tall plank position - jump to meet your hands and feet and explode up into the air - when you plant your hands, keep your shoulders over your wrists - squeeze your butt each time you come up - MOD: step back and step up - you can also take out the jump at the end - you can also just do body squats

2- Dips (0:45)

- use a box or bench - face away from the box and place your hands on the edge - with your knees either straight or bent, begin to lower and lift yourself - really engage your triceps - keep your elbows parallel to each other, not splaying out - MOD: do dips with your hands on the floor

3- Knee Sliders (0:45)

- in a tall plank position, put a towel (or paper plates) under your toes - slide your knees side to side to meet your elbows - keep your back flat and your core tight - MOD: if this bothers your wrists, do bicycles - you can also do cross-body mountain climbers

4- Good Mornings Left, then Right (1:00)

- in a standing position, lift your right leg - bend forward with a flat back, hinging at the hips - reach your arms out in front of you for balance - slightly bend your standing knee - distribute weight evenly on your standing foot - MOD: hold on to a wall or chair back, or put both feet down

5- Push Slide (0:45)

- come into a tall plank position and press back, bending your knees - try to use your arms instead of your legs - keep your core tight and arms engaged - MOD: to make it easier, use more of your legs

6- Towel Rows (0:45)

- wrap a towel around a door handle - place your feet in front of the door and lean back while holding onto the towel in each hand - engage your back muscles, initiate the movement from between your shoulder blades - row your body up to meet the towel and lower back down - MOD: do renegade rows - in push-up position with feet out wide, core tight, row one arm up to your ribcage - repeat on the other side

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Need tech support or have a challenge question? Email support@thebettyrocker.com or reply to one of your challenge emails.

The Scale has Less to Do with Your Progress than You Know.

[Click to Find out the Truth About Your Weight \(blog\)](#)

