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Can you believe we are in the FINAL COUNTDOWN? You have made amazing progress with this program and I am super proud of you for still being here!

I want you to take advantage of this awesome momentum you have built, and continue on after this challenge ends - so [be sure to use this link to get the special challenger-only discount on the 90 day challenge program!](#)

30-Day Challenge Workout Twenty Five: Ballet Barre Booty and Legs

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Workout

Format: go through this workout once or twice today; do each more for the prescribed amount of time, taking minimal rest as needed

1- Plank (0:45)

- come into a tall plank position - keep your core tight and hips low - don't let your lower back arch or sag - keep your head and neck neutral - MOD - use soft fists if your wrists are bothering you - or come into kneeling plank

2- Second Position Squats (0:45)

- with one hand on a chair back, step out into a second position with your toes turned out and feet a little wider than hip distance - squat down and up, making sure your knees stay in line with your toes - squeeze your glutes each time you lift up

3- Front Squats (0:30)

- turn to face your chair - hold on to the back of the chair and place your feet directly below your hip bones - begin to squat down and up, keeping your knees in line with your toes - keep your chest lifted

4- Squat Hold and Pulse on Toes (0:30)

- in the same position, squat down and hold it - lift your heels to come onto your toes - hold this position - begin to pulse up and down - MOD - if this is tough on your knees, keep your heels flat and just do the pulsing squat

5- Diamond Squat In-and-Outs (0:45)

- hold the back of your chair while facing it - bring your heels together and toes apart - squat down, lift your heels and hold this position - start to bring your legs in and out - really squeeze your inner and outer thighs - MOD - stand up taller to take some of the pressure off your legs

6- Plank (0:45)

- same form as above.

7- Squat Hold on Toes (0:30)

- face your chair back and hold the back - come down into a squat, keep your hips low and weight in them and lift your heels off the ground - MOD - put your heels down and just hold the squat position

8- Squat to Knee Crunch (0:45)

- holding the back of your chair, squat down - when you come up, drive your knee up to your chest while coming onto your other toe - squat down again and repeat with the other knee - MOD - don't come up onto your toe, just keep your foot flat

9- Kickback to Knee Crunch (1:00)

- stand with your hands on the back of your chair and lean forward slightly - extend your left leg behind you, bringing it out straight. then bring your leg in and crunch your knee to your chest - lift up onto your right toe when you drive your knee forward - repeat for half the time and then switch legs - MOD - don't come up onto your opposite toe when you crunch

10- Alternating Single-Leg Plank (1:00)

- come into a tall plank position - keep your core tight and hips low - don't let your lower back arch or sag - keep your head and neck neutral - lift your left leg and hold it, then switch halfway through - MOD - use soft fists if your wrists are bothering you - or come onto your knees, lifting one leg up then the other.

11- Reverse Curtsy Lunge Kick Right (0:45)

- hold on to the back of your chair with your left hand - do a curtsy lunge by lunging back with your right foot and placing it directly behind your left foot, being mindful of your knee tracking in line with your toes - come up and kick out with your right leg - MOD - instead of a kick, bring your knee up and out to the side

12- Second Position Squat Jumps (0:30)

- come into second position by turning your toes out and placing your feet just past hip distance - squat down, keeping your knees in line with your toes - explode up and jump, landing softly - keep your chest lifted - MOD - take out the jump and just squat up and down in this position

13- Reverse Curtsy Lunge Kick Left (0:45)

- hold on to the back of your chair with your right hand - do a curtsy lunge by lunging back with your left foot and placing it directly behind your right foot - come up and kick out with your left leg - MOD - instead of a kick, bring your knee up towards your chest

14- Second Position Squat Jumps (0:30)

- come into second position by turning your toes out and placing your feet just past hip distance - squat down, keeping your knees in line with your toes - explode up and jump, landing softly - keep your chest lifted - MOD - take out the jump and just squat up and down in this position

15- Plank Leg Lifts (0:45)

- come into a tall plank position - keep your core tight and hips low - don't let your lower back arch or sag - keep your head and neck neutral - alternating lifting your legs - MOD - use soft fists if your wrists are bothering you - or do kneeling planks with alternating lifts

16- Straight Leg Raise on Toes Right (0:30)

- stand facing your chair and hold on to the back - stand on your toes and begin to lift and lower your right leg - touch your toe down each time - MOD - keep your foot flat instead of lifting onto your toes

17- Bent Knee Glute Raises Right (0:30)

- stand facing your chair and hold on to the back - lift up onto your toes - lift your right leg behind you and bend at the knee - begin to pulse your bent leg up and down - this is a small movement an really works those intrinsic glute muscles - MOD - keep your opposite foot flat

18- Straight Leg Raise on Toes Left (0:30)

- stand facing your chair and hold on to the back - stand on your toes and begin to lift and lower your left leg - touch your toe down each time - MOD - keep your foot flat instead of lifting onto your toes

19- Bent Knee Glute Raises Left (0:30)

- stand facing your chair and hold on to the back - lift up onto your toes - lift your left leg behind you and bend at the knee - begin to pulse your bent leg up and down - this is a small movement an really works those intrinsic glute muscles - MOD - keep your opposite foot flat

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

90 DAY CHALLENGE

PERFECT FOLLOW UP TO THE 30-DAY CHALLENGE
ON YOUR SCHEDULE
NO EQUIPMENT REQUIRED
FAST, FUN & EFFECTIVE HOME WORKOUTS
HEALTHY EATING PLAN
CUSTOMIZED FOR YOUR FITNESS LEVEL

[CLICK HERE](#)



Cortknee **The Betty Rocker**

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Thank you Betty Rocker! The 90 Day Challenge (Transformation) was a complete success! We got so busy at the end of the Challenge (December 16), that we never took our final picture. But I think more testament to the 90 Day program is my photo set one month AFTER completing the 90 Day Challenge. I've seen so many changes since I started the Challenge on September 19, not just in myself, but in people around me. Friends and family started looking into your programs and several are taking on your challenges! Since completing the program, we continue to follow your daily meal structure and our food/meal choices align with food in the 90 Day Challenge. I do find myself cheating once in a while, but not in crazy ways. I look forward to trying your 30-Day meal plan, I need the most help with meal planning and grocery lists! Thank you so much! I have never in my adult life, ever had abs or arms like I have now (even before having kids!). YOU are an inspiration and YOU are the reason we had success, thank you so much!