



www.thebettyrocker.com

Make sure you're getting enough PROTEIN daily! Check out [the top 5 protein powders I recommend](#).

30-Day Challenge Workout Twenty Six: Upper Body Blast

=====
Workout

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

1- Renegade Rows to Mountain Climbers (0:45)

- come into a tall plank position, hands stacked below your shoulders - row your right arm up, squeezing your back - row your left arm up - in that tall plank position, run your knees up 2-4 times (start with 2 in the first round and finish with 4 in the final round), alternating legs - repeat - MOD - come into a kneeling plank, but come up onto your toes for the mountain climbers

2- Reverse Plank Dips (0:30)

- come into a reverse plank position, hands stacked below your shoulders - keep your legs straight and begin to bend your elbows, engaging your triceps - MOD - bend your knees and come into reverse tabletop

3- Decline Push-Ups (0:45)

- come into a push-up position, hands stacked below your shoulders and bring your feet up onto an elevated surface - keep your core tight and don't let your bag sag - come down and perform a push-up - MOD - come onto the ground and do regular push-up or kneeling push-ups

4- Wide Towel Rows (0:45)

- wrap your towel around a post or door knob - lean back as far as you can while holding your chest up, straight strong core and begin to row yourself up, bringing your elbows out wide - MOD - don't walk your feet out as far, stay more upright.

5- Superman Hold (0:45)

- lie on your stomach and extend your arms and legs out long - lift your upper body and legs, engaging your lower back - bend your elbows and row them back towards your ribs while extending your feet out and in - bring your arms back up and legs back in and repeat - MOD - only lift your upper or lower body

6- Elbow Side Plank Toe Taps (1:00)

- come into an elbow plank with your shoulder over your elbow - hold this position or dip the hip and raise it. In set two we add a side crunch, and in set three you can tap the toe in front and behind you - MOD - put your lower knee down on the floor to help with balance

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

Keep **ALL** the 30 Day Challenge Workout videos as a special **BONUS** to the **90 Day Challenge** - the perfect program to start after the 30 Day Challenge!



CLICK HERE