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I'm super proud of your progress and the fact that you're here with me on Day 29!! Thank you for staying accountable through this challenge, and for being the amazing person that you are.

The smokin deal on the [90 day challenge](#) ends when the 30 day challenge ends - tomorrow - so take advantage of this special offer NOW and get set up with your 3 month home workout plan so you can follow up with all your awesome progress!

30-Day Challenge Workout Twenty Nine: Power Yoga

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- Begin standing in **Mountain Pose** with your arms overhead
 - Sweep your arms down into **Forward Fold** with knees slightly bent
 - Lift up halfway and then fold forward again
 - Plant your hand and step back to **Tall Plank**
 - Slowly lower down into **Chaturanga** and then press into **Upward Dog**
 - Press back into Downward Dog and pedal out your feet
 - Lift your right leg high and step it through into **Low Lunge**
 - Bring your hands to your knee and get a strong lunge position
 - Pulse the lunges with arms up overhead or to the side
 - Spin the back leg open and come into **Warrior II**
 - **Reverse the Warrior**, stretching your side body
 - Bring your front arm to the inside of your foot into **Extended Side Angle Pose**
 - Lift back up to **Warrior II**
 - Spin the back foot into **Crescent Lunge**
 - Plant your hands and come into **Single Leg Chaturanga**
 - Come into **Upward Dog** and press back into **Downward Dog**
 - Lift your left leg high and step it through into **Low Lunge**
 - Bring your hands to your knee and get a strong lunge position
 - Pulse the lunges with arms up overhead or to the side
 - Spin the back leg open and come into **Warrior II**
 - **Reverse the Warrior**, stretching your side body
 - Bring your front arm to the inside of your foot into **Extended Side Angle Pose**
 - Lift back up to **Warrior II**
 - Spin the back foot into **Crescent Lunge**
 - Plant your hands and come into **Single Leg Chaturanga**
 - Come into **Upward Dog** and press back into **Downward Dog**
 - Lift the right leg high and come into **Low Lunge**
 - Drop your back knee down and slowly straighten the front leg and sit back, stretching the hamstring
 - Come forward into a **Samson Stretch** to stretch out the hips, reaching your arms up
 - Press back into the hamstring stretch once more, dropping your forehead to your knee
 - Press back into the **Samson Stretch**
 - Come back into **Crescent Lunge**
 - Step back into **Tall Plank** and do 2 push-ups
 - Press back into **Downward Dog**
 - Bring the left leg up high and sweep it into **Low Lunge**
 - Drop your back knee down and slowly straighten the front leg and sit back, stretching the hamstring
 - Come forward into a **Samson Stretch** to stretch out the hips, reaching your arms up

- Press back into the hamstring stretch once more, dropping your forehead to your knee
- Press back into the **Samson Stretch**
- Come back into **Crescent Lunge**
- Step your foot back into **Tall Plank** and do 2 push-ups
- Press back into **Downward Dog**
- Sweep the right leg high and come into **Low Lunge**
- Arms overhead into **Crescent Lunge** and then into **Warrior II**
- Straighten the front leg and spin the toe forward, feet facing parallel
- Squat down into **Horse Stance** with hands at heart center
- Pulse up and down, little pulses, knees tracking in line with toes
- Lift your right heel and continue pulsing, then lower the right heel and lift the left heel while pulsing
- Drop the left heel and then lift one heel at a time while pulsing, alternating heels
- Squat down in **Horse Stance** and hold for a few seconds
- Stand and bring you heels in slightly
- Squat it down and when you come up, drive one knee to your elbow, alternating (10 total)
- Spin your right foot forward and come into **Warrior II**
- **Reverse the Warrior** and then come forward into **Side Body Stretch**
- Come up and plant your hands and step into **Tall Plank**
- Float the right leg and slowly lower into **Chaturanga** and then into **Upward Dog**
- Press back into **Downward Dog**
- Sweep the left leg high and come into **Low Lunge**
- Arms overhead into **Crescent Lunge** and then into **Warrior II**
- Straighten the front leg and spin the toe forward, feet facing parallel
- Squat down into **Horse Stance** with hands at heart center
- Pulse up and down, little pulses, knees tracking in line with toes
- Lift your arms overhead with elbows out
- Each time you squat down and come up, press overhead
- Spin your right foot forward and come into **Warrior II**
- **Reverse the Warrior** and then come forward into **Side Body Stretch**
- Come up and plant your hands and step into **Tall Plank**
- Float the left leg and slowly lower into **Chaturanga** and then into **Upward Dog**
- Press back into **Downward Dog**
- Walk or jump your feet to the front of your mat into a **Forward Fold**
- Sink your hips low and raise your arms up high into **Chair Pose**
- Sink a little deeper and hold for a few breaths
- Stand and fold forward
- Bring your right foot parallel to your mat and begin lifting and lowering your leg
- Plant your foot and fold forward
- Lift halfway and then step back into **Tall Plank**
- Lower down into **Chaturanga** and then **Upward Dog**
- Press back into Downward Dog
- Lift the left leg high and sweep it into **Low Lunge**
- Come into **Crescent Lunge** and then spin into **Warrior II**
- **Reverse the Warrior** and and into **Side Body Stretch**
- Spin back into **Crescent Lunge**
- Plant your hands and lower into **Chaturanga** and then **Upward Dog**
- Press back into **Downward Dog**
- Step or jump forward and fold forward
- As you come up, sink your hips low into **Chair Pose**
- As you stand, fold forward and bring your left foot parallel to the front of your mat
- Begin lifting and lowering your leg
- Plant the left foot and fold forward
- Stand up tall into **Mountain Pose** and fold forward again

- Step back into **Tall Plank**
 - Lower down into **Chaturanga** and then **Upward Dog**
 - Press back into **Downward Dog**
 - Release and come to a seated position
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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!



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