



www.thebettyrocker.com

No matter where you started this journey, I KNOW you did a tremendous job in getting here. Thank you so much for spending time with me each day, and showing up for me and mostly YOURSELF!

Never forget how much you are capable of! I'm so proud of you!

NOW it's time to continue this amazing progress you have made. Let's rock the next 3 months TOGETHER - [get the 90 day challenge home workout program](#) - and continue this awesome progress you have made!

30-Day Challenge Workout Thirty: Total Body Tabata

=====
Workout

Format: this is a Tabata-style workout. Each working interval is 0:20 and each rest period is 0:10 - you'll do 8 rounds of Tabata A, rest, then 8 rounds of Tabata B, rest, then 8 rounds of Tabata C

Tabata A:

1- Star Jumps

- begin in a low squat position with your hands towards the floor in front of you - explode up and jump, bringing your arms up and out and your legs out like a jumping jack to form a star - land softly - MOD: take out the jump - step out instead of jumping - alternating sides when stepping out

2- Reverse Tabletop Alternating Dips

- come into a reverse tabletop dip with your hands below your shoulders - come down into a dip with your elbows pointing behind you and lift one leg - alternate legs each time you dip - MOD: hold reverse tabletop

Tabata B:

1- Skater Twist

- come into a reverse curtsy lunge with your left knee coming behind your right heel - jump to switch to the other side - while you lunge to one side, keep your torso upright and rotate it to the same side as your front leg - reach your front arm across - stay light on your feet - make sure your knee tracks right in line with your toe - MOD: step instead of jump when you switch to the other side - don't go as deep into the lunge

2- Supermans

- lie on your stomach with your arms and legs extended - begin to lift and lower both your arms and legs - try to keep your feet as close together as possible - actively engage through your arms and legs - MOD: lower just your arms or just your legs - keep your legs wider to make it easier

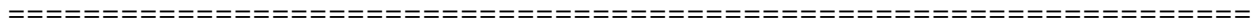
Tabata C:

1- Reverse Burpees

- stand tall with feet hip-distance apart - squat down, sit down and roll onto your back - roll back up and come onto your feet, exploding up into a jump - MOD: use your hands to help you back up - you can also sit down, come onto your back, do a crunch, and stand up instead of jumping

2- Pike Push-Up

- come into a downward dog position - start doing push-ups with your elbows going wide out to the side - this move works your shoulders instead of your chest - MOD: come onto your knees



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