



www.thebettyrocker.com

Today's workout will get your body in Fat-burning mode. Maximize the effectiveness of this workout by fueling your body with [the right foods](#), staying hydrated, and getting lots of rest!

Be sure to watch today's special BONUS video that shows you [how to craft a delicious post-workout smoothie](#), and has great information about eating around your workouts!

30-Day Challenge Workout Five: Tabata Cardio

=====

Workout

Tabata A:

20 seconds of move 1, 10 seconds rest. 20 seconds of move 2, 10 seconds of rest. Repeat the entire set 4 times. (total of 4 minutes)

1- Hop Overs

- find a line on your floor (or use your mat) and hop over it - throw your leg behind you - make this an explosive movement and use your arms for momentum

2- Mountain Climbers

- come into a tall plank position with your shoulders directly over your elbows and wrists
- start to run your knees towards your chest - you can slow it down or raise your hips to take a break. MOD - you can modify these by standing and doing high knees (drive knees up to your hands at hip level)

Tabata B:

20 seconds of move 1, 10 seconds rest. 20 seconds of move 2, 10 seconds of rest. Repeat the entire set 4 times. (total of 4 minutes)

1- Jump Squats

- with your feet hip distance apart, squat down and then explode up into a jump - land lightly on your feet - make sure when you squat you aren't leaning forward - keep your chest up and head lifted - pretend you're sitting on a chair - if you need a break, do full body extensions by squatting down and touching the floor and then stand and reach up

2- Suicide Runs

- set 2 markers on the floor - start at one marker and run as fast as you can to touch the other marker - repeat - set them closer together to make it a shorter run - I suggest having them 8-10 feet apart

Tabata C:

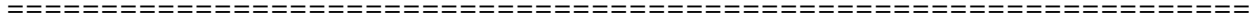
20 seconds of move 1, 10 seconds rest. 20 seconds of move 2, 10 seconds of rest. Repeat the entire set 4 times (total of 4 minutes)

1- Burpees

- squat down, place your hands on the floor - make sure your shoulders are in line with your wrists - jump your feet back and do a push-up - jump your feet to your hands and then explode up into a jump - MOD by stepping back instead of jumping - take out the jump at the end - leave out the push-up or drop your chest to the ground

2- Russian Twists

- this is a core move for the obliques - you may use a weight, water bottle or just your body - balance on your sits bones, lift your feet, and rotate side to side with your upper body - you can also put your feet gently on the ground - keep your chest lifted the entire time



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



**20% EXERCISE
80% NUTRITION**

**YOU'VE GOT THE WORKOUTS, NOW GET
THE EATING GUIDE
TO GET THE BEST RESULTS!**

CLICK HERE

Get **lasting results** from the time you're investing in yourself during the 30-day Challenge by **eating as consistently as you're training!**
Get your **30-Day Challenge Meal Plan** to super boost your Challenge Results!



[CLICK HERE](#)



"Your 30 day program popped up on my Facebook and I decided to give it a go. I really didn't expect to see much of a difference, so I was really excited when I put these two photos next to each other! So to anyone out there that didn't take photos, really don't just believe what the numbers say! They really don't give you the full picture! Thanks again Betty!"

-Leanne S