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Nutrition is just as important as exercise when it comes to getting the results that you are looking for. Get the most out of this challenge and use the [**30-Day Challenge Meal Plan!**](#)

30-Day Challenge Workout One: Full Body Burn

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Warm Up:

- 1- Air Jump Rope (30 seconds)
- 2- Jumping Jacks (30 seconds)

Workout:

Format: do 3 rounds; do each move for 0:30, taking little rest between moves and rounds

1- Sumo Squats (0:30)

- you don't have to go super fast - great for the booty - shoot your butt back, keeping your chest lifted - only go down as deep as you can go without leaning forward - keep your knees tracking in line with your toes. **Hold onto a chair back or wall for extra support!**

2- Superman Extensions (0:30)

- lay on your belly, lift your upper and lower body off the floor at the same time - MOD: just lift upper body/lower body - initiate from your lower back

3- Burpees (0:30)

- drop down, plant your hands, shoot your feet back, do a push up, jump your feet back to your hands, jump up, repeat - MOD: take out jump (walk or step feet back, do body squat instead of jump) - **go at YOUR own pace**

4- Floor Wipers (0:30)

- lie down on the floor and hug your belly button into your spine - with straight legs, bring your legs up to the left, down, then up to the right - MOD: use bent knees to take the pressure off your lower back - great for lower abdominals

5- Star Plank Walk Outs (0:30)

- start standing - take your hands to the mat and walk them out into a plank, but go beyond a plank with your arms out wide (star position) - hold it - walk your hands back and stand up - repeat - really pay attention to holding your core in tight each time you walk out in plank

6- Single Leg Deadlift to Lunge (0:15 each side)

- hold on to a wall or chair if you need help with balance - stand on one leg - lean forward, then step back into a reverse lunge with the lifted leg - make sure your knees are tracking in line with your toes - hinge from the hips - switch legs after half your time way

7- Alternating Crescent Kicks (0:30)

- kick your legs up in a half circle - alternate - arms up in fighter stance - do alternating crescent knees if a straight leg feels like too much - great for your lower abs and booty

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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](#)



"Hi! I just finished the 30 day challenge. This is my before after pictures. I share them so u can see that it really work. I didn't lost a lot of weight but u can see that i'm smaller so go for it!!! And thank you betty rocker you rock!! i'm feeling so much better !!!"

-Melina O