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You're doing an AMAZING job! Want to get a head start on the other challengers and grab your own copy of the 90 Day Transformation Program that as a bonus includes unlimited access to all the 30-Day Challenge Videos? [Just click here to check out all the deets.](#)

30-Day Challenge Workout Twelve: Cardio Countdown

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Workout

Format: use a 1-12-1 rep scheme. this means do moves 1&2 back to back for 1 rep. then do 2 reps of move 1 and 2 reps of move 2. then 3 and 3 - all the way up to 12. Then come back down!

1- Box Jumps

- use a box that is a comfortable height for you - it can be lower or higher than mine - squat down using good squat form - load your heels and explode up - land with a soft bend in your knees and then stand up - jump or step back to the floor - MOD: step up and down on the box instead of jumping - just do body squat jumps if stepping is too hard on your knees.

2- Push-Ups

- start in a tall plank position, core tight and hips level - do a push-up, making sure not to let your back arch - MOD: use your knees, but keep proper form - you can also do incline push-ups to take some of the pressure off your shoulders OR you can do push-ups with your hands on the box on your knees or toes as shown

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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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Cortknee Rocker

4 hrs · 🌐

Thank you Betty Rocker! The 90 Day Challenge (Transformation) was a complete success! We got so busy at the end of the Challenge (December 16), that we never took our final picture. But I think more testament to the 90 Day program is my photo set one month AFTER completing the 90 Day Challenge. I've seen so many changes since I started the Challenge on September 19, not just in myself, but in people around me. Friends and family started looking into your programs and several are taking on your challenges! Since completing the program, we continue to follow your daily meal structure and our food/meal choices align with food in the 90 Day Challenge. I do find myself cheating once in a while, but not in crazy ways. I look forward to trying your 30-Day meal plan, I need the most help with meal planning and grocery lists! Thank you so much! I have never in my adult life, ever had abs or arms like I have now (even before having kids!). YOU are an inspiration and YOU are the reason we had success, thank you so much!