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Hey, I've got a great recipe for you to try today if you're looking for an easy and delicious snack that literally everyone in your family will love - check out my [Pumpkin Protein Muffins Recipe](#) right here :)

Want tips for healthy eating? Read my "[Healthy Eating Checklist](#)"!

30-Day Challenge Workout Sixteen: Full Body Stretching and Active Recovery

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Stretching

Warming up: Walking Lunges, Plie Squats, Runners Lunge, Forward Fold, Sun

Salutations

Quads: Standing (or Lying) Quad Stretch, Samson Stretch

Hams: Seated Hamstring Stretch

Inner Thighs and Hams: Butterfly Stretch, Standing Hamstring Stretch on a Box

Glutes: Seated Figure 4 Stretch, Pigeon Stretch, Figure 4 Stretch, Single Knee to Chest,

Cross Body Single Knee to Chest

Lower Back: Spinal Twist, Seated Spinal Twist

Calves: Straight Leg Calf Stretch, Bent Knee Calf Stretch, Shin Stretch, Wall Calf Stretch

Chest: Wall Chest Stretch

Lats: Lat Stretch, Towel Chest Stretch

Bicep Stretch

Tricep Stretch

Forearm Stretch

Neck Stretch

Abs: Cobra, Cat Cow, Bridge Pose

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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](#)



"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