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Today's workout is amazing to help you build strength, balance and stability in your back! Be sure you're taking your progress pictures.

If you're feeling like you don't see progress, it really might be time to get serious about your eating, and [take advantage of one of my meal plans](#).

Putting the workouts and the healthy food TOGETHER creates an unstoppable formula for fat loss and lean muscle that will do wonders for your health, physique and energy. Keep up the great work!!

30-Day Challenge Workout Twenty One: Back Attack

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Workout

Format: do 3 rounds; do each move as prescribed, taking minimal rest as needed

1- Seated Lat Pull Warm Up (0:30)

- begin seated on your heels (or sit with your legs extended or on a chair if this is uncomfortable) - lift your arms up and out, and begin to pull them back, bringing your elbows toward your torso. - actively engage your shoulder blades together

2- Wall Hold Ups (0:30)

- begin leaning your back against a wall - have your arms at 90 degrees against the wall, keeping your shoulders and elbows in contact with the wall at all times - slide your arms up and down, only going as far up as you can go while maintaining contact with your shoulders and wrists - keep your lower back pressed against the wall

3 - No Jump Marios Left, then Right (0:30 each side)

- begin in a lunge position - raise the arm that is on the same side as your back leg - step forward with the back foot, driving your knee up toward your chest while lowering your arm and raising the other arm - continue doing these slow and controlled, then switch to the opposite side

5- Prone Lift and Squeeze (0:15)

- lie on your stomach with your arms and legs extended - lift your upper body off the floor and begin pulling your arms back with bent elbows

6- Prone Seal (0:15)

- lie on your stomach with your arms and legs extended - bring your hands to your lower back and clasp them - pull them down to lift your chest and also lift your legs -

7- Prone Lift and Lower (0:30)

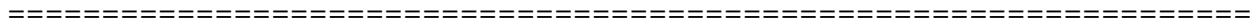
- lie on your stomach with your arms and legs extended - when you lift your arms and legs, pull your arms back with bent elbows - lower down and stretch out your arms again

8- Couch Back Extensions (0:30)

- you can use a couch, ottoman, or Swiss ball for this move - if you're using a couch, place your thighs against the side of the couch and put your hands behind your head - begin to lower your upper body towards the couch and back up MOD - do this move on the floor and only lift your upper body

9- Leg Raises (0:30)

- use an ottoman or Swiss ball for this move - if you're using an ottoman, lie on your stomach over it, making sure you're on the "sweet spot" or front of your pelvic bone - bring your hands or forearms to the floor - lift your legs and squeeze your lower back and booty - MOD - do this move on the floor by only lifting your legs

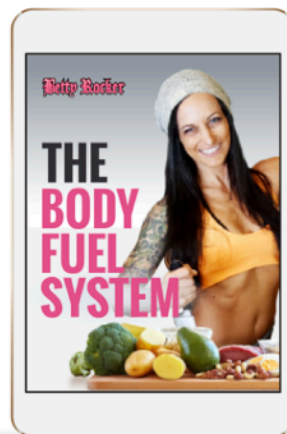
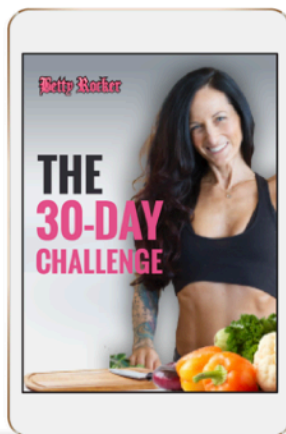


Need tech support or have a challenge question? Email support@thebettyrocker.com or reply to one of your challenge emails.

80% NUTRITION

20% EXERCISE

**Eat Well as Consistently as You Train and You will create
and keep amazing results!**



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