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## 30-Day Challenge Workout Twenty Three: Warrior Body

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**Workout**

*Format: do 3 rounds; do each move for 0:45, taking minimal rest as needed*

1- Lunge Wheel

- step back into a reverse lunge with your left foot, keeping your feet parallel with your knees. Step it back to start and take your left foot out to the side, being mindful of your knee alignment here. Step it back in to center and then bring your left foot into a forward lunge. follow this with a right forward lunge, right lateral lunge and right reverse lunge, repeating the sequence in a wheel.

2- Sumo Jump Squats

- step out to a wide squat stance, toes pointed out slightly, allowing your knees to track in line with them. squat down as far as you can go while maintaining an upright chest. explode up to jump. land lightly on your feet, keeping your feet balanced. MOD - take out the jump and only go as deep as you can

3- Pike Push-Ups

- come into a tall plank with hands stacked below your shoulders - press back into a downward dog and maintaining that position, begin to press up and down, focusing on your shoulders - press back occasionally keeping your hips lifted as your body will tend to shift forward slightly. MOD - drop down to your knees

4- Single Leg V-Ups

- come onto your back - bring your arms up overhead and extend your legs - press your lower back into the floor to protect it and engage your core - lift your left leg to meet your hands as you lift your torso simultaneously - try to keep your leg as straight as possible - lower back down and repeat with the right leg. MOD - bend your knee when you lift your leg

5- Reverse Tabletop Dips

- sit down and stack your hands below your shoulders - raise your hips up high coming into reverse tabletop - begin to slowly lift and lower yourself with your arms, driving your elbows back straight behind you not out to the sides, keeping your chest very open, engage your back muscles to help by pulling the shoulder blades gently together - MOD - hold reverse tabletop

## 6- Warrior Burpees

- start standing and plant your hands beneath your shoulders on the floor - jump your feet back to a tall strong plank - do 2 cross-body mountain climbers, bringing knees up to opposite chest - once you're done, jump your feet back to your hands - and as you stand, kick your right leg straight out in front of you, then kick your left leg straight out - MOD - step back and/or step forward, kick lower

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**Need tech support or have a challenge question? Email [support@thebettyrocker.com](mailto:support@thebettyrocker.com) or reply to one of your challenge emails.**

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*"I can't believe how much my stomach changed, and other parts too! I am so glad I did this for myself!"*

*-Charlene S.*