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Can you believe we have come all this way together?! WE ARE AWESOME!!

I'm really excited to see so many people getting set up to start the [90 Day Challenge](#) - it's the PERFECT program to follow up with the 30 Day Challenge!

30-Day Challenge Workout Twenty Seven: Cardio Countdown

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Workout:

Format - 10-1 countdown, doing these 2 moves back to back from 10 each down to 1 each. Followed by a little BONUS CORE!

1- Burpees

- stand feet about hip distance apart. drop down, planting your hands beneath your shoulders, and shoot your feet back to come into tall plank, core engaged legs straight, head and neck neutral. do a push up. jump your feet back to your hands and jump straight up into the air. MODS - step your feet back or forward, take out the push up and hold plank or drop your chest to the ground instead of using the controlled press, take out the jump at the top and do a body squat instead

2- V-Ups

-lie on your back, engage your core - don't let your back arch. extend your arms out straight overhead and legs extend out straight. use your core to lift your hands to meet your feet. try to keep your legs straight. each time you come down, keep that core engaged. MOD - bend your knees to lessen the amount of weight you put on your back.

Bonus Core Series

1. Hold Boat Pose (0:15)

-Sit on your sit bones and balance. you can either keep your knees bent, or straighten them. arms can come out to your sides or overhead.

2. Core extensions (0:30)

-same position as above. place your hands behind you for balance and straighten and bend your knees.

3. Hold Boat Pose (0:15)

4. Alternating Leg Core Extensions (0:30)

-place hands behind you, or come down onto your elbows. begin to pedal your feet in and out, alternating straightening and shortening each leg like a bicycle

5. Hold Boat Pose (0:15)

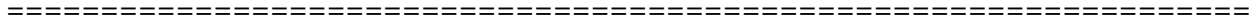
6. Reverse Plank - with Walks (1:00)

-place hands right below your shoulders, and lift up off the mat with your legs straight, holding yourself up facing up. Hold for 0:15 then begin to walk your feet, keeping the legs straight. MOD - reverse tabletop - bend the knees and put your feet right below your knees while you hold yourself up.

Stretch:

Reverse Curtsy Lunge - 2 each side, arms up. Open your core.

Figure 4 Hip openers



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

90 DAY CHALLENGE

**PERFECT FOLLOW UP TO THE 30-DAY CHALLENGE
ON YOUR SCHEDULE
NO EQUIPMENT REQUIRED
FAST, FUN & EFFECTIVE HOME WORKOUTS
HEALTHY EATING PLAN
CUSTOMIZED FOR YOUR FITNESS LEVEL**

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