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It's Day 6! You're a Rockstar - today's workout is going to be amazing! Enjoy it! Be sure you're posting your check-ins on my [Facebook Wall](#) (just click where it says "visitor posts") - I love hearing how you're doing!

Find yourself falling behind with the challenge? [Click here to find out how you can get all 30 of the challenge videos to keep!](#)

30-Day Challenge Workout Six: Upper Body

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Workout

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

1- 3-Way Push-Ups

- come into a tall plank position with your shoulders over your elbows and wrists - walk your hands close together and do a narrow push-up - walk your hands towards your feet and do a pike push-up - walk your hands back out and wide, and do a wide push-up - make sure to keep your core tight, do not sag in your back - MOD - you can go to your knees if you need to modify

2- Supermans

- lie on your stomach with your legs and arms extended - keep your feet close together (advanced) or spread them a bit to modify - lift and lower your arms and legs off the ground, engaging your lower back - this is a great move for your erector spinae column - MOD - you can also modify by lifting just your arms or just your legs

3- Towel Bicep Curls

- wrap your towels or band around a door or column - with an overhand position, grab one end of the towel with each hand - lean back so you're at an angle and your arms are extended - curl yourself up and down - make sure the movement is coming from your biceps - keep your shoulders back, chest lifted and open - keep your elbows hugging in by your sides MOD - reduce how far out you're leaning or come into a more upright position

4- Wall Hold-Ups

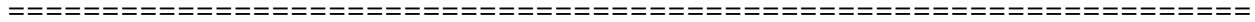
- with your back against a wall, lift your arms up into a cactus pose (elbows bent at 90 degrees) - bend your knees slightly so that your lower back, upper back and shoulder blades are touching the wall - squeeze your shoulder blades together and lift your arms up the wall, keeping contact with the wall - bring them back down and repeat - this move is great for your traps, shoulders and rhomboids - this helps your postural stabilizing muscles - you can also drop down into a wall sit

5- Bodyweight Renegade Rows

- hold a tall plank position, hands stacked below shoulders, no arch in the back - row one arm up then set it back down - repeat with the other arm - feel how the muscles between your shoulder blades work each time you lift your arm - MOD - you can also do this on your knees, just keep a strong plank position

6- Triceps Dips

- face away from a box or bench and put your hands on it - keep your body close to the bench with your knees bent or legs out straight - dip down and up, keeping your shoulders squeezed together - don't let your elbows flare out - MOD - no bench/step - hold reverse plank or tabletop. You can also do standing triceps extensions with a weight or water bottle.



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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