90 Day Challenge
Transformation
Week 1
90 Day Challenge Transformation

Workout Program

Week 1

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a.k.a The Betty Rocker

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HOW TO USE YOUR WORKOUT PLAN

This program is PROGRESSIVE. The workouts get more challenging each week, allowing you to build your strength, endurance, confidence and see amazing results.

One of the best parts of this program is that you can be very flexible with the amount of time you are putting into the workout. Each workout can be made into a 15, 23, or 31 minute circuit, depending on how many rounds you do.

If you are a BEGINNER, focus on absolutely crushing 2 rounds*.

*The moves may be challenging to perform for a full minute, so take any of the modifications suggested in this document. Do as much as you can of each move - for example if holding plank for a minute is too much, hold it for 0:30 or as long as you can, then rest for the remainder of that move and continue to the next move with the video. You can also pause the video anytime and take more rest.

If you are INTERMEDIATE, go for 3 rounds*.

It’s absolutely fine to pause the video and take more rest between moves, or to stop after 0:30-0:45 of a move and rest until the next move starts. Remember that pushing yourself to your maximum is what helps you build strength - you are not doing it wrong by not doing the entire minute every time. You will get the opportunity to repeat the moves and you’ll see your body adapt and get stronger!

If you are ADVANCED go for 3-4 rounds*.

Rest as needed between moves and rounds.

Open the Challenge Calendar you are planning to follow. They are organized by Beginner, Intermediate and Advanced.

If you think you are a certain fitness level and start with that calendar, you can always dial it back down one level if you find that you are extremely sore, don’t have enough energy for the next workout, or need more rest.

Vice versa, if you start with a specific calendar and find you still have energy, are not really sore or just want to try more, go for the level above.

The main difference between these calendars is how many days you will be working out —and your fitness level (and time available) will dictate how many rounds you should do.
If you are short on time, it’s ALWAYS better to rock out an intense short circuit in the time you have (even one round giving max effort) than skipping your workout. Don’t fall victim to the trap of thinking “If I can’t do the full workout, I can’t work out.” That’s a great way to get way off track with your fitness.

You will have 2 foundational workouts each week, workout A and workout B. They are listed on your calendar where you should do them along with the rounds suggested.

Workout C is a unique specialty workout each week that compliments the plan—you will add in where listed on your calendar, usually added on to the end of either Workout A or B.

You have demonstration videos to follow, as well as the pictures and written form tips in this guide.

It’s absolutely fine to include other workouts with this program, swap your workout days and rest days around as long as you are fully resting and recovering. Here’s a great article to help you with figuring out the appropriate amount of rest you need.

One of the most important thing you will be doing in this program is COMBINING your fitness with the nutrients you’re putting in your body—so pay attention to eating balanced meals, staying hydrated and getting rest while you’re following the plan!

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Workout A

• Beginner: 2-3 rounds  |  Intermediate: 3 rounds  |  Advanced: 3-4 rounds
• The moves are all demonstrated for 1:00 in the videos. However, you may modify the time length—working to the best of your ability with each move, each round:

  Beginner: 0:30 each move  |  Intermediate: 0:45 each move
  Advanced: 1:00 each move

• Rest as needed between rounds.

• See Demo Pictures and form notes below.

  Body Squats
  Push Ups
  Stationary Lunges
  Flowing Down Dog
  Alternating Front Kicks
  Static V Sit
  Forearm Plank
Week 1  Workout A

1 Body Squats

Begin with your feet hip distance apart, being mindful that they’re not toeing out or in (1).

A slight out-toeing is normal, just be sure your knees are tracking in line with your toes. Push your hips back, lowering yourself to at most a 90 degree angle. Notice how my knees go to my toes, but not beyond them (2). The more you keep your weight in your heels, the easier this is to accomplish.

As you lower, you always want to keep your weight back in your heels. You can physically lift your toes to make sure you’re not ON your toes.

Keep your head and chest up. The biggest mistake people make with body squats is bending forward. This doesn’t engage the right muscles and instead can strain your back.

Body squats with no weight are incredibly effective when you do them RIGHT. So focus on your form. To help my clients, I often have them squat with a bench or box below their butt so they aim for it, as if they were going to sit down.

If you’re wondering about your form, try actually sitting down and standing up a few times. The trick is to go down to just before your sit but in the same position you’d be in if you were sitting. Squeeze your glutes on the way up from the bottom, coming to a complete upright standing position and repeat.

MODIFICATIONS:
While working on the squat, practice sitting down and standing up. Notice how you naturally press through your heels as you stand, engaging your glutes.

Next, practice hovering your butt over a chair without sitting down. Do small pulses. Only go down as far as you can while still keeping your chest up. It’s great if you can look in a mirror, because you will quickly get stronger and seeing your own progress is incredibly motivating.
Push-ups are an important move to work on. Form is key. Start in a tall plank position, with hands slightly wider than shoulders (1). Keep your shoulders directly in line with your hands for good alignment. (see mods if you’re having any trouble with your wrists).

Keep your legs straight and your core tight. Don’t let your lower back arch or sway as you lower yourself toward the ground (2). Don’t come all the way down—just hover 2-4 inches above and then press back up to plank, engaging your chest and triceps. Keep your gaze neutral—try not to look down.

**MODIFICATIONS:**
Drop to your knees, keeping your back straight and using the same good upper body form as described above. Kneeling push-ups are still tough, and I will often come into a kneeling push-up after a couple rounds of full push-ups - so don’t ever feel like you’re not succeeding just because it’s a modification! The GOAL is always to keep moving to the best of your ability!
If you’re having any trouble with your wrists, you can form soft fists with your hands to align your wrists, or hold light dumbbells.

Next week, we’ll be doing a push-up against a wall, which is also challenging but you may find takes the pressure off your wrists, so if that’s a good option for you, try doing a standing press against the wall with a good straight body and good alignment in your arms and shoulders.
**Stationary Lunges**

Begin standing, with feet hip distance apart. Take one step forward with your left foot forward (1).

Elevate the right/back heel. Find balance between the front foot toe and the back foot toe.

Lower your body till both knees are at 90 degree angles (2). Your front knee should track in line with your front toe (not wobble in or out), and should not go beyond your front toe. Over it is natural, beyond it means you need to shift some weight into your heel.

Return to position 1. Keep your feet where they are, and repeat up and down on the same leg for 30 seconds, squeezing the Glutes on the way up.

Switch legs and repeat on the other side for 30 seconds.

**MODIFICATIONS:**

Take a much smaller step forward and don’t lunge as deeply until you can perform this move. Pace yourself as you lift and lower.

You can also do walking lunges, or simple alternating leg lunges, as the stationary lunge aims to target one side of the glutes and quads and fatigue them before switching. Alternating will still give you a great workout, but will make it slightly easier to complete as the muscle will get a mini break between each movement.
**Week 1 Workout A**

### Flowing Downward Dog

Start in a tall plank position, and press yourself back to downward dog yoga pose (1).

Your arms stretch out, your fingertips spread wide. Your weight is back in your feet, and you are light through your hands. This should feel like a really nice stretch for your hamstrings, calves, back and arms. Let your head be neutral here.

From this position, simply pull yourself forward into a tall plank (2) with your shoulders stacked over your wrists and your arms straight. Keep your gaze neutral.

Keep your upper body in a straight line. Don’t let your lower back sag. Press back into downward dog. This is a phenomenal move for your abs that stretches and strengthens you at the same time.

Find a comfortable breathing rhythm and pace.

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**MODIFICATIONS:**

If this gets tough, hold your downward dog, or pause in plank and hold it.

You can also hold a kneeling plank, which is just like a kneeling push up without the press.

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Alternating Front Kicks

From a standing position, bend your elbows, bringing your hands up to your face in a fighting pose (1).

Step your left foot slightly behind your right to press up and lift your left leg and kick to the front.

Lead with your heel, not your toes. Your standing foot is pressed evenly into the ground, with a slight bend in the knee (2).

Control lowering the left leg, and switch to kick with your right leg (3).

Keep your core engaged and your arms up as you kick.

Kick the legs as high as you can for a more intense workout.

MODIFICATIONS:
I have very flexible hips, so don’t feel like you need to kick as high as me! Kicking at any height will engage your glutes and core, and forces you to balance - so start out at a comfortable height.

Hold onto the wall or the back of a chair to stabilize you.
**Static V-Sit**

Sitting on your tailbone and find a balance between your upper body and lower body with a straight back.

Keep the arms out for balance, under your chin, or tight to the chest. Bend your knees for balance (1).

Hold this position. You can extend your arms up and straighten your legs if you’re ready, but holding this upright position will engage your core muscles and really fire and activate them.

**MODIFICATIONS:**

This is a tough position to hold! You can put your hands down and touch the ground to support you as you get comfortable here.

If your back bothers you in this position, come down onto your back and perform bicycle crunches (1), which are just awesome for developing core strength and will help you get stronger before trying to hold the upright position.

Don’t pull on your head/neck, alternate extending your legs and reaching for the bent knee with your elbow (2). Keep you lower back pressed into the ground.
# Forearm Plank

This move is a lot like a plank in the form, but you’re going to target your shoulders by being on your elbows. This is such a good move to work on for building strength in the upper body, you’ll see it again.

Keep your lower back really flat, almost as if you had an invisible ceiling above you that you wanted to press your lower back into.

Focus on keeping your legs straight, your toes pressing down into the ground, and your elbows beneath your shoulders.

Keep your gaze a few inches in front of you.

Keep the core engaged at all times and be sure not to raise or lower the hips.

**MODIFICATIONS:**

Come onto your knees, keeping your back nice and straight. Drop down to your knees anytime you feel your lower back start to sag so you can get just a little more out of it.

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FIT IS NOT A DESTINATION.
IT IS A WAY OF LIFE.
Workout B

• Beginner: 2-3 rounds  |  Intermediate: 3 rounds  |  Advanced: 3-4 rounds

• The moves are all demonstrated for 1:00 in the videos. However, you may modify the time length—working to the best of your ability with each move, each round:
  Beginner: 0:30 each move  |  Intermediate: 0:45 each move  
  Advanced: 1:00 each move

• Rest as needed between rounds.

• See Demo Pictures and form notes below.

  Air Jump Rope
  Tall Plank
  Burpees
  Cross Cross Squat
  Crescent Kick Right
  Crescent Kick Left
  Jumping Jacks
  Push Ups
1 Air Jump Rope

This is an AWESOME warm-up move!

Start with feet slightly closer than hip width apart, hands at your sides holding imaginary jump rope handles (feel free to use a real jump rope if you have one) (1).

Hop up and down while rotating your wrists, just like you would if you were using a real jump rope (2). Try to get your toes about one inch off the ground.

Keep your chin up, and your gaze forward.

MODIFICATIONS:
If you start to get winded, slow it down. Do small jumps, slowly. You can also switch to high knees if jumping bothers you, a simple activity in which you put your hands in front of you at hip height and alternately raise one knee then the other to meet your hands.
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### Hold Plank

This is an AWESOME strength-building move!

**Tall Plank:** Position your hands below your shoulders and make a straight line with your body up on your toes (1).

Keep your lower back pressing up to an invisible glass ceiling. **DO NOT** let it arch.

Keep your gaze out in front of you like I’m doing in the first photo. Avoid looking down like photo (2) other than to check your alignment.

You can come onto soft fists if your wrists bother you at all, or use one of the variations below.

### MODIFICATIONS:

**Kneeling Plank:** Position your hands below your shoulders and make a straight line with your body from a kneeling position.

Keep your lower back pressing up to an invisible glass ceiling. **DO NOT** let it arch.

Keep your gaze out in front of you.

You can come onto soft fists or hold dumbbells if your wrists bother you at all.
Week 1  Workout B

3 Burpees

Strict Burpee: Begin standing. Squat down like I am and put your hands on the floor (1).

Shoot your feet out behind you, coming into high plank—wrists below your shoulders, lower back pressing up, not arched, body straight and strong (2).

Drop down to a push up (3) and press back up (4). Keep your gaze out in front of you (I’m looking down in the picture—try to look a bit farther out than I am!) (5)

Jump your feet back to your hands (5) to the original crouch position (6).

When your weight is back in your heels and your chest is lifted, jump up (7)!

When you land from your jump, come right back down to crouch for speed and efficiency! To give yourself a break when doing strict burpees, as your shoulders begin to tire simply drop your chest straight to the ground and take out the push-up. Bring them back when you’re ready. See variations on next two pages.

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BURPEES, VARIATION 1:

**Walk-in Burpee:** An excellent variation on the strict burpee, begin standing. Squat down like I am and put your hands on the floor (1).

Step one foot back then the other, coming to a a all plank (2). Make sure your shoulders are stacked over your wrists, and your lower back is pressing up to the ceiling, not arched (3).

Drop your chest to the ground (4).

As you come up, step one foot in (5), then the other coming back to a crouch (6).

When your weight is back in your heels and your chest is lifted, jump up (7)!

When you land from your jump, come right back down to crouch for speed and efficiency!

*To take this variation down a notch, remove the dropping your chest to the floor. Come down to a plank and step back, but step forward out of it and back to the crouch and jump or stand.*
Week 1  Workout B

BURPEES, VARIATION 2:

Knee Burpee: Another great variation on the strict burpee, begin standing. Squat down like I am and put your hands on the floor (1).

Walk or jump your feet behind you, but come to a kneeling plank (2). Make sure your shoulders are stacked over your wrists, and your lower back is pressing up to the ceiling, not arched.

Drop your chest to the ground (3).

You can either walk or jump your feet in to your hands, coming back to a crouch (5).

When your weight is back in your heels and your chest is lifted, jump up (6)!

When you land from your jump, come right back down to crouch for speed and efficiency!
**Cross-Cross Squat**

*A fun variation on a body squat that gets your abs involved!*

Start out standing, feet hip width distance apart with your hands behind your head (1).

Shift your weight back to your heels, and keeping your chest up, gaze forward lower yourself to a body squat (2).

As you come back up, lift your left knee to meet your right elbow (3).
Lift your right knee to meet your left elbow (4). Squeeze through your core.

Drop right back down to a body squat again and repeat!

**MODIFICATIONS:**

Drop to your knees, keeping your back straight. You can take the cross out of this if balancing is challenging. If you do that, I want you to add a 30-second set of bicycle crunches to each round of your workout so you don’t miss the benefit of this for your abs!
Week 1  Workout B

5  Crescent Kick Right Leg

Yes. You are a Ninja!

Start out in a fighting stance, feet about shoulder width distance apart and your right leg slightly behind you like mine is, your arms and hands up (1). What’s important about this stance is how you balance in it. You want soft knees, and your weight evenly distributed on each foot.

Bounce around a bit to get comfortable in your fighting stance.

Now bring your right foot up and across the front of your body, like you were drawing a big circle in the air in front of you with your toe (2-4). Keep those hands up for balance, and keep a soft bend in your left knee.

You do not need to kick as high as I am for this to be effective. Start out kicking at knee height, then kick higher as your comfort level and balance increases.

MODIFICATIONS:

To modify these kicks, hold the back of a chair or stand beside a wall and hold on for balance. Bend your right knee slightly, and draw your right leg in a circle. You can make your circle as big or small as you want, as long as you are taking your hip through the range of motion, you will develop strength and balance.
Week 1  Workout B

6 Crescent Kick
Left Leg

Start out in a fighting stance, feet about shoulder width distance apart and your left leg slightly behind you like mine is, your arms and hands up (1). What’s important about this stance is how you balance in it. You want soft knees, and your weight evenly distributed on each foot.

Now bring your left foot up and across the front of your body, like you were drawing a big circle in the air in front of you with your toe (2 and 3). Keep those hands up for balance, and keep a soft bend in your right knee.

You do not need to kick as high as I am for this to be effective. Start out kicking at knee height, then kick higher as your comfort level and balance increases.

MODIFICATIONS:
To modify this kicks, hold the back of a chair or stand beside a wall and hold on for balance. Bend your left knee slightly, and draw your right leg in a circle. You can make your circle as big or small as you want, as long as you are taking your hip.
Week 1  Workout B

7 Jumping Jacks

Begin with your feet together, hands at your sides. Keep a soft bend in your knees, and evenly distribute your weight between your feet.

Jump your feet out slightly wider than your hips, and bring your hands up above your head to clap (1).

Keep your chest up and open. If your shoulders are rounding forward, you can cause pain when you fling them up overhead. Gently squeeze your shoulder blades together to keep your chest open as you go through this motion.

Land lightly on your feet (2). Keep that soft bend in your knees.

MODIFICATIONS:

If at any time you need a break, slow down and take out the jump. Side step to the right and raise your arms overhead, then sidestep to the left and bring them down. Repeat until you can jump again, or take out the jump entirely and just do step outs.
Week 1  Workout B

1. **Push Ups**
   A proper push up begins with the exact same form as a plank. Hands are stacked right below your shoulders, core is tight, back is actively engaged (not arched), body is in a nice straight line and your gaze is slightly in front of you (1).

   Lower yourself toward the floor until your elbows break the 90 degree angle, or your chest touches the ground (2).

   Press straight back up (3). Your body should move up and down as a unit, in a straight line. You don’t want to be a worm with parts of your body dangling or dropping down ahead of each other.

2. **MODIFICATIONS:**
   When you start to get tired, switch to one of the following variations—and if you have any wrist issues, you can come onto soft fists like I showed you in plank.

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Week 1  Workout B

PUSH-UP VARIATIONS:

In the pictures on the top, I’m showing you how to do this on your fists. You can also bring your elbows in close to your body to get your triceps to do more of the work as an additional variation.

On the bottom pictures, I’m showing you how to do it on your knees—to which you can also add the soft fists variation or elbows close in to your sides.

In both cases just like a regular push-up, hands are stacked right below your shoulders, core is tight, back is actively engaged (not arched), body is in a nice straight line and your gaze is slightly in front of you (1 or 4).

Lower yourself toward the floor until your elbows break the 90 degree angle, or your chest touches the ground (2 or 5).

Press straight back up. Your body should move up and down as a unit, in a straight line (3 or 6).

I WILL FIGHT FOR IT.
I WILL NOT GIVE UP.
I WILL REACH MY GOAL AND ABSOLUTELY NOTHING WILL STOP ME.

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Workout C

10-1 Rep Countdown Format. See Demo Pictures and form notes below and follow along with the video, resting as needed. Pause the video anytime.

You may perform this more than one time, do what time and your energy level permits, as you will be adding this on at the end of either Workout A or B—use your calendar for specifics.

Knee Crunch to Extension - right, then left

Boat Pose Crunch
Week 1  Workout C: Bonus Glutes and Abs

1  Knee Crunch to Extension (R, then L)

Begin standing, holding onto a chair back or the side of the wall. Lift onto your toes and draw your right knee up to your chest (1).

Smoothly sweep it out and back, extending behind you feeling your glutes fire up (2).

Perform 10 with your right leg, then switch to your left for 10 before moving on to your second move. Your second round will be 9 on each leg, and so on down the ladder.
Week 1  Workout C: Bonus Glutes and Abs

1

Boat Pose Crunch

Come to a seated position and place your hands behind you. Engage your core and lift your legs off the ground, with your knees bent (1).

Lean back, extending your legs (2).

Use your lower abdominal strength to pull yourself back to your starting position. Perform the correct amount of reps for each set.

2

IF IT DOESN’T CHALLENGE YOU, IT DOESN’T CHANGE YOU.

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Bree Argetsinger, aka The Betty Rocker, is an internationally known health and fitness coach, innovative entrepreneur and motivator of self growth.

She began her education in nutrition at Tufts University, received her structural alignment certification in 2007, and is a C.H.E.K. (Corrective Exercise and High-performance Kinesiology) certified exercise coach and ISSA certified Fitness Nutrition expert.

With a background in structural alignment and kinesiology, she incorporates a strong, holistic focus on body balancing and alignment into her fitness and nutrition programs.

A regular guest chef at Whole Foods for 2 years, she received early acclaim for her ability to teach simple, delicious, nutrition based cooking that made it easy for people to put great meals together and see a better result in their energy, physique and overall health.

Betty Rocker’s mission is to empower you to live a healthy, happy and balanced life so you can be role models to others—and achieve your dreams and goals through learning about food and your body.

Since 2004, Erin Truslow has completed over 40 triathlons! She holds certifications from AFAA Group Exercise & Personal Training, ACE Personal Training, a CIAR Advanced Physical Fitness Expert Johnny G Indoor Cycling, Les Mills Body Pump Trainer, Aqua Aerobics, Kickboxing and most recently a Primal 7 Level 1 Trainer and a USA Cycling Level 3 Coach.

Erin has the ability to work with all fitness levels and goals, from the beginner to the endurance athlete. Erin particularly enjoys motivating people to try new things and to push past their preset “limits” of fitness and endurance. She loves getting people to their first starting line of a race of their choice.

She is a master trainer, proud mom, and team owner of Big Pistachio Racing in Austin, TX.
Master trainer **Tyler Bramlett** came to fitness by a hard road. After getting hit by a car on his bicycle, he decided to reassess everything he thought he knew about fitness and rebuilt his body from the ground up.

He started 30 pounds overweight and far from the highly trained coach and athlete you’ll work with in this challenge—a big part of what inspired him to study multiple bodyweight modalities.

Tyler is a Certified Russian Kettlebell Instructor (RKC), a USAW Sports Performance Coach, a Certified Kettlebell Functional Movement Specialist (CK-FMS) and a Crossfit Level 1 Trainer.

He brings guts, fun, high level knowledge and the kind of experience you can only get from going through a transformation yourself to the table—and he will MOTIVATE YOU to push yourself!! Tyler is the creator of the famous CT-50 program, and has a loyal community of Garage Warriors!

[Read more about Coach Tyler!](#)

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Trainer and Coach, **Kylie Larson**, RYT, has a passion for all things fitness related. After completing her 200 hour yoga certification in 2009, opportunities in the local yoga and fitness community continued to appear and she grabbed on tight.

Since that time she has been trained in indoor cycling, Qi Yoga Sculpt, Qi Barre, Qi Bootcamp-Yoga and KORE (kettlebells). She currently leads the QiCycle training and is the yoga teacher for the Colorado School of Mines Women’s Soccer Team. Kylie’s recent entry into motherhood has given her a new perspective on working out and making time for yoga. Her teaching style is efficient, effective and fun. She will help you become stronger and more powerful, yet at the same time more flexible and centered.

[Connect with Coach Kylie online!](#)
Master trainer and super athlete Chris Lindley is the co-founder of Denver’s unique and awesome Qi, home of Qi Unlimited streaming workout videos anywhere, anytime!

A visionary and fitness fanatic, Chris is an ACE certified personal trainer, a CrossFit Level 1 Trainer, a MovNat Trainer, and a Master Indoor Cycling Instructor.

He is the former Director for Preventative Services Department for the state of Colorado, and he served as a combat commander for the United States Army Reserve—who while on active duty led the most dynamic and diverse Preventive Medicine Detachment in Iraq in the history of combat operations.

He is an athlete, a motivator and a MACHINE—and he LOVES TO get you moving!

Connect with Coach Chris online!