90 Day Challenge Transformation

Week 10
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Workout Program

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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!
WEEK 10 • WORKOUT A

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.

Burpees
Alligator Push Ups
Jump Switch Lunges
Bear Crunches
Power Knees
V-Up Hold and Rotate
4 Point Crab Touch
**Week 10  Workout A**

**1 Burpees**

Squat down and put your hands on the ground, just wider than shoulder width (1).

 Shoot your legs back behind you, and come into a tall plank (2).

 Do a push-up then drive your hips up and jump your feet back beneath you, bringing your weight into your heels (3).

 Jump (4)!
 Repeat!

 In the video, I’m demonstrating a fast version of burpees where you take the push-up out and simply drop your chest straight to the ground. Since we’re using burpees as our first move, I used this to warm up and took out the push up. If you warmed up with a yoga session, try adding the more challenging strict burpee with full push up.

**MODIFICATIONS:**

You can completely take the push up or chest drop out of this and do squat thrusts with a jump whenever that push up movement gets too tough. You can also step your feet back one at a time, or step them forward one at a time from the plank position rather than jumping forward and back to slow yourself down and still get the benefit of the movement.

 Take the jump out anytime you need to and simply stand.

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Week 10  Workout A

2 Alligator Push Ups

Your arms are getting stronger!! We’re going to do a crazy looking push up this week.

Come into a tall plank position, but bring your left hand a little farther down your body so that your hands are staggered (1).

Push up in this position (2) and when you come back up, switch your hand position so your left hand comes up to beneath the shoulder and the right hand goes back (3).

Continue to alligator walk your hands as you push up, maintaining a strong, flat back and tight core.

MODIFICATIONS:
Anytime this bothers your wrists, come into soft fists or hold light dumbbells. You can also drop to your knees and do this move like I do partway through.

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Week 10  Workout A

### Jump Switch Lunges

Begin standing, with feet hip distance apart.

Take a step forward with your left foot.

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 (1).

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.

Push yourself off and jump up, switching legs in mid air so you can land in a lunge with your right leg in front of you (2).

Switch legs and repeat on the other side for 30 seconds (3).

**MODIFICATIONS:**

You’ve been working on your lunges for weeks now, but anytime you get tired or need a rest, come into regular forward and reverse lunges.

Slow it down as needed.
Week 10  Workout A

4 Bear Crunches

Crouch, with the hands on the floor, the knees bent under your hips but not touching the floor (1).

Rotate your left knee towards your right elbow, lifting your right hand off the ground. Your left hand remains contact with the ground (2).

Stabilize through the core. Return back to center and repeat on the other side (3).

Keep your back flat, head and neck neutral. Control the rotation.

MODIFICATIONS:
If this gets tough, come into the down dog with 3 knees, which also works your obliques and challenges your stability.

You can also do bicycle crunches!
Week 10  Workout A

Power Knees

This takes our reverse lunge kicks to a slightly more intense core and cardio combination move.

Stand tall with your arms overhead, and your right foot behind you (1).

Bring your right knee to your chest forcefully as you bring your arms down to meet it strongly (2).

Touch your right foot down lightly each time, keeping the movement fast and continuous.

Pull strong with your arms and use your entire core for control.

Do 30 seconds (or half your time) on the right leg, then switch to the left (3 and 4).

MODIFICATIONS:
Slow it down and do reverse lunges with a high knee.

Hold onto a wall or chair back for support if you need some help balancing.
**Week 10  Workout A**

**6**

**V-Up Hold and Rotate**

Lay on the ground or mat, arms over head and legs extended (1).

Engage your core as you bring yourself to an upright V-Sit position with your knees bent (2).

Pause here, finding balance and then rotate your torso to the left while keeping your knees in place (3).

Rotate back to the right, with control (4).

Don’t rush this one—I went a little fast on my first couple in the video—keep this slow and controlled.

Don’t hold your breath—keep your breathing nice and even.

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**MODIFICATIONS:**

Hold a V-sit and take the rotation out of this anytime you need a break, or bring it down to a bicycle crunch.

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4-Point Crab Touch

Today we’re going to challenge you with a combined triceps and core move.

Come into reverse tabletop, lift your hips and be sure your hands are under your shoulders (1).

Lower yourself slightly by bending the elbows (2) and press up, reaching your left hand toward your right foot (3).

Bring your foot and hand down and lower again, coming up with your right hand reaching for your left foot (4).

Continue to alternate sides in your crab walk.

MODIFICATIONS:
Anytime you need a break, hold reverse tabletop and try lifting and extending one leg or the other to challenge yourself.
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.

  Jump Squat Cross Cross
  Push Up Jacks
  Crescent Kicks, 1-2 Punch (right leg, then left)
  One Arm Burpees
  Spinal Balance
  Single Leg Good Mornings
  Donkey Calf Raises
  Straight Leg Circles
Week 10  Workout B

1 Jump Squat Cross-Cross

Start this move by doing a jump squat with good foot alignment (1 and 2) (feet hip distance apart, weight evenly distributed and your chest up).

Land softly. Make sure you’ve got something springy to land on as we want to be supporting our joints for any kind of impact move.

When you come up from your jump and land, bring your left knee up and across to meet your right elbow (3).

Repeat right away with your opposite knee and elbow (4).

Pace yourself. A steady pace with great form and explosive power gets better results than going too fast, sacrificing form and burning out in 20 seconds.

MODIFICATIONS:

If you start to get winded, slow down, and take out the jump.

Turn it into a body squat cross-cross.
Week 10  Workout B

2  Push-Up Jacks

Begin in the Tall Plank position: Place your hands below your shoulders and make a straight line from your body up on your toes (1).

Press your lower back up to an invisible glass ceiling. DO NOT let it arch, and keep your gaze out in front of you like I’m doing.

As you lower your chest to the ground, jump your feet out into a jack (2).

Keep your lower back straight—don’t let it dip—and keep your legs straight.

As you press back up, jump your feet back together.

MODIFICATIONS:
When you start to get tired, hold plank and jump your feet in and out until you’re ready to come back to the full push-up jacks.
Week 10  Workout B

### Crescent Kicks

**1-2 Punch**

We love crescent kicks SO MUCH we had to bring them back!

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 (2), like you were drawing a big circle in the air in front of you with your toe (3).

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.

Return to starting position (4) and bounce your feet to position your left foot slightly behind your right (5).

Kick it up and into a full circle like you did with the right (6).

Once you complete your 2 crescent kicks, perform a 1-2 punch. Drive from your core, crossing your right fist across the midline of your body. Bring it back to start, keeping it up by your face and punch with the left (7, 8, 9).

**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.
**One Arm Burpees**

Did you like the one-legged burpees? How about these?!

Begin standing (1). Squat down like I am and put your left hand on the floor (2). Be sure to place it so that when you jump back, your shoulder comes right in line with your wrist.

Shoot your feet out behind you, supporting yourself on your left hand (3). Bring your body into high plank —lower back pressing up, not arched, body straight and strong.

Do not drop your chest to the ground. Once you reach high plank on one arm, pause briefly, gaze in front of you.

Jump your feet back to your hands to the original crouch position on one foot (4).

When your weight is back in your heel and your chest is lifted, jump up (5)!

When you land from your jump, come right back down to crouch for speed and efficiency (6)!

Alternate your right and left hands.

**MODIFICATIONS:**
AT ANY TIME, switch to supporting yourself with both hands, or take any of the burpee variations we have taught you. Slow down and step back, take out the jump or any combination that supports you.
Spinal Balance

Start in a tall plank position hands stacked below your shoulders, your lower back pressed up, hips square to the ground. Your gaze should be in front of you (1).

Keep your hips square to the ground as you bring your left foot and right arm up off the ground and reach them out straight (2).

As you tire, your hips will want to roll. Try to keep them straight.

After 30 seconds with the left foot and right arm up, switch so that the right foot and the left arm are raised and hold for 30 seconds (3).

MODIFICATIONS:
You can put your foot or hand down at any time to relieve yourself, or hold plank.
**Single Leg Good Mornings**

Begin standing, with your left foot slightly behind your right, a wall or chair back or counter within arms reach (1).

Hinge forward from your hips and reach out for the wall or chair, keeping your head and chest forward and up (2).

As you reach out, allow your left leg to become an extension of your torso, lifting in line with your upper body.

Press evenly through your standing foot. Keep a soft bend in your knee (don’t lock it out).

What’s especially important here is to keep your hips very square—not allowing them to rotate to one side or the other.

Do 30 seconds on your left leg, then switch to your right (3 and 4).

**MODIFICATIONS:**

Stand up tall, arms over head and feet slightly closer than hip distance (1).

Hinge forward from your hips, reaching your arms out to a wall. Keep your chest up and your back flat (2).

Stand back up with control and repeat.
The one muscle group we have not targeted yet is the CALVES!

This is an awesome and killer move to add to your regular workouts, and you are going to be seriously wishing you didn’t know me by about 30 seconds each round.

For this one, you need to hold onto a piece of furniture or a fence that allow you to press your toes up against it and hold on.

Simply sit all the way back with your butt behind your feet (1). Put your weight in your toes, and begin to slowly raise and lower your heels (2).

Take your time, remember to smile and get through it.

MODIFICATIONS:
You can modify these by doing standing calf raises. I would encourage you to do them on one leg to add a little more challenge.
**Week 10**  Workout B

### V-Up Hold and Rotate

Begin by coming into a boat pose (a position you may remember from our BonusAbs circuit)

Come into a seated position with your knees bent and close together, feet lifted off the ground (1).

Place your hands on the ground for stability and shift your weight into your sit bones (2).

Tighten your core and LIFT your chest. This is super important, as collapsing your chest here is what will make your lower back hurt. Straighten your legs and begin to perform small circles with straight legs (3).

Go in one direction for 30 seconds, then switch and do the opposite direction.

**MODIFICATIONS:**

To modify those very advanced straight leg circles, build strength in the core with straight leg raises.

Lay on your back, hands below your hips (1).

Press your lower back into the ground. Doing this move with your back arched or not in contact with the ground is not working the deep abdominal muscles, and can hurt your back.

Raise and lower your legs (2). Perform this with bent knees if straight legs causes your back to lift.

You will get stronger!

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**THIS IS NOT THE FINISH LINE. THIS IS JUST THE START. KEEP GOING.**
C: Bonus Glutes

Format: Use the demo video to learn the moves. Perform each move for the prescribed time and 3 rounds.

In and Out Jump Squats
Sumo Squat Lunges
Box Jump Burpees
Split Squat Lunge with Knee
3 Point Extensions on Your Toes
**Week 10  Workout C: Bonus Glutes**

1. **In and Out Jump Squats (0:30)**

Stand tall, feet just wider than hip distance apart, holding your core strong. Squat, shooting your booty back and keeping the weight in your heels (1). Your knees should track in line with your toes and chest stays upright.

At the bottom of the squat, jump. Land lightly but in a wide leg, or sumo squat position with your feet wider than hip distance (2). Squat again, using the same form as the regular squat. Repeat, jumping between a regular squat and a wide leg squat.

**MODIFICATIONS:**
Remove the impact. Perform a body squat in a regular position, holding onto a wall or chair back to aid you in balancing. As you come up step to your right and come into a wide leg squat. Step back to the original position and squat. Step to the left and perform the wide leg squat.

2. **Sumo Squat Lunges (0:30)**

Come into a sumo squat position, feet out wider than hip distance, core engaged and chest lifting (1). Shoot your butt back behind you, and as you press up, rotate to your right and turn your feet to the right dropping into a lunge (2). Keep your knees tracking over your toes and your chest lifting.

Pivot the feet back to face forward and perform another sumo squat (3). Turn your feet and your body to the left and perform a lunge to the left (4). Pivot back to center and repeat.
Box Jump Burpees (0:30)

Place a box, ottoman, step or any platform in front of you. Jump up onto the box, fully extending your pelvis, coming to a standing position (1).

Jump or step down to the floor (make sure you’re far enough back from the box) and fold forward to plant your hands in front of you, hands below your shoulders (2).

Jump your feet back coming into a tall plank (3) with your belly button in and up, no arched back, perform one push up and jump your feet back to your hands (4).

Load the weight in your heels and jump back onto the box.

MODIFICATIONS:
Step on and off of the box (1-3), alternating the leading leg.

Perform a modified burpee by removing the jump back, and instead step back (4).

You can leave in or remove the push up (5), and then step your feet back to the starting position (6).

Step back up on the box.
**Week 10**  
**Workout C: Bonus Glutes**

**4**  
**Split Squat Lunge with Knee**  
*(0:30 each leg)*

Place your right foot on a chair or elevated surface behind you and step out just enough so that as you squat down, your knee comes to a 90 degree bend and your knee does not pitch beyond your foot (1). You can definitely do this next to a wall for stability.

Keep your chest upright and core engaged as you lower down, no farther than 90 degrees at the knee. Press up through the left heel and lift your right foot off the chair, driving it up toward your chest for a core crunch (2).

This is a balancing move, so be sure you have something to stabilize you as needed.

**MODIFICATIONS:**
Skip the knee lift until you’re comfortable with the single leg squat. Only squat down as far as you’re comfortable with good form, keeping the chest lifting. Use a very low box or stool to put your rear foot on to help with balance.
Workout C: Bonus Glutes

3 Point Extension on Your Toes
(0:30 each leg)

Stand tall, holding onto a chair back. You’re going to be elevating the leg behind you in 3 different positions: in, center and out.

Lift onto your toes and sweep your right knee up and in toward your chest (1). Smoothly sweep it out behind you but in slightly toward your left leg (2).

Bring it back to your chest and sweep it directly up and behind you (3 and 4).

Sweep the knee in toward your chest, and then sweep it out and laterally slightly (5 and 6).

Repeat on this leg until your time is complete, then switch legs.

MODIFICATIONS:
Skip the knee lift until you’re comfortable with the single leg squat. Only squat down as far as you’re comfortable with good form, keeping the chest lifting. Use a very low box or stool to put your rear foot on to help with balance.