90 Day Challenge
Transformation
Week 11
90 Day Challenge Transformation

Workout Program

Week 11

Bree Argetsinger
a.k.a The Betty Rocker

#thebettyrocker  #strongereveryday  #makefatcrychallenge
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!
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.

Wide Plie Squat with Hop

Push Up Jacks

Curtsy Lunge to Outside Knee Lift

Side Plank with Hip Drop and Knee Pull In

Triceps Dips with 3 Kicks and Dips

Jump to Side Lunge and Touch

Single Leg Elevated Bridge Pullover
Week 11   Workout A

1 Wide Plie Squat with a Hop

Start with a wide sumo/plie stance—feet toeing out slightly and knees in line with the toes (1).

Lead with your hips as you push back to a squat, lowering yourself to a maximum of a 90 degree angle bend at the knee.

Keep the knees behind the toes and use the arms for balance. Most of your weight should be in your heels and not in the toes. Chest is up, core is engaged and tight.

At the bottom of the squat explode upward with a hop, squeezing your glutes and inner thighs on the way up from the bottom (2).

Land softly and repeat!

MODIFICATIONS:
Take the hop out when you need a break, and either perform pulses or simply do a wide leg squat up and down.

#thebettyrocker     #strongereveryday     #makefatcrychallenge
Week 11  Workout A

2  Push Up Jacks

Start in the tall plank position, hands slightly wider than shoulders, and shoulders in direct line with the hands, not behind (1).

Keep the legs straight and the core tight, not letting the lower back arch.

As you lower yourself towards the floor, hop your feet wide (2).

Do not go all the way to the floor, keep approximately 2-4 inches above.

Hop your feet back to center as you push back up.

Keep your head and neck in neutral—don’t drop the head.

MODIFICATIONS:
As you start to get tired, hold the tall plank position and jump your feet in and out.

Remember you can use soft fists here or light dumbbells to help align your wrists if you’re having any trouble.

If you need a break from the pressure, take this to an incline and try doing the push ups with your hands on a chair or side of a couch.

#thebettyrocker  #strongereveryday  #makefatcrychallenge
Week 11  Workout A

### Curtsy Lunge to Outside Knee Lift

Begin in a standing position, then Curtsy Lunge your Right leg behind the Left—which means the right knee lines up with the left heel (1).

As you return to standing position, crunch that right knee up to your side in a power thrusting motion (2).

Alternate from side to side, using your arms to propel you (3 & 4).

As always, keep a nice tight core and keep that chest up.

### MODIFICATIONS:

If you’re having any trouble with the curtsy lunge, bring it back to a straight reverse lunge and drive your knee up directly in front of you.

Hold a railing, wall or chair back for balance as needed.

#thebettyrocker   #strongereveryday   #makefatcrychallenge
Side Plank with Hip Drop and Knee Pull In

Begin in side plank, elbow stacked below your shoulder. Scissor your feet for balance, bringing your bottom foot slightly in front of your top foot (1).

Lower the hips to just above the floor and then lift up (2), keeping the core tight and a perfect diagonal line from the head to the toes.

At the top of the lift, pull the bottom knee into your chest (3), then return it back to the beginning position.

Be sure to keep your hips stacked, don’t let them rotate.

Repeat for half the time on your right side, then switch to your left.

MODIFICATIONS:
Hold a static side plank when you need a break, or try doing just the hip dip side planks without the knee lift. You can also drop your bottom knee down and try dropping the hip and pressing up, just leave step 3 out and work on the other two moves.
Week 11  Workout A

Triceps Dips with 3 Kicks and Dips

From the reverse tabletop position (hands & feet on the ground and hips lifted, facing up), bring your hips up high and tighten through your core (1).

Lift and extend your right leg off the ground holding a 45 degree angle (2).

Do 3 dips with the leg extended, then add 3 alternating leg kicks (3 and 4), dipping with each kick. Focus on the dips (5), then focus on the kicks.

This is an insane move, do your best and do as many as you can.

MODIFICATIONS:
Come into reverse tabletop with a leg extended whenever you need a rest!
Week 11  Workout A

6 Jump to Side Lunge and Touch

From a standing position, jump up with arms extended overhead and come down into a Right foot side Lunge as you reach down and touch the floor with the Right hand (1).

Come back to a standing position and repeat the jump (2) and side Lunge to the left with a Left hand floor touch (3).

Keep the extending leg straight and light. Keep the bending lunge leg aligned with knees not going over the toe.

Land lightly.

MODIFICATIONS:
When you start to get tired, slow it down. Take out the jump and go slow, focusing on that side lunge.
**Single Leg Elevated Bridge Pullover**

Lay on your back with your right foot on a step, bench or table and left leg extended straight. Arms are overhead, holding a water bottle or light weight (optional). (1)

Pull your arms up toward your center as you lift hips off the ground, squeezing your glutes (2).

Lower your hips and repeat. Keep those hips square—they will want to rotate to the right or left as you lift. Keep them really straight and focus on squeezing through your glutes and hamstrings.

**MODIFICATIONS:**
Try this with both feet on the elevated surface if single leg is a bit much.

---

**GETTING IT DONE MEANS YOU’RE DOING WHAT MOST PEOPLE FALL SHORT OF. YOU ARE CONSISTENT. YOU ARE DEDICATED. YOU DON’T GIVE UP. AND THAT SAYS A LOT ABOUT YOU!**
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.

  Fully Extended Tuck Jump
  Divebombers
  Brogue Kicks
  V-Up with a Twist
  Sit Outs
  Barrier Jump to Burpee
  Alternating Single Leg Tabletops
Week 11  Workout B

1  Fully Extended Tuck Jump

From a standing position, set your weight back to your heels and drop to the ground, bringing your hands down (1).

Keep your knees in line with your toes and don’t let them go beyond the toes.

Explode upward, reaching your hands up high overhead, tucking your knees up to your chest and your heels up under your glutes (2).

Land softly with your weight back in your heels and go right back into your low position to re-set for the tuck jump (3).

Exhale as you jump, inhale as you come down.

MODIFICATIONS:
You can go back to squat thrusts from Week 5 anytime or full body extensions.

Use whatever modification is right for you, and remember it’s okay to change the modifications as you go through the workout. The biggest goal is to keep moving for the interval you are using (30 seconds, 45 seconds or 1 minute) and not to let your mind tell you to stop :)


**Week 11  Workout B**

---

**2  Divebombers**

Set yourself up for this move in a strong tall plank position (1). Important points with plank: Shoulders are stacked over wrists. Neck is neutral. Lower back is engaged, not arched.

Press back into a downward dog (2).

From here, dive down and forward like you did in the Week 2 low push slide (3 and 4).

Keeping your elbows bent and your chest low, bring your body through to a full cobra (5 and 6).

Pull your shoulders back and together, opening your chest in this position, and squeeze your glutes as you arch your spine to help support your arms.

Your legs and hips do not touch the ground, they should stay lifted.

From here, bend your arms again to reverse out of this, dipping your chest to the ground before pushing back into downward dog.

This move is all shoulders and arms. Keep your legs engaged and supporting you, but press evenly through your palms and keep them stacked below your shoulder joints as you come up.

---

**MODIFICATIONS:**

When you are ready for a break, take the reverse out of it and just push back to down dog.

When you’re ready for another break, try going back to low push slides or regular push slides from week 2. Take a full active break by holding plank.
Week 11  Workout B

3 Brogue Kicks

That’s right, it’s NINJA time again!

From a standing position, set yourself up with your left foot a little behind your right (1).

Propel off your right foot (2), bringing your left knee up to your chest to load you for the full jump (3).

Using the momentum you created with the high knee, bring your right leg up into a full kick in mid air, landing softly on your left foot (4).

Use your arms to propel you. This move may seem complicated at first but practice it a few times and you’ll get it.

Do 30 seconds of right side kicks, then 30 seconds of left side kicks (bottom pictures).

MODIFICATIONS:
Come into front kicks (check out Week 4 for a reminder) whenever you need a break from the jumping, or do jump switches.
Week 11  Workout B

4  V-Up with a Twist

Start on your back, arms extended overhead. Core is engaged, lower back is pressed into the ground (1).

Lift your torso and feet at the same time, bringing your hands to touch your feet (2).

It’s totally okay if your knees bend — your core will get stronger and stronger the more you practice. This is an awesome move for your abs, because it compresses and expands your core, making it work at maximum.

Remember to keep your chest lifting when you come up to touch your feet, don’t collapse or round your torso. See how my back is nice and straight and my face is lifting up in (2)? That’s where you want to be too to protect your back.

Keeping your legs in position, rotate your torso to the left (3), reaching your hands across your body.

Smoothly and with control rotate to the right (4), bringing your hands across your body.

Return to center, lower down with control and repeat.

MODIFICATIONS:
Bend your knees and do bent knee V-ups, or take it back to bicycle crunches whenever you need a break.
Week 11  Workout B

Sit Outs

So I thought the grasshopper from Week 8 was tough but then Coach Tyler got me to do the sit out. I think I like it better, but you’ll have to tell me what you think!

Start out in tabletop, with your hands directly beneath your shoulders and your knees lifted off the ground. Engage your core, keeping it nice and tight and your back flat (1).

Rotate your entire body, lifting your right hand off the ground, pressing through your left hand and opening your chest. Simultaneously lift and extend your left leg out as you spin your hips toward the ground (2).

Return to the beginning position, making sure to reset your hands in a supported position below your shoulders. Keep your gaze neutral (3).

Rotate your body to the right, coming onto your right hand, lifting your left arm off the ground and lifting your chest as you sweep your right leg below your body and drop your hips low (4).

MODIFICATIONS:
Go back to the grass hopper variation you learned in Week 8 if the full rotation is a bit much.

You can also come into cross body mountain climbers or mountain climbers to keep it going when you need a break.
Week 11  Workout B

6 Barrier Jump to Burpee

This move is super fun and combines your lateral jump from Week 8 with everyone’s favorite move—the BURPEE!

Drop your hands to the ground, jump your feet back and do a push up. Use good alignment in that push up position (3, 4, 5).

Jump your feet back to your hands (6) and load your weight in your heels, bringing your arms out to balance (7).

As you come up to jump, jump to the right, landing softly (8).

Repeat the burpee and as you jump, jump to the left.

You want to make sure your knees are tracking in line with your toes when you come down, and also not going over them. Jump only as far as you’re comfortable here—no need to travel far to make this effective!

Land softly on every jump. Keep your head up, try not to look down.

MODIFICATIONS:
Take out the push up, and do lateral jumps with a squat thrust.

You can also step to the side, taking out the jump.
Week 11  Workout B

Alternating Single Leg Tabletops

Bring your hands to your sides and press your heels into the ground. Your butt is lifted (1).

Press your heels into the ground and squeeze your glutes to lift yourself up into tabletop, lifting your right leg up as you press through your pelvis (2).

It’s very important to keep your hips very square—as in flat—as you lift up.

Also, really position your hands so that they are stacked right under your shoulders as you come up. Think joint alignment!

Bring yourself back down to the starting position (try not to let your butt touch the floor) (3) and repeat, this time lifting your left leg high (4).

MODIFICATIONS:
Go back to the bridge lift from week 2, or do alternating bridge lifts if you liked them from week 5.

You can also do regular tabletops without the leg lift.

Try a few of these though, they’re totally awesome!

WHEN I LOST ALL OF MY EXCUSES, I FOUND ALL OF MY RESULTS.
C: Full Body Bonus HIIT

Format: 1:00 each move, rest as needed

2 Body Squats and 2 Ski Mogul Jumps
4 Pushups + 4 Supermans
Alternating Lateral Lunges
Side Plank Hip Dips (0:30 on each side)
2 Knee Kick (0:30 on each side)
In and Out Abs
Slow Bicycle Crunch
Week 11  Workout C: Full Body Bonus HIIT

1  

2 Body Squats and 2 Ski Mogul Jumps (1:00 each)

Stand tall, feet just wider than hip distance (1).
Shoot your butt back behind you, knees tracking in line with your toes (2).

Press up through your heels and repeat (3).

As you come up from the second squat, jump to your right, landing lightly with a slight bend in the knees (4).

Jump immediately to your left (5), and perform two more body squats (6). Repeat.

MODIFICATIONS:
Step to your right and step to your left if you would like to do a low impact version of the jump. You may also position a chair in front of you to hold onto in the squats to stabilize your balance.
## Workout C: Full Body Bonus HIIT

### 2️⃣ 4 Pushups + 4 Supermans (1:00 each)

Come into a tall plank, hands stacked below your shoulders, legs straight and strong, belly button up and in—no arching backs (1).

Lower down toward the mat and press up, allowing your elbows to come out to the side slightly. Perform 4 push ups.

At the top of the fourth push up, pause and lift your right arm out straight and your left leg up off the ground (2).

Pause briefly then lift your left arm and right leg (3). Repeat for 4.

### MODIFICATIONS:
Perform push-ups from a kneeling position, with the same strong core and good upper body alignment. You may maintain the kneeling position and move into the alternating lifts as well, lifting your right leg and left arm with your left knee down and repeat on the other side.
Week 11  Workout C: Full Body Bonus HIIT

3

Alternating Lateral Lunges (1:00)

Holding your water bottle, with your shoulders engaged back together slightly so they’re not rounding forward stand and then step out to the right, shooting your butt back behind you, keeping a soft bend in your left leg and bending the right knee to about 90 degrees. Bring your water bottle over toward your right foot (1).

Press back up to stand with your feet together, bringing your water bottle up over your head (2).

Step out to the left, bringing your water bottle over to your left foot (3).

Press back up to start.

MODIFICATIONS:
You can skip the water bottle and get a great workout without any resistance at all. If it bothers your knees to step out with a straight leg, step out to a wide sumo squat, bending both knees. Hold onto a chair back for stability.
Side Plank Hip Dips
(0:30 each side)

Come into a right side plank, balancing on your right elbow (1).

Make sure it is stacked just below your shoulder. Stack or scissor your feet for balance (one in front of the other).

Keep your hips square (don’t let one roll to one side) and lower your right hip down toward the mat (2), tapping it, then pressing back up (3).

Repeat on both sides.

MODIFICATIONS:
Lower your right knee down while you’re in the right side plank to allow you to build more strength in the shoulder and side abs. Either hold this position, or drop the hip and press it up.
Workout C: Full Body Bonus HIIT

2 Knee Kick
(0:30 each leg)

Stand tall, feet together, hands up. Drive your right knee up to your chest (1), and quickly tap it down, a little behind you for support (2).

Immediately drive the same leg up again into a kick, pressing through your heel to really fire up the glutes (3).

Repeat on this same leg for half of your set, then switch (3 & 4).

MODIFICATIONS:
Hold onto a chair or wall beside you for balance. Only kick as high as you’re comfortable. Focus on pressing through the heel in the kick, regardless of the height.
Week 11  Workout C: Full Body Bonus HIIT

6  

**In and Out Abs (1:00)**

Come into a tall plank position, hands stacked below your shoulders, core engaged. Gaze is just in front of you for a neutral spine (1).

Jump your feet in, bringing your knees toward your chest (2).

Keep your hips low and level and jump your feet back out to start (3).

Don’t let your back sag or arch. Repeat. You may use soft fists here or flat hands.

**MODIFICATIONS:**

Slow down the jumps and pause in between. If you need to do a round off of your hands, you can stand and perform high knees, running your knees up to your hands.

#thebettyrocker  #strongereveryday  #makefatcrychallenge
Week 11  Workout C: Full Body Bonus HIIT

7  Slow Bicycle Crunch  
(1:00)  

Lie on your back with your hands on either side of your head, elbows out and torso lifting. Make sure your lower back makes contact with the mat by gently pressing it down.

Draw your right knee into your chest, rotating your left elbow across to meet it. Your left leg will be out straight, hovering above the mat (1).

Hold your core strong, and pause briefly, then switch your legs and bring your right elbow to meet your left knee (2).

Pause. Repeat. Don’t pull on your head or neck.