90 Day Challenge Transformation

Week 6
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Workout Program

Week 6

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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!
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

Body Squat to Knee Lift Crunch
Inchworms
Side Lunge to Front Lunge
Supermans with Alternating Extensions
Wall Hold Ups: 5 Up, 10 In
Ninja Side Kicks
Get Ups
**Week 6  Workout A**

**1 Body Squat to Knee Lift Crunch**

Begin standing with your hands lightly holding onto the back of a chair, a railing or any stable surface that will help you keep your balance (1).

Shift your weight into your left foot and soften your knee. Drive your knee up to your chest, bringing your nose to meet it, crunching your upper body (2). Keep your hands light and press through your right heel to stabilize.

Uncurl and place both feet on the ground, dropping into a body squat. Use your good body squat form, driving back with your hips and lifting through your chest (3). Keep the weight back in your heels.

Press back up to stand (4). Drop down into a second squat (5) and as you come up, shift your weight to your right foot and crunch your left knee up to your chest, bringing your nose down to meet it (6).

Continue to alternate the knee lift crunch between each body squat.

Stay light in your feet, and light in your hands—they are just there for stability and support. Keep your chest and torso upright unless you’re crunching.

**MODIFICATIONS:**
Anytime you need a break, just come into body squats.
**Week 6  Workout A**

**2 Inchworms**

This move is super fun! Start out with a forward fold, bending your knees as much as you need to to protect your back (1).

Put your hands on the ground and keeping your feet where they are, walk yourself out to high plank (2 and 3).

Same good form rules apply anytime you’re in plank—keep your shoulders over your wrists and your lower back pressed up, engaging your core.

Once you’re in high plank, take tiny steps toward your hands, driving your hips up and keeping your shoulders stacked over your wrists (4 and 5).

Once you’re back in the starting position, begin to walk your hands out again, and continue (6).

**MODIFICATIONS:**
Only walk out as far as you can with good form, and feel free to bend your knees more. You can walk out and drop to your knees to hold a kneeling plank briefly, then stand up and walk out again.

If you’re short on space, walk your hands out and then walk your hands back to your feet rather than walking.
Week 6  Workout A

Side Lunge to Front Lunge

Now that you’ve mastered the front lunge and the side/liberty lunge, we’re going to put them together and challenge our stability and sculpt the glutes and thighs.

Begin standing (1), and step to the left, bending your left knee no more than 90 degrees and lengthening your right leg (2). It’s okay to keep the knee soft in the straight leg. Be sure you don’t step out too wide, you don’t want to strain it.

Use good lateral lunge alignment, keep your knee in line with your toe and don’t go beyond it. I leaned forward on these, reaching for my feet with both hands. You can keep your hands up, at your hips or use the same form as me for stability.

Press back to your standing position (3) and step into a front lunge with your left foot. Lift your chest and press through your left heel, staying light in the back lifting heel (4).

Repeat the side and front lunge with your left foot for half of your time, then switch to your right (second set of photos), using the same good form as above.

MODIFICATIONS:
Hold onto the back of a chair or have a wall beside you for stability. Don’t step too wide, and only go down as far as is comfortable on your lunge.

#makefatcryfitness  #noexcuses  #rockyourbody
Supermans with Alternating Extensions

Begin in a high plank position. Stack your wrists right under your shoulders and form a nice straight line with your body, activating your core and keeping your lower back engaged (not arched) (1).

Lift your left arm straight up and at the same time, lift your right leg (2).

This is very challenging, so go slow and focus on not letting your hips roll from side to side—keep them square to the floor.

Bring your right foot and left arm down (3) and lift your left arm and right leg up (4).

Maintain a neutral gaze, don’t drop your head. Keep your back straight and strong.

MODIFICATIONS:
Hold plank and alternate lifting your legs one at a time when you need a break, or start to lose your balance.

Hold light dumbbells to align your wrists if they bother you at all, or come onto soft fists.

You can also perform this on your knees, in tabletop. Alternate lifting the opposite leg and arm out straight.
Week 6  Workout A

Wall Hold Ups:
5 Up, 10 in Wall Sit

Press your back and hips against a wall and walk your feet out slightly. Your lower back is pressed firmly into the wall and your weight is distributed between your heels and pressed into your hips.

Bring your arms up to 90 degrees and be sure you can feel the contact with your elbows, your shoulders and your wrists (1).

Begin to slowly raise and lower the arms, going up only as high as you can go while still maintaining contact with those 3 points: your elbows, back of your shoulders and wrists (2).

Perform 5 in this position, then slide down to a wall sit (3). You may want to walk your feet out slightly so you can be in a good 90 degree bend with your knees for a proper wall sit.

Press through your heels and perform 10 wall hold ups in the wall sit position (4). Then lift yourself back up to do 10 more in the elevated position. Repeat!

MODIFICATIONS:
Take a break by coming out of the wall sit and performing the movement in the standing position.

The hold up is not a big movement, it is designed to help you strengthen your upper back stabilizers and help bring balance to your torso. Don’t force yourself to straighten the arms, just work on maintaining that good contact with the wall.

#makefatcryfitness  #noexcuses  #rockyourbody
Ninja Side Kicks

Dynamic kicking moves like this work your abs, your glutes, your legs and burn serious fat! So put a smile on your face and have a blast, you’re a NINJA!

Start out standing, hands up (1). Stay light in your feet and take two quick hop steps to the left. As you come to the second step, bring your right leg behind you, setting yourself up to swing the leg up and around to a powerful side kick, pressing through the heel. Allow your right foot to pivot slightly as you kick to avoid twisting the knee. You’ll want to either be barefoot for this or on a surface that allows you to move and not slide.

Balance on your right foot, pressing it firmly into the ground, allowing your knee to bend as you kick with your left foot, pressing through your heel (3). Only kick as high as you’re comfortable.

Bring your left foot back down and take two quick hop steps to the right (4).

 Bring your left foot slightly behind you, setting yourself up for the side kick with your right leg (6).

Repeat!

MODIFICATIONS: Go at a pace you can maintain for the full Slow it down. You can also kick much lower than me, or stand in one place and do alternating side kicks.
Week 6  Workout A

Get Ups

This is just an awesome total body move! You can use a water bottle or weight for this one. Beginners, I’d suggest using an empty water bottle that’s almost weightless just so you get the form of this move right.

Begin on your back, with your right arm up straight holding your water bottle (1). Your right knee is bent. Your gaze is going to stay on your bottle the entire movement.

Press through your right foot and use your left hand to push yourself up to seated (2).

Bring your left foot beneath you and get your weight back in your heels (3).

Drive your hips up to stand. Notice I’m still looking at my water bottle (4). This helps me keep my arm straight and strong. Getting the form right on this with light weight will help you increase the weight if you ever want to try this with more weight. It’s a super effective total body move with or without weight.

Drop your hips toward the ground, placing your hand behind you for balance (5) and swing the left foot back out straight (6), lowering yourself down to the starting position with control (7).

Repeat this movement on your right side for half of your interval, then switch to do the left side.

MODIFICATIONS:
If your arm starts to get tired, remove the water bottle or weight, but keep it lifted as long as you can.

DON’T GET SIDETRACKED BY PEOPLE WHO ARE NOT ON TRACK. STAY THE COURSE. YOU’VE GOT THIS!
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.

Down Dog Flow with Alternating Legs
Alternating Squat Lunges with High Knee
Fighter Combo: Jab, Cross, Jab, Knee, Sumo to Switch
#itburnsbetty Dips with Alternating Leg Raises
Hot Booty Prisoner Squats with Side Knee Drive
Total Core Domination II
Surfer Pop Ups with Push Ups
Week 6  Workout B

1  Down Dog Flow with Alternating Legs

While in Downward dog (1) press firmly into the hands, lift your left leg high, contract the muscles of the arms so you don’t lock your elbows and press your chest and belly towards your thighs.

Draw navel in and up to keep core engaged, and flow into a tall plank with your wrists beneath your shoulders (2). Keep your head neutral and your left leg lifted.

Keep your right leg straight and strong while you are in plank and lower down to chaturanga (3)—our narrow pushup that has your elbows hugging into your rib cage.

Stop once your shoulders are in line with your elbows. Use your knees if you need to (see below).

Flip the tops of both feet to the mat and press into the ground to pull your chest forward and up into Upward Dog (4). Again, don’t lock the elbows, keep biceps and triceps engaged. Your hands and feet are pressing into the ground so much your thighs will be hovering above the mat. Keep shoulders away from your ears.

Use your lower abs to draw your hips up and back into the starting position of Downward dog (5), lifting your right leg high.

Continue the entire flow, alternating legs (6-8).

MODIFICATIONS:
Go back to the Week 3 Down Dog flow with both feet on the ground whenever you need break.

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 6  Workout B

2 Alternating Squat Lunges with High Knee

Begin standing, feet about hip distance apart. We like keeping our hands up in a prayer position for balance to get started (1).

Shift the weight back into your heels and sit your hips back and down for a body squat, keeping your chest up (2). Go only as deep as you can with good form.

Come back up, keeping your knees slightly bent (3) as you lunge your left leg back behind you (4).

When you lunge, keep the knee over the ankle and inline with the toes.

Drive forward and bring your left knee up toward your chest, pressing through the right heel (5).

Bring your feet back to your beginning position, dropping right down into a body squat (6).

Come back up (7) and this time step your right leg out behind you, coming into a reverse lunge (8). Continue to alternate. Move your hands wherever you’re most comfortable for balance.

MODIFICATIONS:
Go at your own pace—don’t rush.

Only squat and lunge to a comfortable depth for you.

The best way to stabilize yourself with this movement is to do it beside a wall or chair that you can hold onto that allows you to maintain good form and keep your balance.

Don’t drive your knee up as high as me as you’re getting the hang of this, and hold something for balance.
Week 6  Workout B

MODIFICATIONS:
Only drive the knee up as high as you’re comfortable with—you don’t need to go as high as me. You can take that part of the movement out entirely if you need to.

Fighter Combo 2: Jab, Cross, Jab, Knee—Sumo to Other Side

Find an athletic stance, feet a little wider than shoulder width apart, a soft bend in the knees. Arms are up, in a fighter stance.

Punch straight out in front for your jab (1), then cross the body with your back arm and pivot in the hips and on the balls of the back toes for the cross punch (2), and then jab one more time (3).

As you pull your front arm back into the starting position (4), pull that same knee up as you crunch your obliques.

Drop down into a sumo squat and turn to face the other side (5).

Repeat the same sequence on the other side (6-9), dropping back to a sumo squat and returning to the first side when you complete it.
#itburnsbetty Dips with Alternating Leg Raise

Start in reverse tabletop with your right foot on the ground, left leg straight and lifted (1). Hands are below your shoulders, weight evenly distributed across your fingers and palms. Head is in neutral. Hips are lifted.

Bend your elbows slightly, keeping them parallel to each other as you lower yourself back (2), and then press back up.

Squeeze the back of the arms on the way up. Keep your hips lifted the entire time. Switch feet (3).

Dip again, keeping the opposite leg lifted (4). Continue to alternate.

Don’t rush this, go at a nice, steady pace. When you need a break (if it’s burning, it’s working!!) hold tabletop (1) and then try to squeeze a few more in before your time runs out.

MODIFICATIONS:
Hold reverse tabletop and work on stabilizing your trunk and core.

If that’s a little too challenging, sit on the ground with your knees bent arms behind you just like above.

Gently dip and raise your body from a seated position, keeping your elbows parallel.

You can also do standing triceps dips holding water bottles. Just keep your elbows in parallel to one another and your core tight.
Week 6  Workout B

Hot Booty Prisoner Squats with Side Knee Drive

Start standing, with your hands interlaced behind your head. This is a light, contacting pressure—don’t be tempted to pull your head forward. It should stay nice and straight and lifted, along with your chest.

Gently squeeze your shoulder blades together to keep those elbows out nice and wide.

Slowly lower down to one knee (1), then the other(2). Press your left foot into the ground (3), and as you come up drive the right knee up and out to the side (4).

As you do this, pressing firmly through the heel that’s on the ground will really fire up your glutes and get them working, so take your time and work it!

Don’t pull your head down to your knee, drive your knee up toward your elbow.

Place your foot back down and begin the sequence over—you will naturally lead with the opposite foot and drive with the opposite knee each time.

Please be sure to have something soft beneath your knees like a mat or carpet or grass!

MODIFICATIONS:
Take your hands from behind your head and keep them at your sides or on your hips. You can also use a chair back or wall for balance, to help you raise and lower yourself.

If you’re having trouble with the knee drive, take it out and go back to the Week 1 move.
**Week 6  Workout B**

**Total Core Domination—Part 2**

Begin in a fully extended position, arms over your head, legs stretched out (1). Before you do toward your spine and notice how this flattens your lower back. This is the position you want to maintain in your core to keep it activated and engaged, and to protect your back.

Lift your right leg up straight as you sit up, reaching your hands towards it (2).

Extend back out fully (3).
Check in with your core.

Sit back up, this time lifting your left leg up straight (4), and then extend your body back out (5).

Roll yourself over onto your stomach. Use your hands to help as needed (6).

Lift your upper body and both legs into the air for a full body extension (7).

Lower down with control and roll back to the starting position.

Alternate the direction you roll each time to allow your internal and external obliques to get an even workout.

**MODIFICATIONS:**
Lay on your back, hands at your sides. Bend your knees, allowing the toes to touch the ground.

Alternate raising your knees up to your chest and down, maintaining a strong core the entire time (don’t allow your back to arch).

Roll over slowly. Only lift up as high as you can. Press your toes into the ground to help you balance.
**Workout B**

**Surfer Pop-Ups with Push-Ups**

Begin in a tall plank position (1). Hands are stacked below the shoulders, belly draws up to your spine, head is in neutral.

Lower yourself into a push-up, keeping your chest above the ground (2).

Drive your hips up and to the side (3), landing in a sumo (wide leg) squat with your chest up (4). It is not necessary to be as deep in your squat as me, just keep your chest lifted and smiling is required :)

Place your hands back down in front of you and do another push up (5, 6, 7).

Pause if you need to to catch your breath, then jump to the opposite side, landing in a sumo squat (8). Be sure to keep your knees pointed the same direction as your toes. It’s okay if they go a little beyond the toes, this is a natural crouch position for the body. Continue at a steady pace, side to side.

**MODIFICATIONS:**

Any time you need a break, hold plank. You can take either variation - knees or hands or take out the push up and go back to Week 1.

If this is too much on your hands, but you still want to work your glutes, do sumo squats. Stand with feet wider than shoulders, toes pointed out slightly. Drop into a squat, letting your knees go over your toes. Pulse up and down.

**WE LOVE YOU!!! NOW GET TO WORK!**
C: Bonus Glutes and Abs

Format: Tabata Coach Chris Style!
You only need to go through this workout ONE time, and you can pause the video to rest between the Tabatas anytime.

Each Tabata set has 2 moves.
You’ll perform the first move for **0:20** followed by the second move for **0:10**.

You’ll repeat this sequence for a total of **4:00**.
Rest then move on to the next Tabata set.

In this particular workout, your first move in all the tabata sets is a right or left leg start.

You’ll perform 2 on the right and then 2 on the left leg as you progress through the rounds.

Use the video demo to help you.
Week 6  Workout C: Bonus Glutes and Abs

**Reverse Lunge R/L (0:20)**

Stand with your core engaged, and chest up (1). Use your arms for balance as you step back behind you, coming into a reverse lunge. As you step back, keep your rear leg aligned with your hip and knee in line with your foot (2).

Your front knee should be aligned with your front toe, and your weight should be back in your front heel. Hold onto a wall or chair for stability as needed. Repeat on the same leg for the full 0:20 set. You’ll do the first 2 sets with your right leg, the second two with your left.

**Body Squats (0:10)**

Stand tall, feet just slightly wider than hip distance, core engaged (1). Sit back, as if you were going to sit down on a chair, keeping your knees tracking over your toes, weight back in your heels (2).

Press back up through your heels. Only squat down as deeply as is comfortable for you while maintaining good form. Don’t bend forward at the waist or dip your chest down.
**Reverse Lunge Hop R/L (0:20)**

Build on the reverse lunge by adding a tiny hop as you come back to starting position from the reverse lunge (1-2).

You can modify by sticking with or switching to the reverse lunge from your first Tabata set, and/or holding onto a wall or chair to stabilize your balance.

**Mountain Climbers (0:10)**

Come into a strong, tall plank position, hands stacked below your shoulders, core engaged and legs straight (1). Begin running your knees up toward your chest, keeping your hips low and level (2-3).

A great mod for a mountain climber is high knees, from a standing position. Stand and run your knees up toward your waist.
Week 6  Workout C: Bonus Glutes and Abs

Race Block Starters (0:20)

Place your hands below your shoulders, and position yourself in a forward lunge, right foot up close to your right hand (1). Maintaining the forward folded position, tap your left foot out then in to your right heel (2). You’ll do this on both sides twice (3-4).

Modify this move by coming to a standing position, or bending over to hold onto a chair back and tapping your foot behind you and then to meet your heel.

Plank Hold (0:10)

Come into tall plank and hold steady. Your hands should be below your shoulders, core strong and back flat—not arched. You can hold plank on soft fists if that feels better on your wrists.

Modify the plank hold by dropping to your knees while maintaining good strong alignment in your core and upper body, or alternatively drop to your elbows.

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Week 6  Workout C: Bonus Glutes and Abs

Front Back Kick Combo (0:20)

Stand tall, and get your hands up in soft fists, fighter stance. With your core engaged, kick a “door” shut in front of you with your right foot, heel driving forward (1). It’s not super important how high your kick is.

Place your right foot back down and immediately kick a “door closed” behind you with your left foot (2). Work on making this transition smooth. You’ll do two rounds with the right leg kicking forward, left back, then switch to have left forward, right back.

You can stabilize yourself by holding onto a wall or chair as you work on this one.

Fire Hydrant Kicks (0:10)

Come down to tabletop, hands below shoulders and knees below hips (1). Keeping your knee bent, lift your right leg up and out to the side, keeping your hips level and stable and add a kick out to the side (2). You’ll do two with the right, then two with the left.

To modify this, take out the kick and work on the fire hydrant lift.