BOOTY and LEGS WORKOUT GUIDE

Sculpt.
Strengthen.
Define.

DESIGNED FOR HOME OR GYM - WITH OR WITHOUT EQUIPMENT
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The information should be used in conjunction with the guidance and care of your physician. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using the recommendations in the program, you are agreeing to accept full responsibility for your actions.

You must undergo a complete physical examination by a physician if you are sedentary, if you have high blood pressure or high cholesterol, if you are overweight, have diabetes or are over 30 years old.

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If your physician recommends you not to use the Hot Booty and Legs program, please listen to your physician and follow this advice.
Welcome to the Booty and Legs Workout Guide!

What’s up Rockstar! In case we haven’t met before, I’m Bree Argetsinger - AKA Betty Rocker - C.H.E.K. certified exercise coach, certified butt-kicker and here to ROCK your body!

Over the years I’ve trained in a variety of exercise styles and sports, from gymnastics to ballet to Muay Thai, traditional bodybuilding and lots of different kinds of plyometric bodyweight formats.

I never run out of great routines and I love to share them! I’m especially interested in training for function as well as aesthetics, which is why you’ll find this booty and legs program to be focused on good form, balancing the muscles in the front, back and sides of your body and versatile enough to be done at home or in the gym.

In this guide you’ll find my BEST butt-lifting and leg sculpting workouts, formatted specifically for the fastest results.

You be following along with me in the workout videos for 6 different workouts. You don’t need 100 different moves to get amazing results, you just need the RIGHT moves and the RIGHT PLAN to follow.

Use the 30-day planning guide for how to sequence these amazing workouts into your week along with abs, full body, upper body, cardio and yoga days as well! Post on my social media when you complete a workout, and to keep me posted on how you’re doing with the program!

How to find me:

Instagram @thebettyrocker #thebettyrocker
This program can be done ALL bodyweight, or with some light equipment that you may have at home (or can get in the gym) like a Swiss ball, a small stretchy band and some dumbbells.

Be sure to watch the tutorial video for each workout at least once before you do the workout itself to learn the different variations and FORM.

Don’t forget to STRETCH - there is a stretching routine at the end of each workout. Work within your limits and do not exercise on injuries or if you have pain.

These workouts are very scalable. If you are a beginner and are getting winded or too sore after just a few reps, take a break and do as much you can! Remember you can pause the video anytime, take longer rests and scale the amount of (optional) weight and intensity to suit you. If you are advanced and want to take things up a notch, add more weight to the weighted moves.

Here is some helpful information about training the glutes and legs for best results:

1. **How do I get my Butt to Look lifted and toned?**

In addition to training the actual glute muscles, adding the lifted look actually has a lot to do with training the muscles above and below the butt - namely the lower back and hamstrings.

You’ll get lots of hamstring sculpting moves in the Legs and Booty plan so you’re covered there. In your 30-day training plan, you have the option of adding some ab workouts to your routine on your own, or using my Hot Abs Training program that includes moves that are specifically for the lower back.

Training that area supports the development of a great looking stomach - and really supports and stabilizes the pelvis while simultaneously giving the glutes a more lifted and sculpted appearance.
In addition to your training regimen, you’ll also want to be eating the right nutrients to fuel muscle and burn fat. You don’t have to give up all your favorite foods, but the more balanced nutrients you add, the less room (and desire) you’ll have for treats, snacks and junk.

A great meal plan to use during this workout program is the 30-Day Challenge Meal Plan - if you already have it, I recommend starting it again, and if you don’t have it yet, I recommend getting it. You can use the meal plans it includes or you can browse the awesome, tasty recipes in the 4 cookbooks it comes with and try adding in some new meals that will help you build your body from the inside out with the best ingredients.

2. **How many days a week can I train my butt and legs?**

I train my butt and legs 2-3 times a week. I will either do a couple focused workouts on those muscles and then an additional day that’s full body or some kind of cardio (like running, spinning etc.) that works them in a different way.

It’s not ideal to train the same muscle groups on consecutive days, as muscle develops (grows) when we rest it, after training. Your neural system also needs a reset after a tough workout, that’s why I’ve written your 30-day calendar with a nice flow of high intensity - moderate intensity - low intensity workouts that will help you tone your entire body with a particular emphasis on the lower half.

So you can be moving or exercising 5 times per week with the right program. More experienced lifters and those who are at a high level of physical fitness will know your own limits and may add additional days.

Be sure you’re getting enough rest, eating supportive nutrient-dense foods, hydrating daily, and use the stretching sequences at the end of the workout videos for best results!
3. **How are the workouts formatted?**

Each of your workouts contains 6 moves, specifically sequenced. Some of the workouts are for time, and some are for reps. Begin with the tutorial video the first time you are ready to do the workout to see how to do the workout with bodyweight or how to do it if you’re going to use some equipment.

4. **One of those moves looks a little beyond my fitness level - what can I do?**

Give it a try for a few reps - sometimes you’ll surprise yourself! Always work pain free and within your limits - but we get the best results when we challenge ourselves, so don’t be afraid to try.

It’s super important that if you start to lose your form on a move, you stop that move and either drop the weight, rest, take a break, or do a variation that allows you to maintain good form.

This is why it’s important to stay engaged with each rep, and really focus on the movement. Performing exercises with poor form quickly patterns your mind to always perform that move that way, even when you are not fatigued.

It’s much harder to re-train yourself properly after doing something improperly than it is to stick to good form from the beginning and avoid overtraining and fatigue.

6. **How should I eat to get the fastest results?**

I really like to say I eat “nutrition” and not a “diet.” I like to FUEL my body, and focus on what I can put IN the tank rather than what I need to eliminate or limit.

A complete nutrition plan combined with this kind of training program will burn fat and support lean muscle. You want your body to carry more muscle, because not only does it burn more calories at rest than fat, it’s what gives your body its lean lines and
curves. Don’t fall prey to the fallacy that eating protein or using weights will “bulk you up” - adequate protein supports muscle tissue repair, and adding resistance (weights, bands, sliders, gravity in bodyweight workouts) forces your muscles to work harder, get stronger and burn more fat.

A well-balanced nutrition plan includes enough protein, healthy complex and simple carbs, good fats, and lots of fiber and vitamin-rich greens - and rather than focus on calories, I focus on nutrients.

Here’s a link to one of my best blog posts on the subject that will help you get started out right if you’re not familiar with the way I do it: 5 Step Food Prep and Recipes Guide.

If you’d like to follow the 30-day Meal Plan I recommend for this training program, use this link :)

If you’re looking for a good guide to protein powders and how to choose a clean one (whether it’s vegan, whey or egg white), read this article: Top 5 Protein Powders

Connect With Me

Enjoy the program, and be sure to connect with me on social media:

Instagram @thebettyrocker #thebettyrocker
Facebook facebook.com/thebettyrocker - from your desktop be sure to click the dropdown under the “Liked” button and select “get notifications” so all the daily motivation, recipes and workouts I post show up in your newsfeed.
YouTube youtube.com/thebettyrocker
Pinterest pinterest.com/thebettyrocker
Twitter @bettyrockershow (I don’t use twitter that much but I’m there)

And please do become a member of the private Betty Rocker forum and coaching community - you’ll get a special invitation with a guest pass to thank you for purchasing the Booty and Legs Program the day after you get this, so be on the lookout for that!
WORKOUT 1

<table>
<thead>
<tr>
<th>MOVE</th>
<th>REPS</th>
<th>ROUNDS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1: Sumo Squats</td>
<td>15</td>
<td>3/4</td>
</tr>
<tr>
<td>2: Curtsy Lunge to Kick</td>
<td>15 each leg</td>
<td>3/4</td>
</tr>
<tr>
<td>3: Hamstring Curls</td>
<td>12</td>
<td>3/4</td>
</tr>
<tr>
<td>4: Surfer Pop-Ups</td>
<td>10</td>
<td>3/4</td>
</tr>
<tr>
<td>5: Stiff-Legged Deadlifts</td>
<td>12</td>
<td>3/4</td>
</tr>
<tr>
<td>6: Calf Raises</td>
<td>20</td>
<td>3/4</td>
</tr>
</tbody>
</table>

1: Sumo Squats

- Begin with your feet wide and toes pointed out slightly. Keep your core engaged and torso lifted.
- Be careful not to bend forward at the hips - instead, shoot your booty back like you are going to sit down in a chair. Only go as deep as you can go without losing good form.
- Knees should be tracking in line with your toes as you keep your weight back in your heels. As you come up, squeeze your glutes and engage your core. Imagine you’re pressing the earth away from your as you come up.
- If you’re using a dumbbell, hold it on each end at your collar bone and keep your elbows in. If you want to use 2 dumbbells, hold one in each hand and keep them at your shoulders.
- If you are using a kettle bell, hold it up at your collar bone with both hands, or drop it down between your thighs.

2: Curtsy Lunge to Kick

- A curtsy lunge is a slight variation of a reverse lunge. Hold a wall or chair for balance as needed.
- Begin with feet hip distance apart. Step your right leg back so that your right toes are behind and in line with your left heel. Squat down into a lunge.
- Make sure your front knee stays in line with your front toe, keep your torso upright and really engage your glutes.
• As you come up out of the lunge, kick the back leg up in front of you. Repeat all of your reps on one side and then switch.
• For an added challenge, grab a couple of light dumbbells.
• Be nice and controlled with this movement because you will be on one leg while you kick.

3: Hamstring Curls

• Grab a swiss ball if you have one. Lie down on your mat and place your heels on the swiss ball with legs straight. Lift your hips up off of the mat.
• Dig your heels into the ball and drive the ball in towards your booty and then back out. Keep your core tight to keep your hips stable.
• If you don’t have a swiss ball, you can use sliders/paper plates/towels to do this move.
• Place your heels onto your slider and lie back onto your mat with leg straight. Lift your hips up and drive your heels in towards your booty and back out. If this is too challenging, lower your hips to the ground and do the same movement.

4: Surfer Pop-Ups

• Find a tall plank position, hands stacked below your shoulders core engaged, back neutral and legs strong.
• Pop your feet over to the right side, landing in a deep squat with feet turned out. Pop up and do a jump squat. Plant your hands again and jump back into a tall plank.
• On the next rep, jump to the left side and repeat.
• If this is too challenging or you start to get winded, step your feet to the side and stand up in a body squat instead of jumping.

5: Stiff-Legged Deadlifts

• Begin standing with feet slightly wider than hip distance. Place your hands on your hips and feel your hip bones. Make sure your hip bones are square as you hinge at the hips and fold forward.
• There should be a soft bend in your knees as you shoot your booty back. Make sure your shoulders don’t come down further than your hips. Keep your core engaged.
• To come up, squeeze your glutes and thrust your hips forward with power.
• When you’re ready to add weight, grab a couple of dumbbells or a barbell. Make sure your shoulders stay down and back. As you hinge forward, keep the weight close to your shins to protect your lower back.
• When you do this properly, you’ll really feel the hamstrings activate.

6: Calf Raises

• Grab a fairly heavy set of dumbbells and stand with feet hip distance apart.
• Lift up onto your toes and come back down.
• Two other variations are toes pointed out and toes pointed in. You can use any variation you like, or do all 1 variation per set.
• If you don’t have weights, you can use a staircase to drop your heels down for a great range of motion.
WORKOUT 2

<table>
<thead>
<tr>
<th>MOVE</th>
<th>REPS</th>
<th>ROUNDS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1: Lateral Skipping Sumo Squat</td>
<td>1:00</td>
<td>3/4</td>
</tr>
<tr>
<td>2: Burpees</td>
<td>1:00</td>
<td>3/4</td>
</tr>
<tr>
<td>3: Assisted Pistol Squats</td>
<td>0:30 each leg</td>
<td>3/4</td>
</tr>
<tr>
<td>4: Thrusters</td>
<td>1:00</td>
<td>3/4</td>
</tr>
<tr>
<td>5: Single-Leg Deadlifts</td>
<td>0:30 each leg</td>
<td>3/4</td>
</tr>
<tr>
<td>6: Jump Rope</td>
<td>1:00</td>
<td>3/4</td>
</tr>
</tbody>
</table>

1: Lateral Skipping Sumo Squat

- Begin standing with feet hip distance apart. Skip to the right a couple times and the come down into a sumo squat - legs wide, toes out, torso up, core engaged.
- Stand up again and skip a couple times to the left and do another sumo squat.
- Make sure you are dropping down and popping back up quickly. Keep your weight in your heels and squeeze your glutes as you come up.
- If you want to make it more challenging, use a low stool to add a little elevation and instability. Start out with your right foot on the step, jump your left foot up to meet it, and then place your right foot on the ground and do a staggered stance sumo squat.
- Another variation that adds more instability is to use a Bosu ball instead of a step - it will really require you to engage your core and glutes more.

2: Burpees

- Begin standing with feet hip distance apart. Squat down and place your hands on your mat. Shoot your legs out into a tall plank and do a push-up. Jump your feet back towards your hands and do a jump squat. Repeat.
- Make sure your core is engaged throughout this entire move.
- If this is too challenging or you can’t jump, take out the jumps by walking your feet out and back, and performing a regular body squat instead of a jump squat.
- You can also take out the push-up and include the jumping if you need another variation.
3: Assisted Pistol Squats

- Find a wall or back of a chair that you can hold on to during this move.
- Stomp your left foot on the ground to allow your entire foot to make contact with the floor. Lift your right leg slightly.
- Pretend that you are going to sit down on a chair (or keep a low chair behind you to cue you). Keep your weight back in your left heel and chest up. Imagine you’re pressing the floor away every time you come up.
- Only go as deep as your body allows with good form. Keep one arm out for balance if that helps you. Repeat on the other leg. Make sure to keep your hips square and that your standing knee doesn’t rotate in or out.

4: Thrusters

- For this move you will need a box or bench. Position your shoulder blades so they are just touching the bench. Keep your feet out in front of you at 90 degrees and hips low.
- Dig into your heels and thrust your hips up while squeezing your glutes.
- If you’re ready to add weight, grab a set of dumbbells and place them in your hip creases. Hold the weights while you perform the move so that they don’t fall.
- You could also use a barbell for this move if you have access to one.

5: Single-Leg Deadlifts

- Begin standing with feet hip distance apart. Hold on to a wall or chair back if you need help with balance.
- Stomp one foot into the ground to get full contact with the entire foot to floor. Lift your opposite foot off of the ground.
- Begin to hinge forward at the hips, lifting your leg behind you. Keep your arms out for stability, or hold on to something. Make sure to keep a soft bend in your standing knee. Repeat on the other side.
- If this is too much for you, go back to the workout 1 stiff-legged deadlifts.
- If you are ready to add weight, grab a set of dumbbells and use the same form (without holding on to anything). Keep the weights close to your shin.
6: Jump Rope

- Grab a jump rope and begin doing any variation you want - single unders, double unders, or any tricks that you may know. Most of the movement should come from your wrists and your shoulders should be back and down. Make sure to stay light on your toes.
- If you don’t have a jump rope, you can do “air jump rope” by doing the same motions without the rope.
WORKOUT 3

<table>
<thead>
<tr>
<th>MOVE</th>
<th>REPS</th>
<th>ROUND(S)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1: Around the World Lunges</td>
<td>5 each leg</td>
<td>3/4</td>
</tr>
<tr>
<td>2: Box Jumps</td>
<td>10</td>
<td>3/4</td>
</tr>
<tr>
<td>3: Skater Slides</td>
<td>15 each leg</td>
<td>3/4</td>
</tr>
<tr>
<td>4: Single-Leg Bridge Lifts</td>
<td>10 each leg</td>
<td>3/4</td>
</tr>
<tr>
<td>5: Split Squat Jumps</td>
<td>10 each leg</td>
<td>3/4</td>
</tr>
<tr>
<td>6: Lateral Step-Outs with Band</td>
<td>10 each leg</td>
<td>3/4</td>
</tr>
</tbody>
</table>

1: Around the World Lunges

- Begin standing with feet hip distance apart. Step into a forward lunge with your left leg, making sure your knee tracks in line with your toes. Press back through the heel to standing.
- Step out into a side lunge with the left leg, keeping your right leg straight. Step back to standing again and then step the left leg back into a reverse lunge. Repeat on the other leg, starting in a reverse lunge to complete the circle.
- If you’re ready to add some weight, grab a set of dumbbells (one in each hand). During the forward lunge, the weights will hang by your sides. During the side lunge, the weights will come on either side of your left foot. During the reverse lunge, the weights will hang by your sides again.

2: Box Jumps

- You will need a box or step that is about knee height. If you are a beginner, you can start with a lower box, and if you’re advanced you can use a higher box.
- Squat down while facing your box and load your weight in your heels. Use your arms for momentum and jump up onto the box.
- Land lightly and fully extend through the legs. Step down and repeat.
- Remember to keep your core engaged.
- If you get winded or cannot jump, do step-ups instead of jumps. You can add weights if you choose to do the step-ups.
3: Skater Slides

- For this move you’ll need sliders, towels, paper plates or slippery magazines (anything that will slide on your floor surface).
- Place your feet on the sliders, making sure they are big enough to fit your entire foot.
- Begin sliding one leg out to the side at a time, keeping the leg straight that is sliding. The other knee should be bent like a side lunge. Be sure not to overextend your sliding leg. Your knee should track in line with your toes and the weight should be back in your heels.
- If you don’t have sliders, you can do regular skater lunges, which are fast curtsy lunges (which you learned in workout 1). Remember to keep your chest elevated.

4: Single-Leg Bridge Lifts

- Lie on your back on your mat with your feet directly under your knees. Extend your right leg up and dig your left heel into the ground while lifting your hips.
- Lower down with control and repeat for the prescribed reps and repeat on the other side.
- Make sure your planted foot is not too far out or too close to your booty.
- To make it more challenging, elevate your foot on a box or bench and do your single-leg bridge lifts. If you want an additional challenge, use a swiss ball instead of a bench.

5: Split Squat Jumps

- Begin in a forward lunge position, with your front knee tracking over front toes.
- Lunge down and explode up, landing in the opposite lunge.
- Make sure your back knee doesn’t drop all the way to the ground to keep the tension in your back leg.
- If you get winded or cannot jump, do alternating forward lunges.
6: Lateral Step-Outs with Band

- For this move you will need a band. Choose the proper resistance level for you.
- Place the band around your shins and stand with feet hip distance apart.
- Step one foot out to the side and then step the other foot to meet it. Step the opposite foot out and meet it. Repeat.
- If you don’t have bands, you can lie down on your side with your head resting on your hand. Begin lifting the top leg and back down. Do twice as many reps if you choose this option.
WORKOUT 4

<table>
<thead>
<tr>
<th>MOVE</th>
<th>REPS</th>
<th>ROUNDS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1: Skinny Sumos</td>
<td>0:45</td>
<td>3/4</td>
</tr>
<tr>
<td>2: Band Step Backs</td>
<td>1:00</td>
<td>3/4</td>
</tr>
<tr>
<td>3: Fit Ball Wall Squats</td>
<td>1:00</td>
<td>3/4</td>
</tr>
<tr>
<td>4: Lateral Barrier Jumps</td>
<td>0:45</td>
<td>3/4</td>
</tr>
<tr>
<td>5: Tabletop Sliders</td>
<td>1:00</td>
<td>3/4</td>
</tr>
<tr>
<td>6: Deep Paused Sumo Squats</td>
<td>1:00</td>
<td>3/4</td>
</tr>
</tbody>
</table>

1: Skinny Sumos

- Begin in a sumo position, toes pointing out slightly and feet wide. Shoot your booty back into a sumo squat and then jump up and land in a regular squat position, feet hip distance apart, chest lifted and knees tracking in line with your toes. That is one rep.
- If you get winded or can’t jump, you may step out into a sumo squat and step back into a regular squat. For each rep, alternate which foot is stepping out.

2: Band Step Backs

- Put a band around your ankles. Stand next to a wall or chair back and hold on for balance. Begin lifting one leg at a 45 degree angle as high as you can without rotating your hips. Place your hand on the back of your hip to really engage your mind-muscle connection.
- If you don’t have a band, stand and hold on to a wall. Lift your leg behind you at a 45 degree angle with your foot flexed.

3: Fit Ball Wall Squats

- Grab a swiss ball and place it against a wall. Stand against the ball, starting with the ball on your lower and mid back.
- With your feet slightly in front of you, squat down while pressing against the ball. The ball should end up on your mid and upper back by the time you get down low.
• If you don’t have a swiss ball, do regular squats with or without weights. You can also hold on to something during regular squats so you can get a little lower and activate your glutes more.
• If you have dumbbells, you can also do the ball squat while holding the dumbbells at your shoulders.

4: Lateral Barrier Jumps

• Place a dumbbell or small item in the center of your space. Stand on one side of your placeholder with your feet parallel to it.
• Load your weight in your heels and jump up and over (to the side) the barrier, landing softly with bent knees.
• If you start to get winded, hop over with one foot following the other instead of a full jump.

5: Tabletop Sliders

• Sit down and place the heels of your feet on sliders. Extend your legs out long and place your hands just below your shoulders, slightly behind you.
• Lift your hips up into reverse plank, and then drive your heels in towards your booty so you end up in reverse tabletop position.
• Slide your feet back one at a time to the starting position, legs extended.
• If you need a break, drop your hips down for a few seconds. If your wrists are getting tired, drop down onto your elbows in reverse plank. You can also hold a dumbbell under each hand to align your wrists.

6: Deep Paused Sumo Squats

• Grab your dumbbells and begin in a sumo position with your feet out wide and slightly turned out. Place the dumbbells at your shoulders.
• Keeping your core engaged, squat down with control and pause at the bottom, keeping your chest lifted.
• Press back up, slow and controlled, and squeeze your glutes.
• If you want to use just one dumbbell, hold it on either end near your collarbone, keeping your elbows in.
WORKOUT 5

<table>
<thead>
<tr>
<th>MOVE</th>
<th>REPS</th>
<th>ROUNDS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1: Walking Lunges</td>
<td>10 each leg</td>
<td>3/4</td>
</tr>
<tr>
<td>2: Donkey Kicks</td>
<td>12 each leg</td>
<td>3/4</td>
</tr>
<tr>
<td>3: Plie Thigh Pulse</td>
<td>R1: 20, R2: 25, R3: 30</td>
<td>3/4</td>
</tr>
<tr>
<td>4: Skater Lunges</td>
<td>10 each leg</td>
<td>3/4</td>
</tr>
<tr>
<td>5: Sumo Deadlift</td>
<td>10</td>
<td>3/4</td>
</tr>
<tr>
<td>6: Mountain Climbers</td>
<td>40</td>
<td>3/4</td>
</tr>
</tbody>
</table>

1. Walking Lunges

- Begin on one side of your space in a standing position. Step forward with one leg and lunge down, front knee tracking in line with your front toes. Make sure not to pitch your weight forward - stand upright with your back leg strong.
- Press up and step your back leg forward into a lunge so that you “walk” a step. Repeat until you reach the end of your space and turn around to complete your reps.
- If you want to add weight, grab a set of dumbbells (one in each hand) and keep your shoulders actively engaged and pulled back. Perform the lunges the same way you would without the weight.
- Be sure not to swing the weights around, keep them controlled by your sides or at your shoulders.

2. Donkey Kicks

- Come down to a tabletop position with your hands just below your shoulders and knees just below your hips. Make sure not to arch your round your back.
- Lift your left knee off the ground and begin kicking it back like you’re going to touch the ceiling and driving through the heel. Touch your knee down gently between each rep.
- You can add weight by placing a dumbbell at the back of your knee. Make sure the dumbbell is secure before starting your reps.
- If you have ankle weights, you can also use those.
3. Plie Thigh Pulse

- If you’ve never done this move before, I recommend you find something to hold on to for balance.
- Start standing and lift up onto your toes. Squat down slightly and put your hand(s) on your hips.
- Begin pressing your knees in and out, pulsing them.
- To make it more challenging, sink down lower. To make it less challenging, stand up a little.

4. Skater Lunges

- Start in the center of your space and stand with your feet hip distance apart.
- Jump to the right onto your right leg and bring your other leg back behind you into a curtsy lunge and bring your left hand to touch your opposite foot.
- Jump to the other side and repeat.
- If you want to add weight, grab a set of dumbbells and slow it down a little bit. Keep your shoulders lightly engaged and back so they don’t round forward.
- If you get winded or can’t jump, do alternating reverse curtsy lunges.

5. Sumo Deadlift

- Stand with your feet wide and toes slightly turned out. Make sure your hips are square and keep your core engaged.
- Shoot your butt back and bend your knees, imagining that you’re picking up something really heavy. Keep your hands out in front of you like you’re grabbing the heavy object and squeeze your glutes to come to standing and driving through the hips.
- If you want to add weight, grab dumbbells or a barbell. Keep the weights close to your shins and make sure not to let your shoulders round forward.

6. Mountain Climbers

- Come into tall plank with your hands below your shoulders, core tight and back in neutral position (nor arched or rounded).
- Drive your knees up to your chest (alternating) quickly like you are running.
- You can slow it down if you’re feeling winded.
WORKOUT 6

<table>
<thead>
<tr>
<th>MOVE</th>
<th>REPS</th>
<th>ROUNDS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1: Elevated Straight Leg Lifts</td>
<td>0:45</td>
<td>3/4</td>
</tr>
<tr>
<td>2: Prisoner Squats</td>
<td>1:00</td>
<td>3/4</td>
</tr>
<tr>
<td>3: Single Leg Hamstring Curls</td>
<td>0:30 each leg</td>
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</tr>
<tr>
<td>4: Broad Jumps</td>
<td>0:45</td>
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</tr>
<tr>
<td>5: Step Ups with High Knee</td>
<td>0:30 each leg</td>
<td>3/4</td>
</tr>
<tr>
<td>6: Reverse Burpees</td>
<td>0:45</td>
<td>3/4</td>
</tr>
</tbody>
</table>

1. Elevated Straight Leg Lifts

- Begin standing with a swiss ball in front of you. Place your hands on the ball and roll forward so that your hips and upper thighs are on the ball. Place your elbows on the ground in front of you.
- Lift your legs up and open them at the top and then lower them back down. You can also keep your legs together while lifting and lowering.
- If you don’t have a swiss ball, you can lie on the ground on your stomach and do the same movement of lifting, opening and releasing your legs. You can also use an ottoman.

2. Prisoner Squats

- Begin kneeling with a soft surface under you. Place your hands on your hips or behind your head.
- Place one foot in front of you, press through the foot and bring the other leg to meet it so that you are standing. Come back down with the same foot you came up with first.
- For the next rep, lead with the other foot.
- If you want to add weight, grab a set of dumbbells and keep them by your sides, keeping your shoulders back and engaged.
3. Single Leg Hamstring Curls

- Grab a swiss ball and lie down on your back. Place your heels on the ball and lift your hips up.
- Lift one of your heels off the ball and dig your other heel into the ball while driving it towards your booty. Make sure to keep your hips lifted and square (engage your core to help keep them stable).
- If you don’t have a swiss ball, you can either use the hamstring curl machine at the gym, or you can use sliders.
- If you’re using sliders, place both feet on one slider and lift up into reverse tabletop position, with your hands just below your shoulders. Alternate sliding one heel in towards your booty and then the other. The harder you press into the slider, the more you’ll feel it.

4. Broad Jumps

- Begin standing with your feet hip distance apart. Load your weight in your heels and jump forward across your space as far as you can.
- Make sure to land light on your feet and keep the weight in your glutes.

5. Step Ups with High Knee

- Stand next to a bench or box. Plant your left foot on the bench and step up while driving your right knee up.
- You can alternate legs, or do all on one leg and then switch.
- If you want to add weight, grab a set of dumbbells and keep your shoulders back and down. Perform the movement the same as you would without the weight.

6. Reverse Burpees

- Begin standing with your feet hip distance apart (make sure you have enough room behind you).
- Sit down to the floor, roll onto your back, roll back to your feet, power up and jump up. Use momentum to roll back to your feet.
- To modify, place your hands on the floor next to you while sitting and standing for stability. The closer your feet are together, the easier it will be to stand up.
ABOUT BETTY ROCKER

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

When people meet her in person, they're often shocked to discover she stands all of 5' tall - as her famous online personality seems at least a foot higher. With long, black hair, piercing blue eyes and a full sleeve tattoo on her right arm, this tiny warrior woman finds ways to make you do things with your body you wouldn't have thought were possible - and will not only get you drinking a green smoothie - but actually liking it too.

She does this with her favorite super power, "Maximization" where she shows you how to simply and easily get the MAXIMUM benefit out of any experience, any food, any workout - so you feel amazing, look amazing and experience more love, more joy and more happiness in the moment you find yourself in.

She began her education in nutrition at Tufts University, received her structural alignment certification in 2007, and is a CHECK certified exercise coach. With a background in structural alignment and kinesiology, she incorporates a strong, holistic focus on body balancing and alignment into her fitness programs.

She worked with motorcycle racers and extreme sports athletes for 7 years as a Structural Integrationist before transitioning to nutrition and fitness full time.

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.
Exercise, nutrition, mindset and lifestyle are all gateways to self growth. They all work together to serve you in the quality of life you live. Betty Rocker's mission is to empower people to live a healthy, happy and balanced life and achieve their dreams and goals by teaching them about food and their bodies - and how to consciously integrate this information into their lives in a meaningful way.

She is the host of the now world-famous 30-day Fitness Challenge that has transformed thousands of people's lives and bodies, and the author of 3 cookbooks and several food and fitness guides.

You can connect with her on her blog, www.TheBettyRocker.com for recipes, home workouts and motivation!

Connect with her on Facebook, Instagram, Youtube, Twitter