30-DAY BODYWEIGHT SHRED CHALLENGE

WEEK 4
Welcome to Week 4 of the 30-Day Challenge!
VERY IMPORTANT

- If you have injuries, pre-existing conditions or at any time experience pain during the movements in this series, please stop immediately. We do provide variations for the movements, and because Week 1 covers more basic movements you can progress at your own pace, sticking with those moves if the following weeks are too challenging.

- You are ultimately responsible for protecting yourself and making the decision to stop or continue. If you’re not sure if these workouts are appropriate for you, consult with your trainer, your physician or your PT.

- By joining this challenge and following these videos, you agree that you will not hold The Betty Rocker, Inc, its affiliates or associates responsible for any injuries, losses or health problems sustained while performing these movements. You agree that you are undertaking this fitness challenge at your own risk, and of your own volition.

- PLEASE BE RESPONSIBLE. FOLLOW THE FORM GUIDES. BE PATIENT WITH YOURSELF, BE SAFE, and HAVE FUN.
Information About the Workout

- This total body circuit consists of 7 exercises that engage multiple muscle groups. You will have a combination of strength, balance and heart-pumping cardio moves!

- Week 4 is a build on Weeks 2, 3 and 4 and will be the most challenging circuit yet. Focus on your form and on maintaining it for the full minute you're doing each exercise.

- If at any time the move is too difficult to perform, simply revert back to the basic move from week 1 and keep going.

- If you feel pain at any time you should stop at once.

- Perform each exercise for 1 minute. Rest up to 15–30 seconds before moving on to the next move (or as needed).

- Once you have completed all 7 moves, rest for a minute (or as needed) and repeat the series again twice.

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If you are ADVANCED you may: repeat the circuit for a total of 4–5 times, decrease the rest between moves, increase your pace in performing the moves – as long as your form remains correct.

Perform the weekly circuit 3 times per week for best results. You may perform it up to 5 times per week.

FORM: Pay attention to your form – we want you to make it through all 4 weeks successfully, and mastering the form for each move will ensure you build a strong, balanced body.

REST: You may combine these circuits with your regular strength training program – but be sure to give your body at least 2 days of full rest per week.

VARIATIONS: Use the video to learn how to do each move correctly and to see variations. This document is a great reference that you can store digitally in your phone, or print out.

SAFETY: Be sure to protect your joints during any jumping moves with a springy landing surface like a carpet, mat, grass or dirt – NOT hard concrete or asphalt.
Benefits of Body Weight Training

- Body weight workouts do not constrain you to training any specific place, or require any equipment.

- Fast-paced circuits that engage multiple muscle groups and challenge your body with strength, speed and balancing moves increase your body’s fat-burning ability and will keep you burning calories for hours after your workout.

- This type of training is incredibly effective for burning fat, body sculpting and increasing strength, as each week gets progressively harder.
Weekly Challenge Goals

- Try to get the same number of moves per minute consistently each round. With each workout, aim for equal or more reps than the day before. Write them down and post them to the challenge group on Facebook!

- Post your progress and workout pics and videos on the Facebook group wall to win daily and weekly shout outs! Hashtags for Instagram and Facebook: #makefatcry #rocktober30 #rockingthe30day #thebettyrocker
Here we go!

If you’re using an interval app or timer, set your timer for 1 minute intervals with 10–30 seconds rest between moves.

See the section at the end of Week 1 document for help using the timer app Betty Rocker and Coach Erin love.

Advanced: If you don’t need the rest, move through the sequence without it for an extra burn!

Ready, Set, GO!
Move 1: Wide Plie Squat with a Hop

- Start with a wide foot stance (Plie) and push hips back slowly, 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 Plie Squat explode upward with a hop, squeezing your glutes and inner thighs on the way up from the bottom.
Move 2: Push-up Jacks

1. Start in the Tall Plank position with hands slightly wider than shoulders, and shoulders in direct line with the hands, not behind.

2. Keep the legs straight and the core tight, not letting the lower back become sway.

3. As you lower yourself towards the floor by bending the elbows, hop your feet wide.

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

5. Push back up using the Chest and triceps muscles to the initial Tall Plank position as you hop your feet back together.

6. Keep head & neck in neutral alignment with the spine.
Move 3: Curtsy Lunge to Outside Knee Lift

- Begin in a standing position, then Curtsy Lunge your Right leg behind the Left.
- As you return to a standing position, lift the right knee up high in a power thrusting motion.
- Alternate from side to side, using your arms to propel you.
- Keep the core tight and the chest and shoulders up and facing forward, not down.
Move 4: Side Plank with Hip Drop & Knee Pull-in

- Begin on your side, stacking your elbow under your shoulder, and scissor step your feet or stack. Make your body into a straight line.

- Slowly lower the hips to just above the floor and lift up, keeping the core tight and a perfect diagonal line from the head to the toes.

- At the top of the lift pull the knee into the chest and return back to the beginning position.

- Be sure to keep your hips stacked and do not let the hips rotate to the back.

- Repeat for 30 seconds and switch sides.
Move 5: Tricep Dips with 3 Kicks and 3 Dips

From the 4 point position (hands & feet on the ground and hips lifted, facing up), bring your hips up high and tighten through your core.

Lift and extend your right leg off the ground holding a 45 degree angle. Kick the extended leg up, then switch legs for a kick and back to the original leg. Slowly bend at the elbow and lower your upper body down slowly three times.

Kick the legs 3 more times (this switches the extended leg for the next 3 dips).

Remember to keep the hips lifted and the glutes engaged.
Move 6: Jump to Side Lunge and Touch

1. 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.

2. Back to a standing position and repeat jump 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.
Move 7: Single Leg Elevated Bridge Pullover

1. Lay Supine (on your back) with one foot on a step, bench or table and 1 leg extended.

2. With your hands overhead, holding a weight or water bottle (optional) pull your arms up and over towards your hips as you raise your hips up.

3. Lift your hips and pull your arms up together, lower your hips and open your arms down together.
Repeat this sequence 3 times!
(advanced go for 4–5)

By the way, did we mention that YOU’RE AWESOME?!
Designed by Triathlete and Master Trainer, Erin Truslow and Structural Integrationist and Anatomy expert Bree Argetsinger (aka The Betty Rocker), this body weight sequence was designed to tone, sculpt and shred your entire body.

We shot these workouts in locations around the city of Austin to demonstrate that nothing can stop you from getting fit – you don’t need a gym, any equipment or any special time of day. Just get out there and go for it!
Recommended After the Challenge

Brought to you by my good friends Jen and Jadah at Simple Green Smoothies, this is an AMAZING program that I have done myself and highly recommend.
The Betty Rocker

Bree Argetsinger, aka The Betty Rocker is an innovative leader and motivator in the world of health and fitness.

She teaches nutrition-based cooking classes at Whole Foods Market, was just featured in the Oakley Women's Collective, and inspires her worldwide following with healthy fitness food, bodyweight workouts and a positive, creative approach to life.

She is the creator and author of the Body Fuel System, a 30-day gluten free eating guide to natural fat loss that delves into the science of Superfoods, nutrient balancing, creating a sustainable, healthy lifestyle, and the effects of common inflammatory foods.

Read more about THE Betty Rocker.
Since 2004, Erin Truslow has completed over 40 triathlons!

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

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

She is a master trainer, proud mom, and team owner of Big Pistachio Racing in Austin, TX, and offers personal online coaching programs.