



30-Day Spring Challenge

WEEK ONE



WELCOME to the 2014 SPRING CHALLENGE!

Please read this important message:

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 more 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.

Participants in the 30-day Challenge agree to indemnify and hold harmless The Betty Rocker Inc., its subsidiaries, sponsors and affiliates, partners, officers, directors and employees from all risk, loss, injury, damage, or harm that may arise from participating in the challenge.

Always consult with a physician or health-care provider before starting any new exercise, nutrition, or supplementation program; particularly those who suffer from any medical condition or regularly use prescription or over-the-counter medications. If an entrant is not experienced with dieting or strength training, or changing their exercise program, they are advised to consult with a qualified trainer or coach.

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 1 contains your 7 core moves.** Focus on your form and on maintaining it for the full minute you're doing each exercise.
- ▶ **Intermediate to Advanced:** Perform each exercise for 1 minute. Rest up to 15-30 seconds before moving on to the next move (or as needed).
- ▶ **Beginner:** Perform each exercise for 30 seconds. Rest up to 30 seconds before moving on to the next move (or as needed). A great way to use the videos is to workout with us for 30 seconds, then rest until the next exercise.

These workouts are designed to be challenging!! I end up modifying many of the moves by round 2 or 3, and just keep moving - if it's a jumping move, go to body squats if you get winded for example, if an upper body move burns out your arms, hold a plank as long as you can. The point is to **KEEP MOVING**. If you're here, you're already doing it right!!

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

▶ **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.

▶ **THIS DOCUMENT CONTAINS** your workout, step-by-step instructions for using the Seconds Pro timer app we like to use for our workouts, and a brief bio of your trainers!

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

▶ **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.

TAKE REST DAYS!!! Muscle grows when we rest it, NOT when we are working :)

- ▶ **The CHALLENGE is to perform the weekly circuit 3 times per week for 3 rounds.** It's totally okay if you have to break up the rounds. You can do them more than 3 times per week, but I recommend incorporating different activities like walking, running, weight training, etc depending on your current fitness level. I will NOT be prescribing other activities, as the group is large and very diverse. We are all different and you have to listen to your body and decide what the right balance is for you.

Weekly Challenge Goals:

- ▶ **PACE YOURSELF:** 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. Share your journey in the Google Group!!
- ▶ **You are a Great Example!** Participate in the group, post your pictures on Instagram and Facebook and share your healthy lifestyle with your friends and family.
- ▶ **Be Mindful of your Eating during the Challenge.** Clean Eating Guidelines and recipes can be found on thebettyrocker.com blog, and the 30-day Get Lean Stay Lean eating system is available at fuel.thebettyrocker.com.

There is a LOT of support for this in the google community, so be sure to join! Links for everything will be found in your emails!

Hashtags for Instagram and Facebook: #makefatcrychallenge #rockingthe30day #thebettyrocker #thebettyrockerchallenge #bodyfuelsystem

Benefits of Bodyweight Training:

- ▶ Body weight workouts do not constrain you to training any specific place, or require any equipment. They are great for busy travelers, family vacations, rainy days, the empty office break room – virtually anywhere you have space to move for 25-30 minutes.
- ▶ 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.**



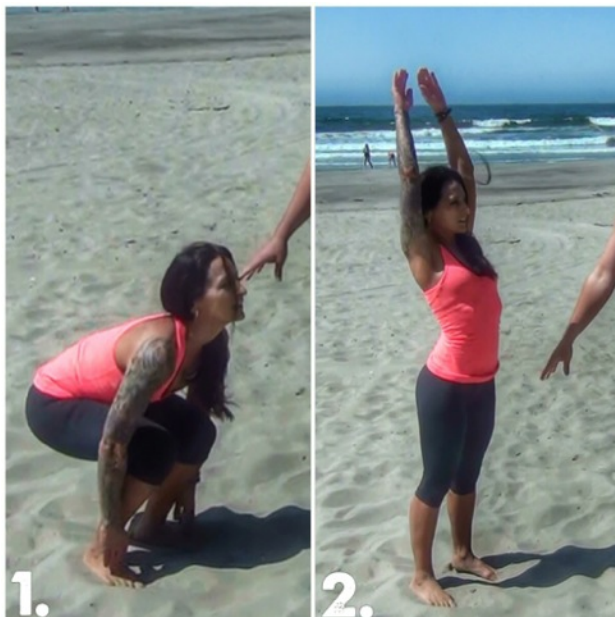
Get the official #makefatcry shirt!

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Move 1: Total Body Extension



- From a standing position, shove your hips back, keeping your weight on your heels - chest lifting - and bring your hands towards the ground.
- While you're in that squat position make sure you have a flat back. From this loaded position, explode your hips forward and swing your arms overhead as you jump off the ground as high as you can.
- Land softly and RESET your position before each rep. Inhale down, exhale up.
- When you start to get tired, remove the jump and finish your set!



MODIFICATION

- From a standing position, shove your hips back, keeping your weight on your heels - chest lifting - and bring your hands towards the ground.
- While you're in that squat position make sure you have a flat back. From this loaded position, thrust your hips forward and swing your arms overhead as you stand tall.
- Squat back again to the starting position. RESET your weight back. Inhale down, exhale up.

Move 2: Push Slide

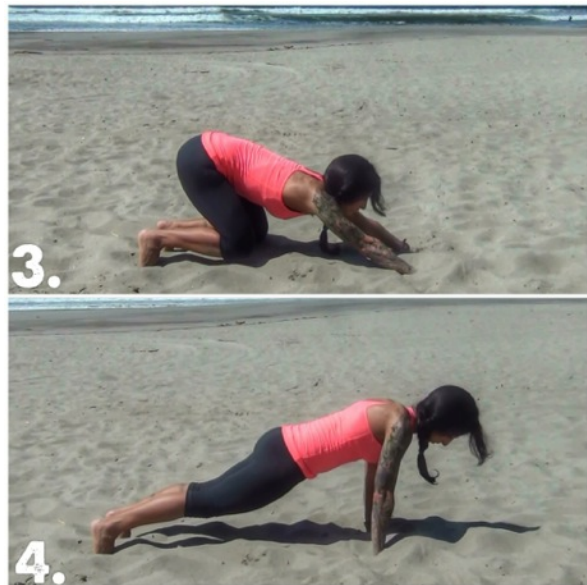


- Begin in a tall plank position (1).

- **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).

MODIFICATIONS: You can perform this on soft fists to help straighten your wrists. My hands are buried in the sand so you can't really see - but you can either do this with flat palms or soft fists.



- Without bending your arms, drop your butt towards your heels by bending just your knees (3). This is your start position for the push slide.

- From this position, press your feet into the ground and bring your chest forward into the pushup position without bending your elbows.

- From there, press back through your shoulders as you come back to the start position.

- Try to work with your arms as you press yourself back and forth from moves 3 + 4. If you press with your legs, you'll feel a LOT of burn after move 1.

MODIFICATIONS

- If the push slide is too challenging, or you need to take a break in the middle of your set, try going back and forth between moves 1 + 2 - which is pressing between plank and downward dog.
- You can also just HOLD PLANK. Do this if you need a break and still have a little more to give. You are working, regardless. It's absolutely fine to pause and come back in with any move. THE POINT is to be challenged and to get stronger :) These are tough for me too!
- A final modification if plank is too much weight to put on your shoulders/wrists is to do pushups against the wall or a countertop, standing. The farther out you bring your feet, the harder it will be.

Move 3: Reverse Lunge with Knee



- From a standing position, step back with your left leg into a reverse lunge (1).
- **Important Points with Lunges:** Make sure your front foot stays flat on the ground and your knees are always pointing the same direction as your toes. Your front knee will go just over your toe, but should not go beyond it.
- When you do this, you'll feel the quad on your back leg working and the hamstring on your front leg.
- Inhale as you step back.
- From this position, press through your right (front) heel and bring your arms down, exploding up to stand on your right foot as you bring your left knee up to your chest.
- Step your foot back to a reverse lunge, and repeat for 30 seconds on this side.



- Repeat the above sequence with your right leg stepping back to the reverse lunge and bringing your left knee up.
- It can be helpful if you do this beside a wall or table to help with your balance. Just hold onto the wall or maintain a light contact with it to help you.
- Don't rush. I do a lot of unilateral movements in my exercise program regularly and it is very important to work on form with these before speed.

MODIFICATIONS:

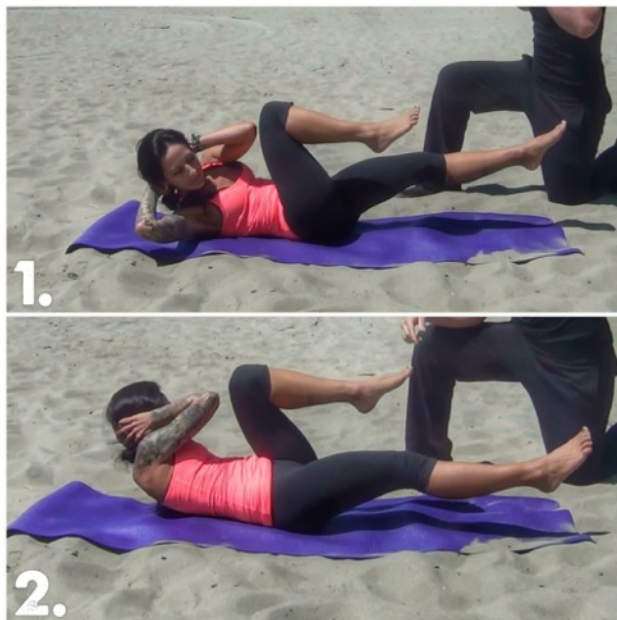
If adding the knee lift makes you lose your balance, take it out and just do alternating reverse lunges.

Another variation is to try separating the movements. Perform a reverse lunge, one on each side. Then stand up, feet hip distance apart and bring one knee up to your chest then the other. It will be easier to keep your balance and you can still do all the moves.

Move 4: Single Leg V-Ups



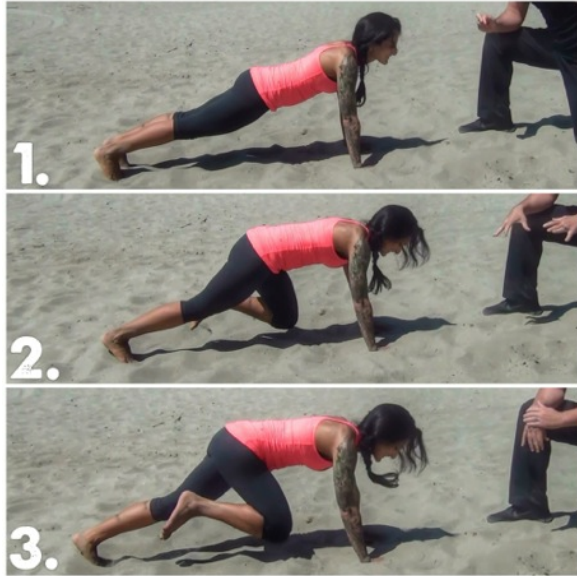
- Start lying on your back with your arms overhead and legs fully extended (1).
- Lift your torso, reaching your right arm to meet your lifting left leg. Try to keep your legs as straight as you can. It's totally fine to have a soft bend or bent knee, the straighter they are, the harder it is.
- Touch your left toes with your right hand (2) then lower yourself down with control (3).
- Keep your chest lifting and your head up as you lift up, don't roll your spine.



MODIFICATION:

- A great modification for this cross body core move is the bicycle crunch. If you start with the one-legged V-ups and get tired, move into a bicycle crunch, or do them for the entire minute as you build strength in your core.
- Your hands are behind your head with a contacting pressure. Do NOT pull your head up - use your torso and core to do that.
- Begin on your back, knees up. Keep your lower back pressed into the ground, don't let it arch.
- Straighten your left leg, bringing your right knee up to meet your left elbow. Repeat on the other side.

Move 5: Mountain Climbers



- Start in a tall plank position, with your shoulders stacked over your wrists and your arms straight.
- Keep your upper body in a straight line. Don't let your lower back sag. Keep your hips as low as you can as you begin to run in place, bringing your knees up to your chest.
- Find a comfortable breathing rhythm and pace.
- Doing mountain climbers for a minute is tough - as you start to tire, stop running and simply alternate your knees to chest until you can give it another run burst. You can also take a brief break and hold plank.
- It's okay if your hips start to lift, but try to keep them down as much as you can for the full duration.

MODIFICATIONS:

For your wrists, use the soft fist example from above to take a little pressure off the wrists.

As I mentioned in the exercise description, you can also hold plank as long as you need to. You can slow down the running pace to a slow walk.

You can also STAND and perform high knees to get some core burn without being on your wrists or shoulders at all.

Move 6: Thigh Jacks



- From a standing position, hands by your sides, jump your legs out to a wide leg stance while lifting your arms to your sides about chest height (1).
- From there jump everything back together and cross your right foot in front of your left, bringing your left hand over your right in front of you (2).



- Jump your feet back out wide, bringing your arms back out (3).
- Jump yourself back, bringing the left foot in front of the right this time, crossing your arms in front of you to match your feet.
- Keep going!

MODIFICATIONS:

You can do regular jumping jacks if you are having any trouble coordinating your feet.

To take out the jump and still get your heart rate up, begin standing. Take a quick step out to your right, bringing your arms out wide. Step your right foot in and slightly behind your left foot, bringing your arms in front of you. Repeat with your right side for 30 seconds, then switch to stepping out with your left foot.

Move 7: Bridge Lifts



- Lie on your back with your knees bent and your feet planted flat on the ground.
- Bring your hands down to your sides, press your heels into the ground and lift your hips towards the sky.
- In the top position, squeeze your glutes and core hard!
- Come back down to the ground and repeat.
- Inhale down exhale up.

Repeat these moves 3 times! **HAVE FUN!**



Week 1 of your Spring Challenge was filmed on Stinson Beach, in beautiful Marin County. Next week we will be at the highest point in San Francisco....see you there!

About Your Coaches



Co-created by the Garage Warrior, founder of the CT-50 program, Master Trainer **Tyler Bramlett** and Structural Integrationist, Anatomy expert and Nutrition Coach **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 in and around the city of San Francisco 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!

But...wear sunscreen! We got a bit sunburned at the beach during the Week 1 shoot...ouch! :)

The Betty Rucker



Bree Argetsinger, aka The Betty Rucker is an innovative leader and motivator in the world of health and fitness. With a background in structural alignment and kinesiology, she incorporates a strong focus on balance and alignment in her fitness programs. A regular guest chef at Whole Foods for 2 years, she received early acclaim on for her ability to teach simple, nutrition based cooking that people enjoyed. Her mission is to inspire people to live a healthy, balanced life that empowers them to recognize their dreams and goals. She was recently featured in the Oakley Women's Collective, and is the host and creator of the worldwide Make Fat Cry 30-day Challenge. She is the author of the Fitness Food Cookbook series, and 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 Rucker](#).

Coach Tyler Bramlett



Master trainer Tyler Bramlett came to fitness by a hard road. After getting hit by a car on his bicycle, he decided to reassess everything he thought he knew about fitness and rebuilt his body from the ground up. He started 30 pounds overweight and far from the highly trained coach and athlete you'll work with in this challenge - a big part of what inspired him to study multiple bodyweight modalities. Tyler is a Certified Russian Kettlebell Instructor (RKC), a USAW Sports Performance Coach, a Certified Kettlebell Functional Movement Specialist (CK-FMS) and a Crossfit Level 1 Trainer. He brings guts, fun, high level knowledge and the kind of experience you can only get from going through a transformation yourself to the table - and he will **MOTIVATE YOU** to push yourself!! Tyler is the creator of the famous [CT-50 program](#), and has a loyal community of Garage Warriors! Read more about [Coach Tyler](#)!

Spring Challenge Team

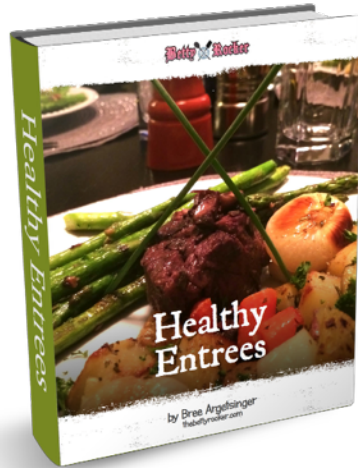


Special thanks to Chelsea Eomurian, my Chief Implementation Ninja and Right Hand Woman!!

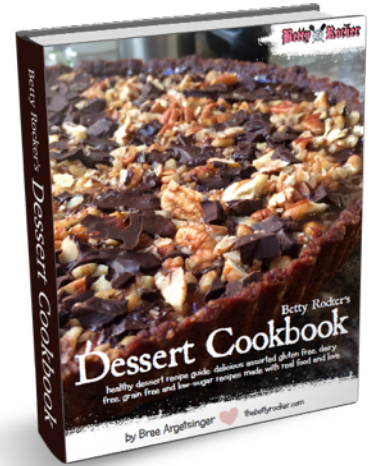
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30-Day Get Lean, Stay Lean Eating Plan

(gluten free, dairy free, includes Vegetarian options)

