



30-Day Spring Challenge

WEEK THREE



WELCOME BACK 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 Rucker 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 3 contains 7 moves that are a build on the Week 2 moves. Use the Week 1 or 2 moves any time you need a break!** Focus on your form and on maintaining it for the full minute (or amount of time) 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 - especially at this stage - 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 and a brief bio of your coaches. Step-by-step instructions for using the Seconds Pro timer app we like to use for our workouts can be found on the Week 3 Video Page

▶ **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 from Orientation to the Group in your emails!**

Hashtags for Instagram and Facebook: #makefatcrychallenge #rockingthe30day #thebettyrocker #coachtyler #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: Burpees



- From a standing position, set your weight back to your heels and drop to the ground, placing your palms down - slightly wider than shoulders (2).
- Keep your gaze neutral (not down) and jump your feet back. Land with straight legs and your core engaged (3 &4).
- Your landing position is important - it's a proper tall plank. Don't allow your lower back to sag. Make sure your wrists are stacked below your shoulders.
- Drop your chest to the ground and do a push-up. You can do this a couple different ways - the more challenging way is to do a controlled push up. I always try to do this in my first round. But when I start to get tired, I do a modified burpee, which is to drop your chest all the way down right away and then drive your hips up to bring yourself back up.
- Jump your feet back to your hands (7) and land on your feet, weight back in your heels and chest lifted (8) and then jump (9)!
- **MODIFICATIONS:** You can go back to squat thrusts from Week 2 anytime or full body extensions. You can take out the jump, you can also step back with one foot then the other and step back from plank to slow things down a bit.
- 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 :)

Move 2: Hindu Push Ups



- Set yourself up for the push ups just like Coach Tyler and I are 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 forward and down, coming into a push-up position, then pressing yourself through the push up to a full cobra (4).
- 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, press up to a plank, then back to 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**: This move is tough, it's a toss up for me if the Week 2 move is harder or this one is....either way, you can go back to Week 2 or you can go back to the push slide from Week 1 - or come into high plank and hold it to work on strengthening your upper body.

Move 3: Double Jump Switch Double Crescent Kick



- From a standing position, jump into a lunge, with your left foot in front, your right foot directly behind you.

- 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.

- From this position, jump through your left (front) heel and bring your arms down, exploding up to land in a lunge again, this time with the right foot in front of you and left behind you.

- Jump yourself up to stand, giving yourself a little bounce or hop to reset you on two feet and prep you for the kick.

- A crescent kick really targets your core muscles and glutes. Begin with your left foot slightly behind your right, and swing it up and toward the center of your body, as if you were drawing a giant circle in front of you with your heel.

- As that foot comes up, at its highest point your foot will be up and in front of you. Bring it down and back to its starting position. Again, bounce to reset yourself and step your right foot slightly behind your left to set yourself up to do a crescent kick on the other side.

MODIFICATIONS:

- Take out the jump in the jump switch if you get winded, or if jumping is tough on your knees. Go into forward reverse lunges, or stationary lunges.
- To modify the kick, definitely try kicking much lower than me. I have been practicing moves like these for years, and at 5' I love being able to kick as high as my head! I've been working on it for a long time. Don't worry if you can't kick as high as me, just kick where you're comfortable. You can, and should hold onto a wall for support during the kick, as it can get you a little off balance. You can also do a crescent knee, which might feel a little easier to control at first. Same movement, just lead with your knee bent.

Move 4: V-Ups



- Start on your back, arms extended overhead (1). Core is engaged, lower back is pressed into the ground.
- Lift your torso and feet at the same time, bringing your hands to touch your feet.
- 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.

MODIFICATION:

- Remember you can go back to active bicycles from Week 2, or do bicycle crunches. You can switch to the bicycle crunch anytime during this move, just remember with the bicycle our hands are behind our 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: Grasshoppers



- Start in a tall plank position, with your shoulders stacked over your wrists and your arms straight (1).
- Keep your upper body in a straight line. Don't let your lower back sag.
- Keep your hips as low as you can and sweep your left foot under you and touch your toe on the outside of your right side (2).
- Return to plank and rotate again, sweeping your left leg through.
- Try to keep your arms straight, you don't need to bend them. This is a super lower abdominal and core stabilizer strengthening move that is SO AWESOME for really getting great abs.

MODIFICATIONS:

- If the rotation bothers your back at all, go back to a cross body mountain climber or a regular mountain climber.
- If it's tough being on your wrists, you can use soft fists or hold light dumbbells to align yourself.
- You can also STAND and perform cross body high knees to get some core burn without being on your wrists or shoulders at all.

Move 6: Barrier Jump and Squat



- This move is SO FUN! Start out standing, and come into a body squat. Keep your feet in a nice neutral position in your body squat, not out-toeing or in-toeing.
- Your weight should be back in your heels as you squat (and don't feel like you have to go as deep as me, my hips are super flexible and I've been working on these for ages!) and your chest needs to be LIFTED. Don't dip or bend forward.
- As you come up out of the squat, jump yourself to the left. Land softly and immediately drop down to a squat (4).
- You want to make sure your knees are tracking in line with your toes, and also not going over them. Jump only as far as your'e comfortable here - no need to travel far to make this effective!
- Stand up to perform a body squat, using the same good form you used on the first one.
- As you come up from the squat, jump back to the right to your starting position, coming into another body squat and continue to jump laterally back and forth with the body squat in between.
- Land softly on every jump. Keep your head up, try not to look down.

MODIFICATIONS:

- The jumps will get you winded, so you can take them out when you need a break and step to the side, coming into a body squat, then step back to the other side and do another body squat. Do that until you get your wind back and can jump again.

Move 7: Tabletops



- I've started doing this move more often and I LOVE the results! It's such an awesome hamstring and glute targeting move and it gets your core engaged too.

- Bring your hands to your sides and press your heels into the ground. Your butt is lifted (I know it's hard to tell from the picture).

- Press your heels into the ground and squeeze your glutes to lift yourself up into tabletop, pressing through your pelvis.

- 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) and repeat.

- **MODIFICATIONS:** Go back to the bridge lift from week 1, or do alternating bridge lifts if you liked them from week 2. Try a few of these though, they're totally awesome!

Repeat these moves 3 times! HAVE FUN!

About Your Coaches



Week 3 of your Spring Challenge was filmed right in front of the Golden Gate Bridge, one of San Francisco's most famous landmarks. We had such awesome weather!

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!!

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

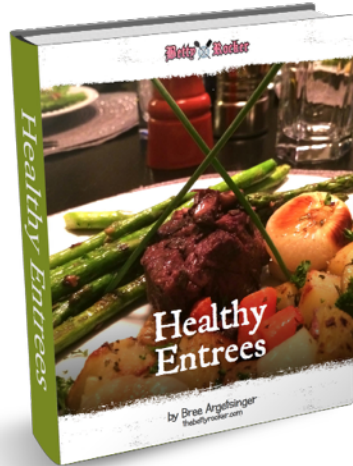


Master trainer Tyler Bramlett came to fitness by a hard road. After getting hit by a car on his bicycle, he decided to reassess everything he thought he knew about fitness and rebuilt his body from the ground up. He started 30 pounds overweight and far from the highly trained coach and athlete you'll 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](#)!

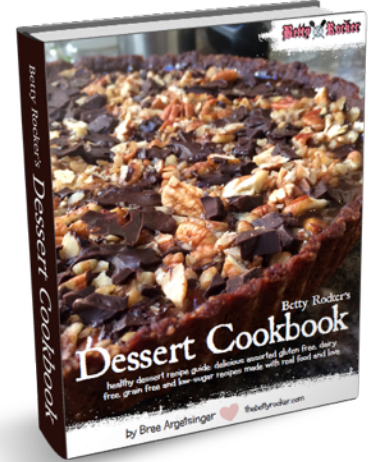
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