



# 30-Day Spring Challenge

## WEEK FOUR



# 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 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 4 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

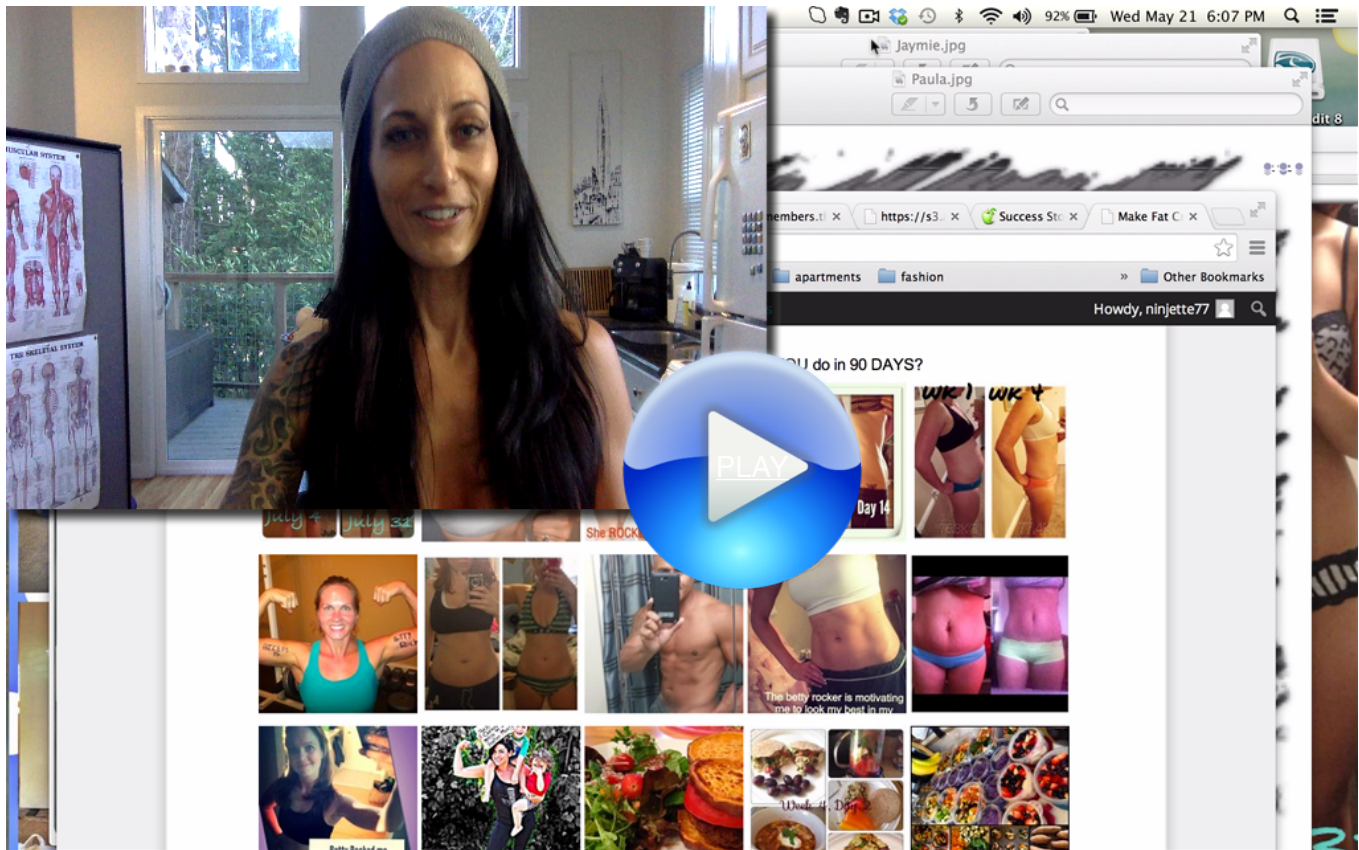
▶ **Once you have completed all 7 moves**, rest for a minute (or as needed) and repeat the series again twice.

▶ **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.

# Check Out the New 90 Day Make Fat Cry Challenge Transformations Program!



[Click Here to Get all the details](#) and Take advantage of the huge discount on this incredible program - for Spring Challenge participants!



# Move 1: Fully Extended Tuck Jump



- From a standing position, set your weight back to your heels and drop to the ground, bringing your hands down (1). Keep your knees in line with your toes and don't let them go beyond the toes.
- Explode upward, reaching your hands up high overhead, tucking your knees up to your chest and your heels up under your glutes.
- Land softly with your weight back in your heels and go right back into your low position to re-set for the tuck jump. Exhale as you jump, inhale as you come down.
- **MODIFICATIONS:** You can go back to squat thrusts from Week 2 anytime or full body extensions.
- 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: Divebombers



●Set yourself up for this move 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 down and forward like you did in the Week 2 low push slide (3&4).

●Keeping your elbows bent and your chest low, bring your body through to a full cobra (5&6).

●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, bend your arms again to reverse out of this, dipping your chest to the ground before pushing back into 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:**

●When you are ready for a break, take the reverse out of it and just push back to down dog.

●When you're ready for another break, try going back to low push slides or regular push slides from week 1.

●Take a full active break by holding plank.



## Move 3: Brogue Kicks



- That's right, it's NINJA time again!
- From a standing position, set yourself up with your left foot a little behind your right (1).
- Propel off your right foot, bringing your left knee up to your chest to load you for the full jump.
- Using the momentum you created with the high knee, bring your right leg up into a full kick in mid air, landing softly on your left foot.
- Use your arms to propel you. This move may seem complicated at first but practice it a few times and you'll get it.
- Do 30 seconds of right side kicks, then 30 seconds of left side kicks (bottom pictures).

### MODIFICATIONS:

Come into front kicks whenever you need a break from the jumping, or do jump switches.



## Move 4: V-Up with a Twist



- 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.
- Keeping your legs in position, rotate your torso to the left, reaching your hands across your body.
- Smoothly and with control rotate to the left, bringing your hands across your body.
- Return to center, lower down with control and repeat.

### MODIFICATIONS:

- Bend your knees and do bent knee V-ups, or take it back to bicycle crunches whenever you need a break.



## Move 5: Sit Outs



- So I thought the grasshopper from last week was tough but then Coach Tyler got me to do the sit out. I think I like it better, but you'll have to tell me what you think!
- Start out in tabletop, with your hands directly beneath your shoulders and your knees lifted off the ground. Engage your core, keeping it nice and tight and your back flat (1).
- Rotate your entire body, lifting your right hand off the ground, pressing through your left hand and opening your chest. Simultaneously lift and extend your left leg out as you spin your hips toward the ground (2).
- Return to the beginning position, making sure to reset your hands in a supported position below your shoulders. Keep your gaze neutral (3).
- Rotate your body to the right, coming onto your right hand, lifting your left arm off the ground and lifting your chest as you sweep your right leg below your body and drop your hips low.

### MODIFICATIONS:

- Go back to last week's grass hopper if the full rotation is a bit much.
- You can also come into cross body mountain climbers or mountain climbers to keep it going when you need a break.

## Move 6: Barrier Jump to Burpee



- This move is super fun and combines your lateral jump from last week with everyone's favorite move - the BURPEE!
- Drop your hands to the ground, jump your feet back and do a push up. Use good alignment in that push up position (3,4,5).
- Jump your feet back to your hands (6) and load your weight in your heels, bringing your arms out to balance (7).
- As you come up to jump, jump to the right, landing softly.
- Repeat the burpee and as you jump, jump to the left.
- You want to make sure your knees are tracking in line with your toes when you come down, and also not going over them. Jump only as far as you're comfortable here - no need to travel far to make this effective!
- Land softly on every jump. Keep your head up, try not to look down.

### MODIFICATIONS:

- Take out the push up, and do lateral jumps with a squat thrust.
- You can also step to the side, taking out the jump.



# Move 7: Alternating Single Leg Tabletops



- Bring your hands to your sides and press your heels into the ground. Your butt is lifted (1).
- Press your heels into the ground and squeeze your glutes to lift yourself up into tabletop, lifting your right leg up as you press through your pelvis (2).
- 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, this time lifting your left leg high (2 - lower picture).

## MODIFICATIONS:

- Go back to the bridge lift from week 1, or do alternating bridge lifts if you liked them from week 2.
- You can also do regular tabletops without the leg lift.
- Try a few of these though, they're totally awesome!



# About Your Coaches



*Week 4 of your Spring Challenge was filmed in the famous Golden Gate Park, a San Francisco landmark!*

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](#)!