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Awesome job! You have just 2 days left to complete and you'll be able to say YOU COMPLETED THE 30 DAY CHALLENGE!

Don't miss out on having a done-for you workout plan that you can do from home or anywhere you are for the next 90 days - plus meal plans and lots of awesome bonus content too -

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30-Day Challenge Workout Twenty Eight: Strong, Sexy Legs and Abs

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Workout:

Format - 3 Rounds. Do each move for the prescribed amount of time. Take rest as needed, pause the video if you need a little more than what I'm taking.

1 - Star Plank Walk Out (0:45)

-stand tall arms out, legs wide. bend over, plant your hands on the ground and walk out to plank. your feet will be wide, and you'll want to plant your hands wide as well for your star plank. keep your core engaged and your back straight and strong. MOD - you can use soft fists as you walk out if your wrists bother you at all, or you can also hold a plank if the walk outs are too much. you can also bend your knees a bit when you bend forward. be sure to stretch out those hamstrings if they're tight.

2- Single Leg Squat Right (0:45)

-stand beside a wall or chair and load the weight in your right heel. you can either put your left foot on an elevated surface behind you, or bring it in front of you for an added challenge. squat down, only going as deep as you can go while maintaining an upright torso and keeping your weight back in your hips and heel. it sometimes helps to think you're going to sit down in a chair, or on a box to cue your brain to use the right form. Additional variations I'll show you in the video as we progress through the rounds include using no wall for support, and finally pistol squats where you drop down all the way and stand unassisted. these are the most challenging but feel free to try them - be good with where you're at and remember that this took me a while to build up to - I just started and kept going and never stopped :) and so can you!

3- Side Star Plank Right (0:30)

-press up into side plank on your right side, with a strong, straight body line. keep those hips square in front of you. when you feel stable here, lift your left arm up and your left leg up and hold this position. MOD - drop your bottom knee down, or come into elbow plank or keep the legs together rather than lifting.

4- Single Leg Squat Left (0:45)

-stand beside a wall or chair and load the weight in your left heel. you can either put your right foot on an elevated surface behind you, or bring it in front of you for an added challenge. squat down, only going as deep as you can go while maintaining an upright torso and keeping your weight back in your hips and heel. it sometimes helps to think you're going to sit down in a chair, or on a box to cue your brain to use the right form. Additional variations I'll show you in the video as we progress through the rounds include using no wall for support, and finally pistol squats where you drop down all the way and stand unassisted. these are the most challenging but feel free to try them

5- Side Star Plank Left (0:30)

-press up into side plank on your left side, with a strong, straight body line. keep those hips square in front of you. when you feel stable here, lift your right arm up and your right leg up and hold this position. MOD - drop your bottom knee down, or come into elbow plank or keep the legs together rather than lifting.

6- Single Leg Deadlift Right (0:45)

-stand on your right foot. grab your water bottle midway down and hinge forward at your hips, keeping a soft bend in your right knee. allow your left foot to travel up and out behind you. bring your water bottle toward your instep or big toe as you bend forward. keep the hips square. as you come up, focus on using your glute and hip to stabilize you and engage to bring you back to stand. MOD - you can practice regular stiff leg dead lifts on both feet, an awesome move to master. stand with feet slightly wider than hip distance. allow a soft bend in your knees. hold your water bottle in your hands, keeping your shoulders engaged and torso lifting. hinge forward at the hips, allowing the water bottle to travel down in front of your shins. engage your back and glutes to rise to standing.

7- Single Leg Deadlift Left (0:45)

-stand on your left foot. grab your water bottle midway down and hinge forward at your hips, keeping a soft bend in your left knee. allow your right foot to travel up and out behind you. bring your water bottle toward your instep or big toe as you bend forward. keep the hips square. as you come up, focus on using your glute and hip to stabilize you and engage to bring you back to stand. MOD - see above.

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Need tech support or have a challenge question? Email support@thebettyrocker.com or reply to one of your challenge emails.

90 DAY CHALLENGE

PERFECT FOLLOW UP TO THE 30-DAY CHALLENGE
ON YOUR SCHEDULE
NO EQUIPMENT REQUIRED
FAST, FUN & EFFECTIVE HOME WORKOUTS
HEALTHY EATING PLAN
CUSTOMIZED FOR YOUR FITNESS LEVEL

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Cortknee Rucker · [The Betty Rucker](#)

4 hrs · 🌐

Thank you Betty Rucker! The 90 Day Challenge (Transformation) was a complete success! We got so busy at the end of the Challenge (December 16), that we never took our final picture. But I think more testament to the 90 Day program is my photo set one month AFTER completing the 90 Day Challenge. I've seen so many changes since I started the Challenge on September 19, not just in myself, but in people around me. Friends and family started looking into your programs and several are taking on your challenges! Since completing the program, we continue to follow your daily meal structure and our food/meal choices align with food in the 90 Day Challenge. I do find myself cheating once in a while, but not in crazy ways. I look forward to trying your 30-Day meal plan, I need the most help with meal planning and grocery lists! Thank you so much! I have never in my adult life, ever had abs or arms like I have now (even before having kids!). YOU are an inspiration and YOU are the reason we had success, thank you so much!