

90 Day Challenge Transformation

Week 12

90 Day Challenge Transformation

Workout Program

Week 12

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#thebettyrocker #strongereveryday #makefatcrychallenge

HOW TO USE YOUR WORKOUT PLAN

This program is PROGRESSIVE. The workouts get more challenging each week, allowing you to build your strength, endurance, confidence and see amazing results.

One of the best parts of this program is that you can be very flexible with the amount of time you are putting into the workout. Each workout can be made into a 15, 23, or 31 minute circuit, depending on how many rounds you do.

If you are a BEGINNER, focus on absolutely crushing 2 rounds*.

**The moves may be challenging to perform for a full minute, so take any of the modifications suggested in this document. Do as much as you can of each move - for example if holding plank for a minute is too much, hold it for 0:30 or as long as you can, then rest for the remainder of that move and continue to the next move with the video. You can also pause the video anytime and take more rest.*

If you are INTERMEDIATE, go for 3 rounds*.

It's absolutely fine to pause the video and take more rest between moves, or to stop after 0:30-0:45 of a move and rest until the next move starts. Remember that pushing yourself to your maximum is what helps you build strength - you are not doing it wrong by not doing the entire minute every time. You will get the opportunity to repeat the moves and you'll see your body adapt and get stronger!

If you are ADVANCED go for 3-4 rounds*.

Rest as needed between moves and rounds.

Open the Challenge Calendar you are planning to follow. They are organized by Beginner, Intermediate and Advanced.

If you think you are a certain fitness level and start with that calendar, you can always dial it back down one level if you find that you are extremely sore, don't have enough energy for the next workout, or need more rest.

Vice versa, if you start with a specific calendar and find you still have energy, are not really sore or just want to try more, go for the level above.

The main difference between these calendars is how many days you will be working out —and your fitness level (and time available) will dictate how many rounds you should do.

If you are short on time, it's ALWAYS better to rock out an intense short circuit in the time you have (even one round giving max effort) than skipping your workout. Don't fall victim to the trap of thinking "If I can't do the full workout, I can't work out." That's a great way to get way off track with your fitness.

You will have 2 foundational workouts each week, workout A and workout B. They are listed on your calendar where you should do them along with the rounds suggested.

Workout C is a unique specialty workout each week that compliments the plan—you will add in where listed on your calendar, usually added on to the end of either Workout A or B.

You have demonstration videos to follow, as well as the pictures and written form tips in this guide.

It's absolutely fine to include other workouts with this program, swap your workout days and rest days around as long as you are fully resting and recovering. [Here's a great article to help you](#) with figuring out the appropriate amount of rest you need.

One of the most important thing you will be doing in this program is COMBINING your fitness with the nutrients you're putting in your body—so pay attention to eating balanced meals, staying hydrated and getting rest while you're following the plan!



Workout A

- Beginner: 2-3 rounds | Intermediate: 3 rounds | Advanced: 3-4 rounds

- The moves are all demonstrated for 1:00 in the videos. However, you may modify the time length—working to the best of your ability with each move, each round:

Beginner: 0:30 each move

Intermediate: 0:45 each move

Advanced: 1:00 each move

- Rest as needed between rounds.
- See Demo Pictures and form notes below.

Knee Tuck Hop with Extension

Inchworm Push Up with Leg Extension

Side Lunges and 2 Jump Switches

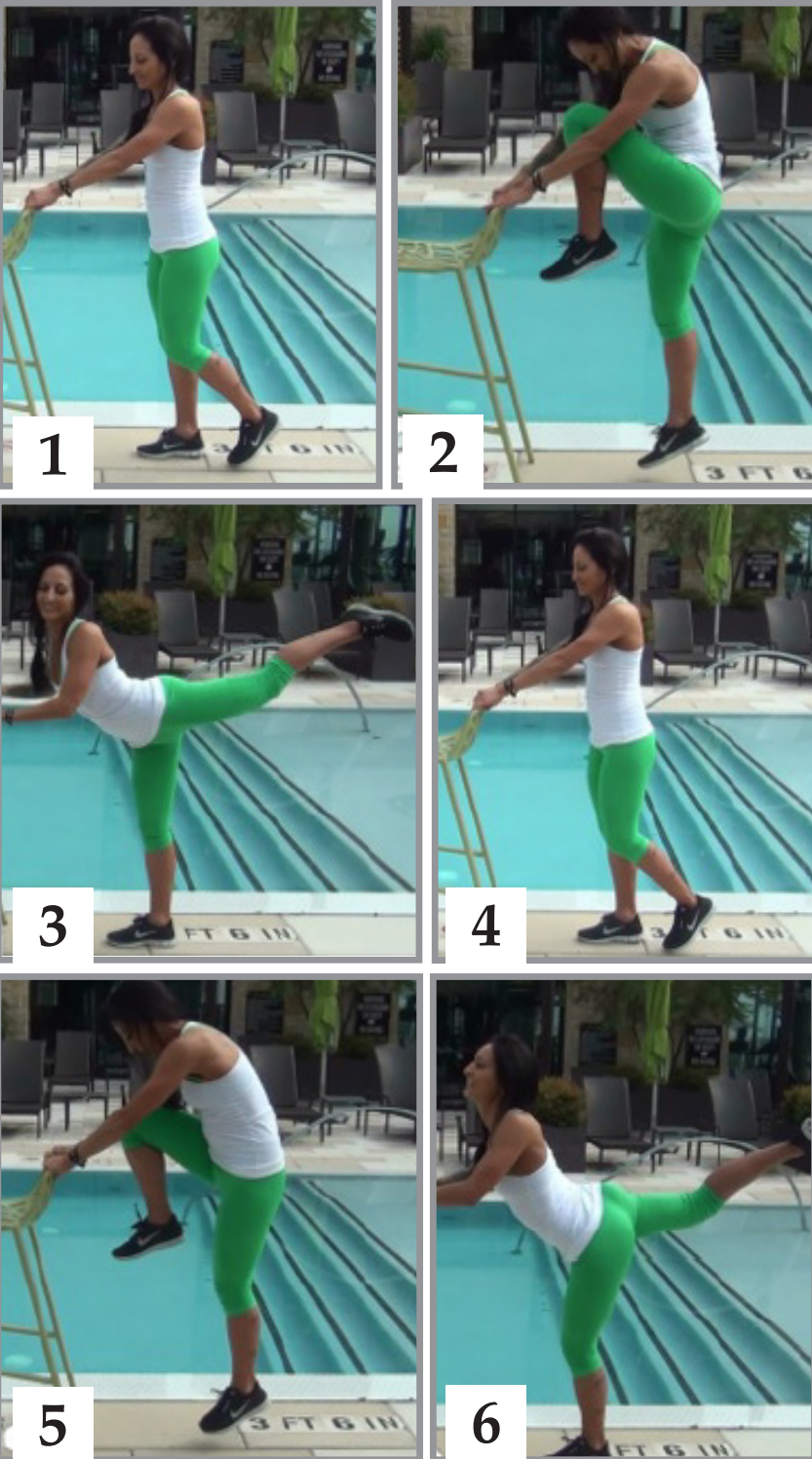
Leg Lift with Slow Lower

Full Length Wall Sit with Wall Hold Ups

Low Shuffle with Front and Back Kicks

Alternating Pistol Roll Ups

Week 12 Workout A



1 Knee Tuck Hop with Extension

Begin standing with your hands holding onto the back of a chair, a railing or any stable surface that will help you keep your balance (1).

Shift your weight to your right foot and drive your left knee up to your chest, hopping up in the air with your right foot as you do and crunching your nose down to meet your knee (2).

As you bring your knee back down, land softly on your right foot and sweep your left foot out behind you into an extension, uncurling your torso and lifting through your chest (3).

Perform 30 seconds of this movement (or half your time) with your right foot down, then switch legs (4–6).

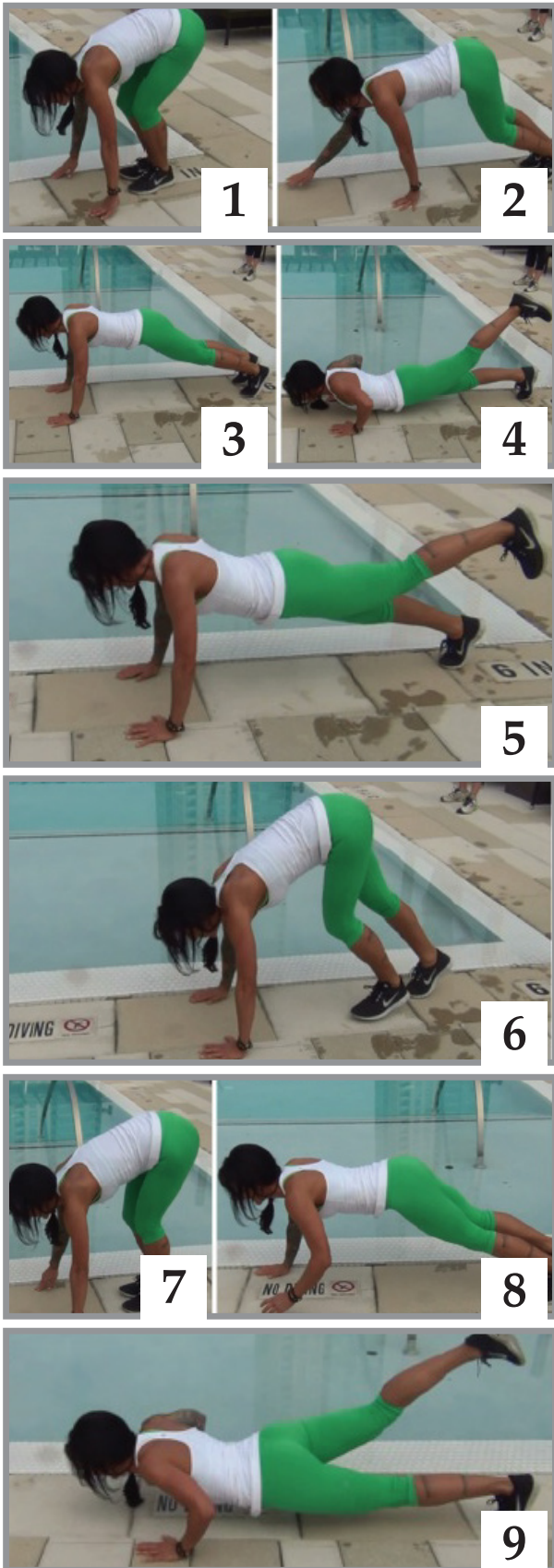
Stay light in your feet, and light in your hands—they are just there for stability and support. Keep your chest and torso upright unless you're crunching, and balance through the heel of your contacting foot.

MODIFICATIONS:

You can take the hop out of this if it gets too intense or if the hopping bothers your knees.

You can go back to one of the previous weeks of this movement and do either the knee tuck with a heel lift (no extension and no hop) or do the alternating knee tuck and squat.

Week 12 Workout A



2 Inchworm Push Up with Leg Extension

This move is super fun! Start out with a forward fold, bending your knees as much as you need to to protect your back (1).

Put your hands on the ground and keeping your feet where they are, walk yourself out to high plank (2 and 3).

Once you're in high plank, lift your left leg and do a push up (4).

Press yourself back up (5) and return the leg to the ground. Keep your hands in place and walk your feet to your hands, taking small steps (6).

Now you're back in your starting position. Bend your knees as needed and walk your hands out to another high plank (7 and 8).

Lift your right leg and drop into a push up (9).

Press back up and continue, alternating legs each time you do a push up.

MODIFICATIONS:

You can take the leg lift out of this if you'd like, and do the inchworm walk out with a regular push up. You can also do the inchworm walk and perform the push-up on your knees, or on one knee.

If you're short on space, walk your hands out, do your push up and then walk your hands back to your feet rather than walking feet to hands.

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Week 12 Workout A



MODIFICATIONS:

If you start to get winded or tired, slow down. Take the jumps out and do a combination of alternating liberty lunges and alternating forward lunges.

3 2 Side Lunges and 2 Jump Switches

We're going to combine your liberty lunges with a fast paced jump switch! I like to do these together quickly to get the heart rate up, but be very mindful of your form and knees.

Begin standing, and take a side lunge to your left (1).

Your right leg will stay straight but soft, and you'll keep good contact with the outside edge of that right foot. Your weight will mostly be distributed over your left heel. Keep your hips back and your chest lifted, your left knee tracking the same direction as your left foot and not going beyond that front toe.

Once you get to position 1, you can do a quick skip step like I do in the video back to center and then lunge out to the right (2 and 3), with the same good form you used in your left side lunge.

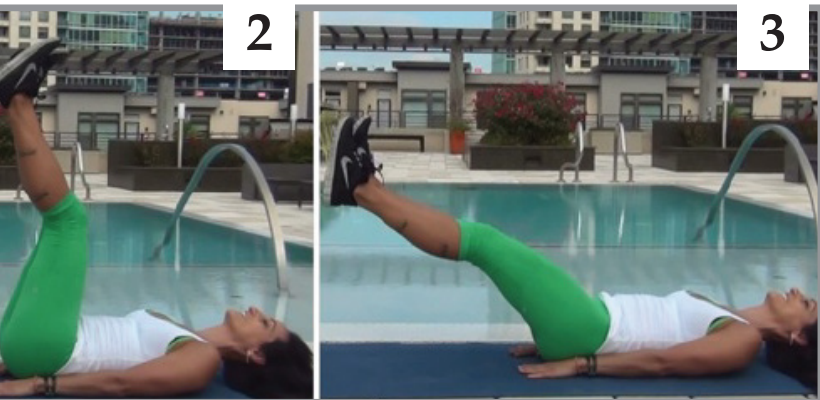
Press through your right foot to return to center, and give yourself a little bounce to reset. Jump up and land lightly in a forward lunge, with your left foot forward (4).

Lift your back/right toe and go only as deep as you're comfortable in that forward lunge—no deeper than 90 degrees. Keep the back knee off the ground.

Explode up, switching legs in midair, and land with your right knee in front and left foot back, using the same good form as before (5).

Keep your chest lifting throughout this entire movement cycle, your head up, and use your arms for balance and to propel you.

Week 12 Workout A



4 Leg Lift with Slow Lower

Start on your back, hands at your side and legs extended. Tighten through your core by pressing your lower back into the ground (1).

Lift your legs to a 90 degree angle (2) and then slowly lower them down (3).

Return to the top and repeat.



MODIFICATIONS:

If you start to get tired or your lower back starts to arch, bend your knees and draw them in and out just like I do in the video.

Week 12 Workout A



MODIFICATIONS:

Take a break by coming out of the wall sit and leaning against the wall with your feet out slightly like we did the last time we did wall hold ups.

The hold up is not a big movement, it is designed to help you strengthen your upper back stabilizers and help bring balance to your torso. Don't force yourself to straighten the arms, just work on maintaining that good contact with the wall.

5

Full Length Wall Sit with Wall Hold-Ups

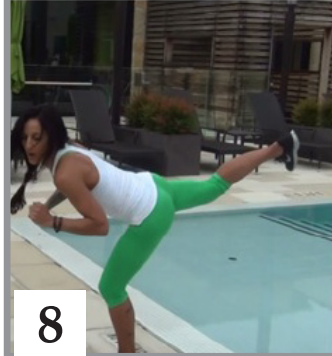
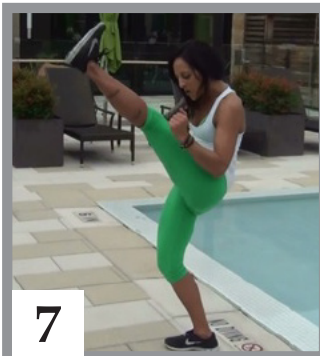
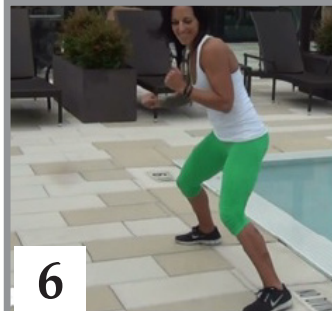
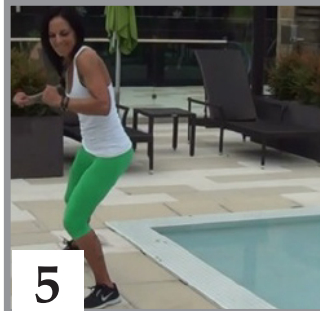
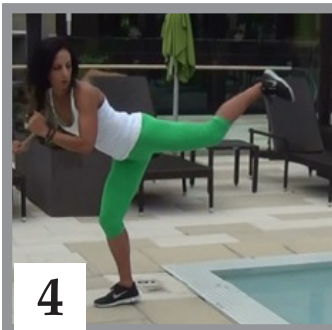
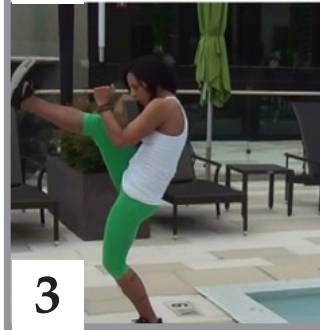
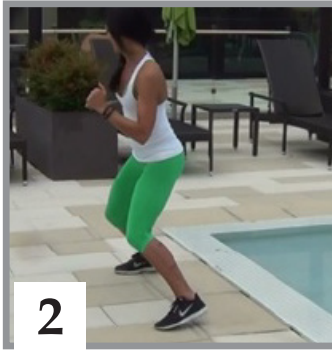
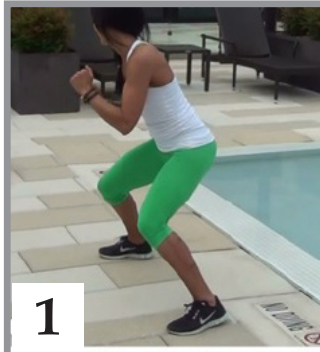
Press your back against a wall and drop into a wall sit (1).

Your lower back is pressed firmly into the wall, your legs are bent to 90 degrees and your weight is distributed between your heels and pressed into your back.

Bring your arms up to 90 degrees and be sure you can feel the contact with your elbows, your shoulders and your wrists.

Begin to slowly raise and lower the arms (2), going up only as high as you can go while still maintaining contact with those 3 points: your elbows, back of your shoulders and wrists.

Week 12 Workout A



MODIFICATIONS:

You can go back a few weeks to where we did just a front kick. You can slow down the side steps and kick lower than me—I want you to kick as high as you can comfortably with out losing your balance or your form.

6

Low Shuffle with Front and Back Kicks

Begin standing, hands up and drop your hips back to get your weight on your heels. Stay light in your feet and take two shuffle hop steps to the right (1 and 2).

Balance on your left foot, pressing it firmly into the ground, allowing your knee to bend as you kick forward with your right foot, pressing through your heel (3). Imagine you were kicking a door open.

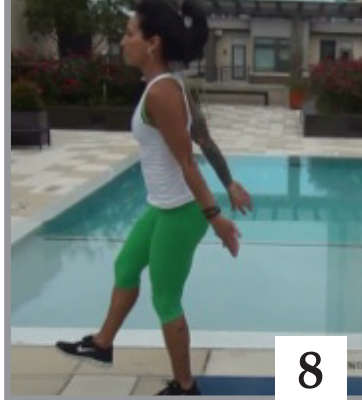
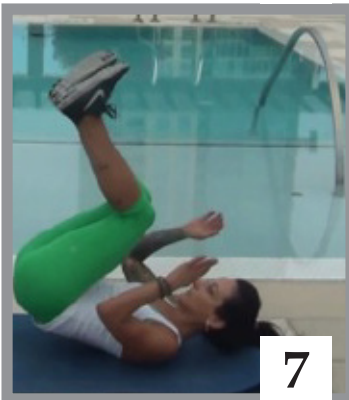
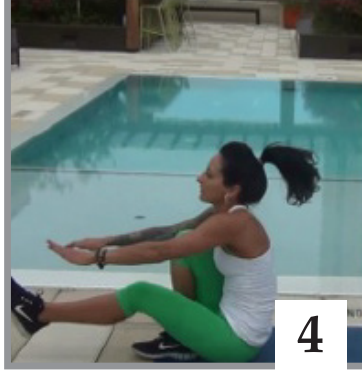
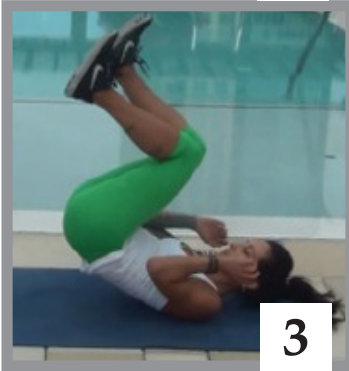
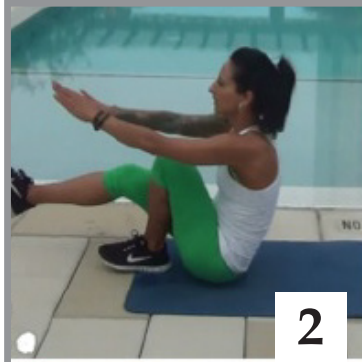
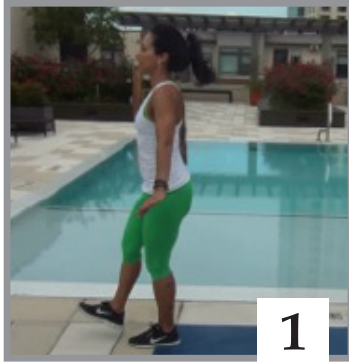
Bring your right foot back down and just as you bring your feet together, transfer your weight to your right foot, finding balance, bending your right knee and kick behind you with your left foot, pressing out through your heel as if you were kicking a door shut behind you (4).

Bring your feet down and together and drop your weight back. Shuffle step twice to the left this time, and transfer your weight to your right foot (5 and 6). Kick the door shut in front of you with your left foot in front (7).

Drop your left foot down and balance on your left foot, leaning forward and softening through the left knee. Kick the door closed behind you with your right foot (8).

Repeat!

Week 12 Workout A



7 Alternating Pistol Roll-Ups

Begin standing, with your weight in your left foot, your right foot lifted off the ground (1). Keep your chest up and your gaze in front of you. I find it helpful to find a focal point in front of me.

Sit your weight back over your left heel and drop yourself down to the ground on that one leg (2), arms in front of you for balance and roll back onto your back (3). Do this swiftly and with control and your body will do the balancing for you.

Use your momentum to roll yourself back up, pressing through your right foot, keeping your left foot extended in front of you (4).

Keep your hands forward for balance, or put them down at your sides to help you stand.

Press through the right foot to stand up, returning to the start position (5).

Repeat the drop, roll back and press up to stand on the opposite foot and continue the cycle for your full interval (6-8).

MODIFICATIONS:

If you lose your balance at any time, come right back to standing up on both feet.

You can put your hands down to press up, which I highly recommend as you're learning to trust your balance on one leg.

DON'T EVER SHRINK YOUR DREAMS. SUPERSIZE YOUR COURAGE AND ABILITIES.

Workout B

- Beginner: 2-3 rounds | Intermediate: 3 rounds | Advanced: 3-4 rounds

- The moves are all demonstrated for 1:00 in the videos.
However, you may modify the time length—working to the best of your ability with each move, each round:

Beginner: 0:30 each move

Intermediate: 0:45 each move

Advanced: 1:00 each move

- Rest as needed between rounds.
- See Demo Pictures and form notes below.

Alternating Single Leg Down Dog Flow with Pike Push Up

Super Mario Squat Mario

Fighter Combo: Jab, Cross, Jab, Double Crescent

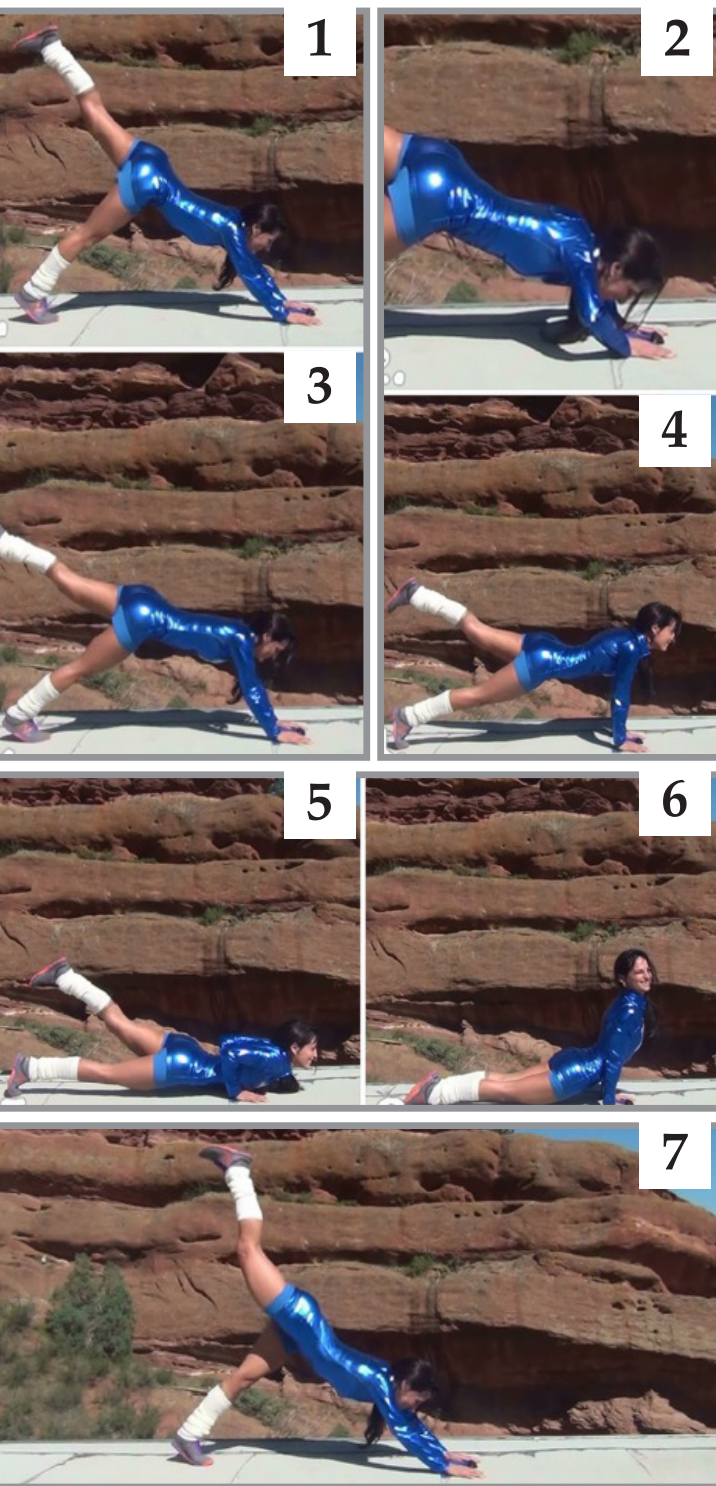
Elevated #itburnsbetty Dips with Hip Raise

Ninja Pop Ups

V-Up to Superman Extension

Surfer Burpees

Week 12 Workout B



1 Alternating Single Leg Down Dog Flow with Pike Push Up

While in Downward Dog, lift your left leg high, (1) bend your elbows out to the side and lower your forehead toward the ground (2).

Draw your navel in and up to keep the core engaged, press back up (3) and flow into a tall plank with your wrists beneath your shoulders (4).

Make sure you're pressing through the front part of your hand to keep the pressure off of your wrists.

Keep your leg straight and strong while you are in plank and lower down to chaturanga—keeping the leg lifted (5)—our narrow pushup that has your elbows hugging into your rib cage.

Stop once your shoulders are in line with your elbows. Use your knees if you need to.

Flip the tops of both feet to the ground and press into the ground to pull your chest forward and up into Upward Dog (6). Again, don't lock the elbows, keep biceps and triceps engaged. Your hands and feet are pressing into the ground so much your thighs will be hovering above the mat. Keep shoulders away from your ears.

Use your lower abs to draw your hips up and back into the starting position of Downward Dog, this time lifting your right leg high (7).

Repeat the entire flow, alternating legs.

MODIFICATIONS:

Go back to the Week 3 flow and take out the pushup when you need a break. Remember you can drop your knees to the ground during the chaturanga.

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 :)

Week 12 Workout B



2 Super Mario Squat Mario

Step your right foot back (1) coming into a lunge. Keep your left knee in line with your toes.

Spring forward and drive your right knee up, throwing your left hand in the air like Mario (2).

As you drive the knee up, press through the left heel to activate the glute. Work to keep your chest lifted and your core engaged the entire time.

Link the breath with your movement and inhale as you lunge back and exhale and you leap up.

Bring your feet back to your beginning position, dropping right down into a lunge on the same side to reset yourself (3).

Step out to a squat (4) to set yourself up for the opposite side.

Lunge back—this time with your left foot (5). Jump to a Mario with your left knee leading (6). Step back to the lunge to reset (7) and come into a squat (8) to set yourself up to repeat on the right again.

MODIFICATIONS:

This move will challenge you! Go at a pace you can maintain. Only lunge to a comfortable depth for you, and if you need to take out the jump, simply lunge back, then drive your knee up to crunch without the jump. The best way to stabilize yourself with this movement is to do it beside a wall or chair that you can hold onto that allows you to maintain good form and keep your balance.

Week 12 Workout B



3

Fighter Combo 4: Jab, Cross, Jab, Double Crescent Kick

Find an athletic stance, feet a little wider than shoulder width apart, a soft bend in the knees. Arms are up, in a fighter stance.

Punch straight out in front for your left hand jab (1), then cross the body with your back arm and pivot in the hips and on the balls of the back toes for the cross punch (2), and then jab one more time (3).

As you pull your front arm back into the starting position, kick your left leg up into a sweeping crescent kick (4). Imagine you're drawing a big circle in the air in front of you.

Hop to regain your balance and immediately do a crescent kick with your right leg (5) which will pivot you to face the other direction.

Immediately begin your fighter combo again (6–8), then kick with the right leg, kick with the left leg and you're back to start.

MODIFICATIONS:

Only kick up as high as you're comfortable with—you don't need to go as high as me. You can take that part of the movement out entirely if you need to.

You can also do knee crescents which is an awesome mod that still targets your obliques and lower abs.

Week 12 Workout B



4 Elevated #itburnsbetty Dips with Hip Raise

Start in reverse tabletop with your feet elevated. Hands are below your shoulders, weight evenly distributed across your fingers and palms. Head is in neutral. Hips are lifted (1).

Bend your elbows slightly, keeping them parallel to each other as you lower yourself back (2), and then press back up.

Squeeze your glutes each time you come back up and focus on the lift to really make this a core and glute activation move as well.

Take it slow. These are super challenging! Pause and hold elevated reverse tabletop whenever you need a break. Remember that the isometric contraction is also super effective! Return to center, lower down with control and repeat.

MODIFICATIONS:

Hold elevated reverse tabletop and work on stabilizing your trunk and core.

If that's a little too challenging, sit on the ground with your knees bent arms behind you just like above. Gently dip and raise your body from a seated position, keeping your elbows parallel.

You can also put your hands on the chair, feet on the ground and perform the reverse of this week's move. It's slightly more challenging than sitting, and it's a great tricep move. Keeping your feet in closer to your butt makes it easier, straightening them makes it harder.

You can also do standing triceps dips holding water bottles. Just keep your elbows in parallel to one another and your core tight.

Week 12 Workout B



5 Ninja Pop Ups

Start kneeling (1).

Swing your arms behind you, and imagine your body is a giant spring. Feel the center of the coil deep in your core (2).

Using explosive momentum, pop up to land on your feet (3). Land softly, knees soft, chest up. I strongly advise you to do this on a carpet or soft surface!

Allow yourself to naturally come into a squat when you land (4).

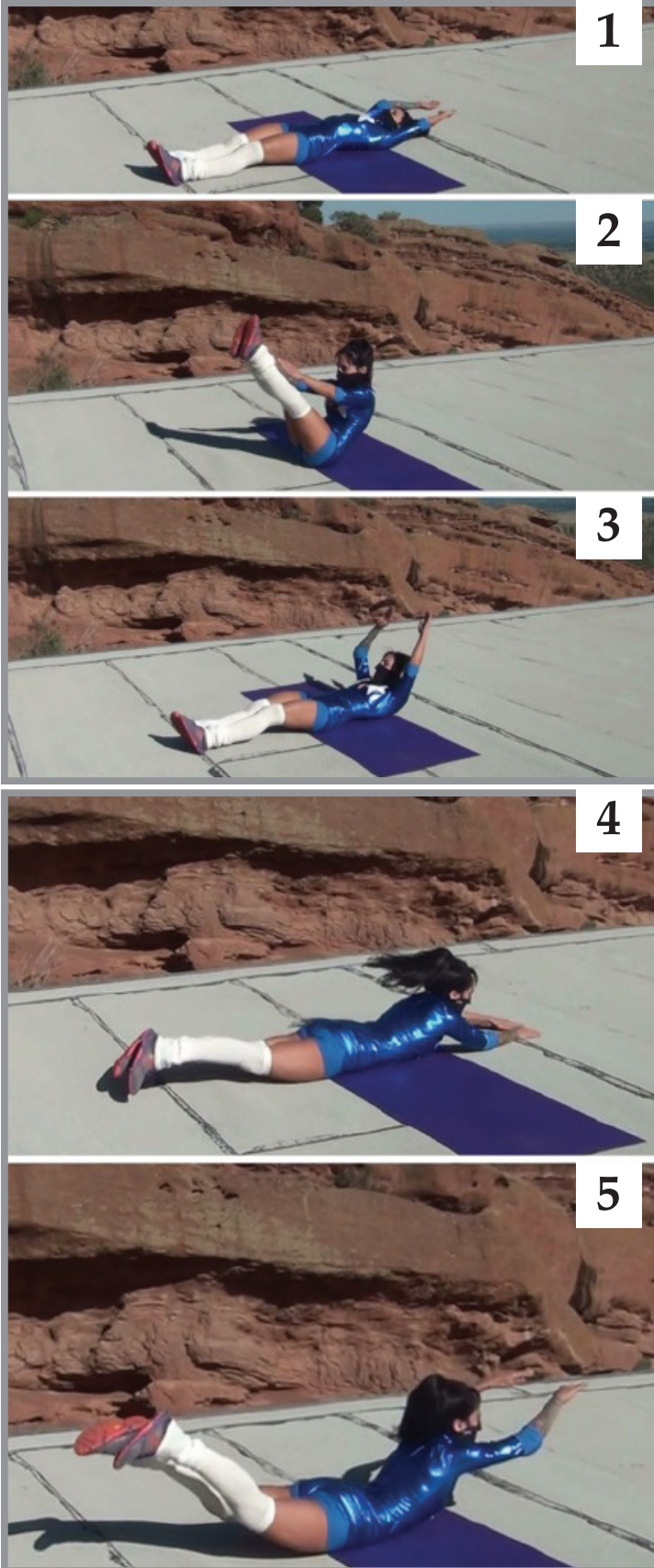
Stand and slowly lower down, one knee at a time. Repeat (5-7).

If you want to really challenge yourself, you can pop up and add a tuck jump. This is super advanced but when you master it you'll feel like a total badass :)

MODIFICATIONS:

This move is extremely challenging. If you have any issues with jumping or impact, use the Week 3 version of the Hot Booty Prisoner Squat and drive your knee up to the side.

Week 12 Workout B



⑥ Total Core Domination - Part 4 V-Up to Superman Extension

Begin in a fully extended position, arms overhead, legs straight and core engaged (1).

Using your core, sit up and bring your legs up at the same time for a full V-Up. Keep your chest lifted and reach for your feet (2).

Extend back out fully (3).

Roll to your right side, using your hands for balance (4).

Lift your arms and legs up straight, coming into a full superman extension (5). This is a small contraction of your lower back—be gentle with yourself.

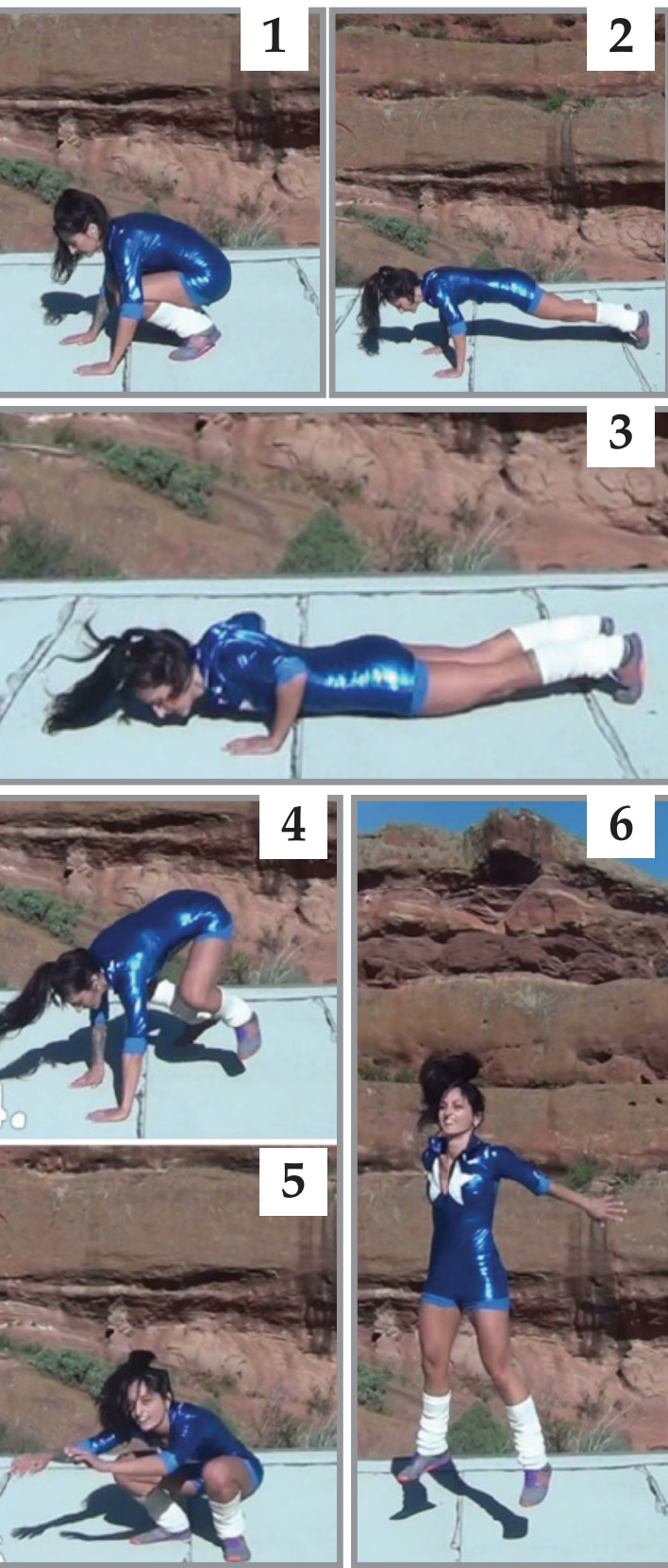
Roll back to center and do another V-Up. Roll to the opposite side and repeat!

MODIFICATIONS:

A great way to modify this move is to bend your knees in the V-up. This decreases the lever you're using to contract with, and takes some of the work away from your back.

To modify the back extension, try lifting just your upper body or lower body.

Week 12 Workout B



7 Surfer Burpees

Begin standing, feet hip distance apart. Crouch down and place your hands on the ground (1).

Step or jump your feet back to a high plank. Hands are below your shoulders, core is engaged, legs are straight (2).

Drop down to a push up, keeping your core engaged—not allowing your back to sag (3).

Drive your hips up and to the side (4), landing in a sumo (wide leg) squat with your chest up (5). It is not necessary to be as deep in your squat as me, just keep your chest lifted and as always, smiling is required :)

Press through your feet and leap into the air (4), landing softly on the balls of your feet.

Pause if you need to to catch your breath, then drop back down to a crouch to set yourself up for your jump back to plank and repeat!

Jump from side to side with these in move (4). Be sure to keep your knees pointed the same direction as your toes. It's okay if they go a little beyond the toes, this is a natural crouch position for the body.

MODIFICATIONS:

Any time you need a break, hold plank. You can take either variation - knees or hands. You can also leave out the jump or the push up as needed.

If this is too much on your hands, but you still want to work your glutes, do sumo squats. Stand with feet wider than shoulders, toes pointed out slightly. Drop into a squat, letting your knees go over your toes. Pulse up and down.

THE ONLY DIFFERENCE BETWEEN WHO YOU ARE
AND WHO YOU WANT TO BE IS WHAT YOU DO.

C: Bonus Thighs and Glutes

Format: 3 rounds for prescribed time.

Sumo Jacks

Elevated Plank Side Levers

Elevated Plank Side Knee (half on each side)

Box Jump Burpees

Skater Lunge Slides

Week 12 Workout C: Bonus Thighs and Glutes



1

Sumo Jacks (0:30)

Come into a wide sumo stance, with your feet out wider than hip distance (1).

Shoot your butt back behind you, keeping your chest lifting and keep your knees tracking over your toes (2).

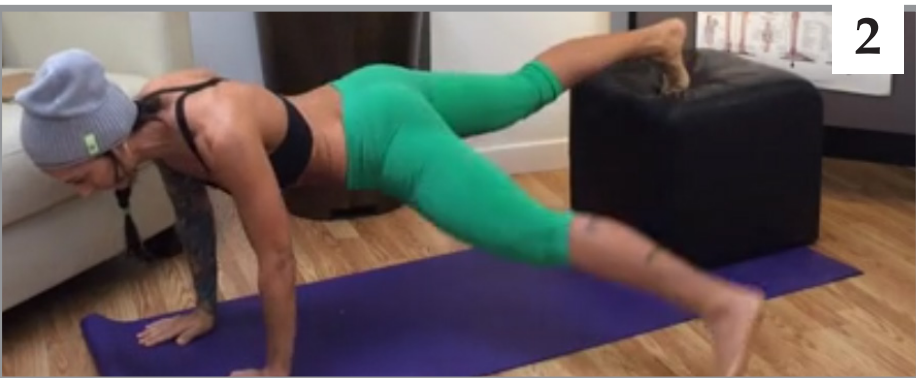
Drive back up, pressing through the heels to a jump, landing lightly with your feet together and a soft bend in the knees. Simultaneously sweep the hands up high overhead (3).

Bring the arms back down to your sides as you jump your feet back out to the sumo position and drop back into the sumo squat (4), repeating for the full time.

MODIFICATIONS:

Step in and out of the sumo position rather than jumping, alternating the side you step to each time. Sweep your arms up and down for extra movement.

Week 12 Workout C: Bonus Thighs and Glutes



2

Elevated Plank Side Levers (0:30)

Position yourself in a tall plank position with your feet up on an elevated surface like your couch, chair or ottoman (1).

Keep your belly button in and up, no arching in your back and be sure your hands are stacked below your shoulders.

Without changing your upper body form, bring your right toe over and down to tap the floor, and quickly bring it back up (2).

Repeat on the left, going as rapidly as you can while maintaining good form (3).

MODIFICATIONS:

Switch the elevation to placing your hands on a box or side of the couch and hold a tall plank with your torso elevated. Tap your right foot out to the side, then back to center and then your left. Continue.

Week 12 Workout C: Bonus Thighs and Glutes



③ Elevated Plank Side Knee (0:30)

Use the same position as the previous move, but this time draw your right knee toward your right side body, getting an oblique crunch (1).

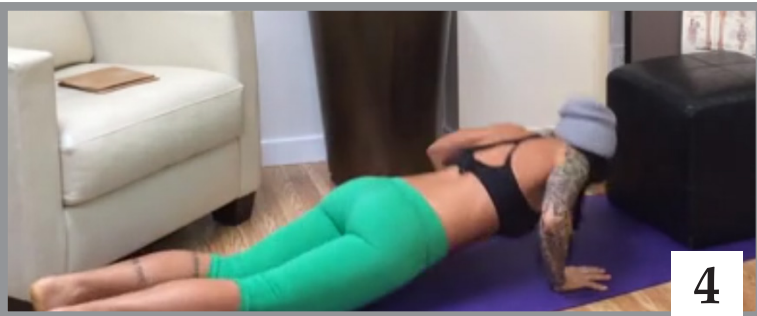
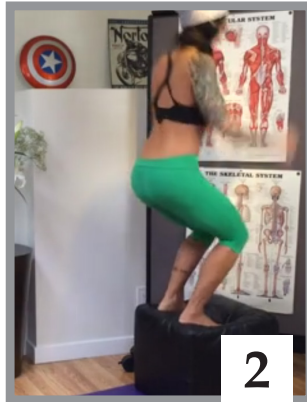
Replace your foot on the elevated surface and repeat on the left side (2).

Maintain a strong, straight back.

MODIFICATIONS:

Perform this move with your hands on the elevated surface rather than your feet to reverse the challenge and make it easier on your upper body so you can build your strength.

Week 12 Workout C: Bonus Thighs and Glutes



4

Box Jump Burpees (0:30)

Place a box, ottoman, step or any platform in front of you. Jump up onto the box, fully extending your pelvis, coming to a standing position (1, 2).

Jump or step down to the floor (make sure you're far enough back from the box) and fold forward to plant your hands in front of you, hands below your shoulders (3).

Jump your feet back coming into a tall plank with your belly button in and up, no arched back, perform one push up (4) and jump your feet back to your hands (5).

Load the weight in your heels and jump back onto the box.

MODIFICATIONS:

Step on and off of the box, alternating the leading leg. Perform a modified burpee by removing the jump back, and instead step back. You can leave in or remove the push up, and then step your feet back to the starting position. Step back up the the box.

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Week 12 Workout C: Bonus Thighs and Glutes



MODIFICATIONS:

Hold onto the wall or a chair back to balance as you slide for stability!

5

Skater Lunge Slides (0:30)

Stand tall, with your feet on a slider that's appropriate for your floor. For hardwood floors, you can use your socks, some cardboard squares, dish towels, etc. For carpet, use magazine covers, paper or plastic plates or anything that slides well.

Keeping your core engaged and chest lifted, slide your right leg back behind you as you bend the left knee (1).

Slide it back to start and immediately slide the left leg behind you and bend the right knee (2).

Go fast!