

# BUTTS & GUTS 7/28/19

## **4 Rounds**

15 Stiff Legged "No Touch" Deadlifts  
30 Jumping Lunges

Rest 2 Min between Sets

No rest between movements

For the stiff legged "no touch" deadlifts - you will start with the bar in the hang position. Reach the butt back and keep the bar in contact with the legs. Allow the bar to travel down the leg by hinging at the hips. Goal is to keep knees pretty straight but not completely locked out. You will continue to go down until the bar is at the shins but do not let the bar (plates) touch the ground before turning it around to stand up.

Keep the bar in contact with the body on the way down and up. To stand up, squeeze the butt. Back should be flat and chest should be up throughout.

For the jumping lunges - you will jump as you switch which leg is in front and which one is in back. Touch the back knee lightly - no slamming! Make sure you are driving off of the front heel and working to keep the torso up.

If you cannot or are not ready to jump - no problem. Just sub regular lunges!

## **3 Rounds**

1 Min Side Plank with Weight Right  
15 Side Plank Pass Throughs Right  
Rest 1 Min

1 Minute Side Plank with Weight Left  
15 Side Plank Pass Throughs  
Rest 1 Min  
Max L-Sit Hang

No Score, but use a LIGHT weight. Go heavier after first round if first round is too light. For the side plank you can do it with both knees off of the ground, or you can put one knee down. You will be sideways on one elbow and the other arm (holding a light weight) will be extended out to the side (up).

Keep the hips lifted. If you start to sag you can take small breaks throughout the minute, but try to hold it! If you need to do these weightless that's ok too!

Once the minute is up you will perform the pass through by bringing the weight around the torso and through the space between your hips and the ground. Roll back out of it and back to the starting position. That is 1 rep.

Once again - all of this can be done with no weight if necessary.

For the L-Sit Hang you will fight to keep your legs straight and out in front of you. If you need to allow a knee bend or even do the whole thing in a tuck position, that is ok.

**Stiff legged no touch deadlifts:**

<https://www.youtube.com/watch?v=1uDiW5--rAE>

**Jumping Lunges:**

[https://www.youtube.com/watch?v=6SFgE2\\_og\\_s](https://www.youtube.com/watch?v=6SFgE2_og_s)

**Side Plank with weight:**

<https://www.youtube.com/watch?v=ErrkdyF6XhI>

**Side Plank Pass Throughs:**

<https://www.youtube.com/watch?v=qRWkdY0erfQ>

**L-sit hangs:**

<https://www.youtube.com/watch?v=vrrK33DkpUQ>