

BUTTS & GUTS 8/4/19

4 Rounds

8 Split Squats (Right)
8 Stiff Legged Deadlifts / Good Mornings
8 Split Squats (Left)
8 Stiff Legged Deadlifts / Good Mornings.

Rest as needed between movements and rounds.

Goal: Good and controlled movement. You shouldn't have to break any of these sets.

For the split squats you may hold a dumbbell in each hand or place a barbell on the back.

Your back leg should be slightly elevated on a stack of plates, a bench, or a box - something like that. Make sure that your front leg is far enough forward that when you go down your heel stays down when your butt is below your knee. Don't allow the knee to cave in as you go down or up.

For the stiff legged deadlifts you will hold the dumbbells in each hand at the waist. Reach the butt back and keep the knees **MOSTLY** straight. Keep the chest up, belly tight, arms straight and pull the weight in close to the body. Allow the dumbbells to slide down the leg - keeping the heels down.

You will lower the dumbbells until they are at roughly mid-shin level. Drive through the heels, lift the chest, and squeeze the cheeks to stand up.

If you choose to do good mornings, the bar will be on the back. You will keep the chest lifted, belly tight, and heels down. Reach the butt back and allow a **SLIGHT** bend or softening of the knees. Lower the chest to 90 degrees (or less if you start to lose position). Squeeze the butt to come back up!

Workout

Alternating Tabata:

6 Rounds (6 Min Total)

20 Sec Plank Hold
10 Sec Rest
20 Sec Russian Twists
10 Sec Rest

For the plank hold you will be on the elbows. The shoulders, hips, knees, and ankles should all be in one line.

Do not allow the hips to sink or the butt to be up high.

For the Russian twists you may use a dumbbell, plate or med ball. You will hold the weight in both hands and sit on the ground with legs out in front, knees bent slightly, and heels on the ground. Lean back slightly and touch the weight on the ground on one side then the other.

Rough idea for weight to use is 15-25# for women - 35-45# for men.

Move consistently for 20 seconds each time.

Split Squats:

<https://www.youtube.com/watch?v=7Aqeb8UHI4k>

Stiff Legged Deadlifts:

<https://www.youtube.com/watch?v=N97yeNuDBcQ>

Russian Twists:

<https://www.youtube.com/watch?v=JyUqwkVpsi8>