

BUTTS & GUTS 11/10/19

4 Rounds

Not For Time

15 Banded Side Steps Right

15 Banded Side Steps Left

10 Single Leg Deadlift into 3 Second High Knee Hold Right

10 Single Leg Deadlift into 3 Second High Knee Hold Left

30 Russian Twists

1 Min L Sit (accumulate)

Banded side steps can be done with either a band around the knees or a gymnastics band at the feet. Get a slight bend in the knees, keep the heels down, and take big steps.

If you don't have a band to put around the knees or the feet for the side steps - you may swap out a side step up. So you will be on the side of the box instead of behind it. You can hold light 10-15# DBs and do 15 Side Step Ups on each side.

On the single leg deadlift make sure you are holding the kb or db in the opposite hand of the foot that is down. Complete a regular single leg deadlift and then bring the knee up and kb or db up to the shoulder - hold for 3 seconds - then repeat. Try not to put the foot down between reps.

Squeeze the belly and butt in that hold position.

On the Russian twists, use a weight that you can get through the whole thing in 1-2 sets. Keep the shoulders and feet off of the ground. Each rep is touching the dumbbell or plate on both sides.

For the L-sits, choose a method that you can hold for at least 20 seconds each time. Accumulate 1 min each time.

Banded Side Steps-

<https://www.youtube.com/watch?v=0UeW7PV-bpE>

Side box step ups-

<https://www.youtube.com/watch?v=bfGehzLB8g0>

L-Sits-

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