

# BUTTS & GUTS 12/22/19

## **Not For Time**

### **4 Rounds**

10 Single Leg Deadlifts

(per leg - 10 on 1 and then 10 on the other)

20 Hollow Rocks

30 Russian KB Swings (Heavy)

40 Love Taps

Use a 53-70lb KB for Men

35-53 lb KB for Women

Use opposite arm, opposite leg technique for single leg DL. Make sure there is SOME bend in the knee. Focus on keeping the back flat and heel down.

For the Hollow Rocks really use the abs to press the low back into the ground while lifting the hips and the shoulders. May bend one or both knees if necessary to keep back on the ground!

Focus on good hip drive and butt squeeze on KB Swings. KB only needs to go to about eye level. If you can find a pretty heavy KB or DB for this - that's awesome.

### **Single Leg Deadlift:**

<https://www.youtube.com/watch?v=b9bHy3ojQWA>

### **Hollow Rocks:**

<https://www.youtube.com/watch?v=p7j02V1flzU>

### **Love Taps:**

<https://www.youtube.com/watch?v=Wnw-2zD5vbs>