

# BUTTS & GUTS 1/26/20

## **5 Rounds**

30 Seconds Single Leg Deadlift Right  
30 Seconds Rest  
30 Seconds Single Leg Deadlift Left  
30 Seconds Rest  
30 Seconds Flutter Kicks  
30 Seconds Rest  
30 Seconds Glute Bridges

Then

## **2 Min AMRAP**

Dumbbell Plank Pull Across  
Rest 1 Min  
Repeat

Men RX: 40-50# DB

Women RX 25#ish DB

Go through the 5 Rounder first. Pick a weight that you will be able to do at least 10 reps on those single leg deadlifts. You can either hold a single dumbbell in the OPPOSITE hand from the foot that stays planted - OR you may choose to hold a dumbbell in each hand.

Allow the knee to bend slightly. Keep the heel down.

For the flutter kicks, lift the shoulders and the legs - press the low back into the ground and try to maintain contact throughout.

You can place your hands under your butt or to the side.

For the glute bridges you can do these with the shoulders on the ground or elevated on a bench/box. You may do these weighted or place your dumbbells at your hips (or a single dumbbell). Feet roughly hip width apart. Knees bent. Drive through the heels and squeeze the butt to lift the hips up. You could even throw a sandbag across your hips for these.

On the dumbbell pull across plank, keep the butt down! You will start with a dumbbell next to each hand at the plank position. You will take the dumbbell next to the right hand - grab it with the right hand - then move to the left hip. Repeat with the left hand to

the right hip. Then move the dumbbell by the left hip (with the right hand) - back to the starting position.

The goal is to pass the dumbbell from side to side back and forth without too much twisting happening in the hips!

**Glute Bridge:**

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

**Flutter Kicks:**

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

**Dumbbell Plank Pull Across:**

<https://www.youtube.com/watch?v=A4eE01Candg>