

BUTTS & GUTS 1/5/20

4 Rounds

Not For Time

20 Goblet Squat Hold with Alternating Step Outs

20 Hip Thrusts (10 with Right Leg Lifted - 10 with Left Leg Lifted)

20 Lunge Step Up Right

20 Lunge Step Up Left

20 Rotating - SLOW - Mountain Climbers

20 Love Taps

For the Goblet Squat Hold plus alternating step outs you will start with the feet shoulder width apart with the heels down. Reach the butt back and get into a partial squat at or just above parallel. You will hold a dumbbell at the chest. Step out with the right foot - then bring back in. Step out with the left foot - then bring back in. That is 1 rep.

For the hip thrusts you will lie on your back with your knees bent. Lift the right leg off of the ground. Squeeze the cheeks to raise the hips high. Get them as high as you can and then lower back to the ground. Do 10 on the right and then 10 on the left.

For the lunge + step up - stand facing a box or step. Step back with the right leg into a reverse lunge - then back to standing. Then step the right foot on the box and perform a step up. Do 20 per leg.

For the rotating Mtn Climbers you will be in a plank position bring the right knee to the left elbow. Then go back. Keep the hips low and don't allow the hips or belly to sag. Alternate elbow/knee with each rep. Each time a knee comes up it is 1 rep.

For the love taps you will sit with your legs straight out in front of you on one side of a kettlebell or dumbbell. (Or your kids toy or whatever). Place your hands down by your hips and lift your feet up and over the object working not to lean back and to keep your legs straight. Tap right + left for 1 rep. If you need to (these are really hard) you can bend the knees slightly - or even do 1 foot at a time.

Goblet Squat Hold with Alt step outs:

<https://www.youtube.com/watch?v=NwhsTiS7xTk>

Hip Thrusts:

<https://www.youtube.com/watch?v=fDxl-0uZMJo>

Lunge Step Ups:

<https://www.youtube.com/watch?v=pZc-sd14XOQ>

Slow Mountain Climbers:

<https://www.youtube.com/watch?v=dS7wguWMn0s>

Love Taps:

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