

# BUTTS & GUTS 2/2/20

## **7 Rounds**

7 x Through the Complex:

1 Reverse Lunge Left

1 Reverse Lunge Right

1 Good Morning

Then

10 Reps Around the World

You will go through the complex of lunge, lunge, good morning - 7 times. Then you will place the bar down and do 10 Around the Worlds. (5 Each way alternating).

On the lunge, make sure you take a big step back, touch the back knee - drive through the front heel.

On the Good Morning, only a slight bend in the knee - keep the back flat and hinge at the hip. Squeeze the butt to stand up.

Only hinge as far as you can keep the back completely flat. This will have a lot to do with midline strength as well as hamstring flexibility.

## **8 Min AMRAP**

16 Russian Swings (heavy for you)

8 Sit Up to Stand with DB or MB

Use a KB that is heavy for you on the swing.

For the Med Ball/ Dumbbell Sit Up -

Men 15-25 lb

Women 10-20 lb

Even though this is an amrap, make sure you are really focusing on quality.

For the Russian Swing - really focus on keeping the belly tight and squeezing the cheeks at the top. Only need to swing the bell to eye level.

For the sit up to stand - touch the ball or DB behind you - perform a sit up and bring that all of the way to standing with the med ball or db overhead.

**Around the World:**

[https://www.youtube.com/watch?v=TyvglJRm5\\_0](https://www.youtube.com/watch?v=TyvglJRm5_0)

**Med Ball Sit Up to Stand:**

<https://www.youtube.com/watch?v=6oqEU8MfAFc>