

BUTTS & GUTS 2/23/20

Butts:

Part 1:

Every OTHER minute for 10 minutes:

8 Rear Foot Elevated Split Squats (Right Leg)

8 Rear Foot Elevated Split Squats (Left Leg)

After the 10 minutes is up, go right into Part 2!

Use dumbbells for an extra challenge.

Rear Foot Elevated Split Squats:

<https://www.youtube.com/watch?v=l3p2bdtluUk>

Part 2:

2 Rounds

Sideways Alphabet Right Leg

Sideways Alphabet Left Leg

Trust me, you will feel the burn! Lying on your side, raise your top leg 12-18 inches off the ground, keep your leg straight and toes pointed. Draw the alphabet with your toes. 12 inch letters, ALL CAPS! Do this twice on both legs.

Guts:

100 Sit Ups

Every Minute- Do 10 Seconds of Hollow Hold, then continue until you reach 100 sit ups.

For the hollow hold, make sure your lower back remains in contact with the floor the whole time.

Hollow Holds:

<https://www.youtube.com/watch?v=xD8zGmxV7BI>

