

BUTTS & GUTS 3/29/20

5 Rounds (No measure)

30 Seconds Weighted Side Step Up Right

30 Seconds Rest

30 Seconds Weighted Side Step up Left

30 Seconds Rest

30 Seconds Weighted Reverse Lunge Right

30 Seconds Rest

30 Seconds Weighted Reverse Lunge Left

30 Seconds Rest

30 Seconds Right Arm to Left Toe Weighted Crunch

30 Seconds Rest

30 Seconds Left Arm to Right Toe Weighted Crunch

30 Seconds Rest

So much work in 30 minutes!!

Score is weight you used for Step Ups/Lunges...this way you don't have to worry about counting the WHOLE time!

For the side step ups you want between 15-20" depending on how tall you are. You may use dumbbells or a barbell. You may also choose to hold a single dumbbell or kb at the chest or even put a sandbag on your back. Focus on driving off of the heel and standing all the way up. You don't want the weight to be super heavy for this so you can keep moving the whole 30 seconds.

The reverse lunge is just on the ground (no box). You will take a big step back, kiss the back knee on the ground, and then drive off of the front foot to stand. Make sure to drive off of the front foot when you stand and don't allow the front knee to cave in. You may do these holding a dumbbell in each hand or a single DB or KB at the chest. You could also put a barbell or sandbag on your back!

For the opposite arm opposite toe crunches, you may do these weighted or unweighted. Keep the arms and legs PRETTY straight and actually touch the weight to the toe each time.

Weighted Side Step Ups:

<https://www.youtube.com/watch?v=Jk45fKPdA4U>

Weighted Reverse Lunge:

<https://www.youtube.com/watch?v=2Z7hBqE9J8A>

Right Arm To Toe Crunch:

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