

BUTTS & GUTS 4/12/20

Butts FIRST!

Every 2 Min for 12 Min (6 Rounds)

12 Sumo Stance RDLs

12 Walking Lunges

RX Men - Try 50#ish DBs

RX Women - Try 30-35#ish DBs

Every 2 min you do the 12 and 12 and rest for the remainder of the time.

The Sumo RDLs are done in a sumo stance - which is slightly wider than your squat stance. Toes should be turned out slightly.

You will hinge at the hips and allow a slight bend in the knees. Keep the dumbbells or barbell close to the body by actively pulling it back. Keep the back flat / chest up and heels down.

Bring the weight to about mid-shin - not all the way down. Squeeze the butt to stand up.

For the lunges you can hold the dumbbells however you want - either to the side or at the shoulder. If you are using a bar, you may use front or back rack!

8 Min AMRAP

(As Many Rounds and Reps As Possible in 8 Min)

12 KB/ DB Deadbugs (6 Per Leg)

24 Russian Twists (12 Touches Per Side)

Weight is up to you - but here are our suggestions!

Men - 25-40#

Women - 15-25#

The KB/DB dead bugs can either be done on the ground, or for an even bigger challenge - on a box/bench.

You will lay flat on your back with a single KB/DB in both hands locked out at the top of the bench press position over your chest. You will bend your knees and bring them up above your hips (now you look like a "dead bug"). You will then SLOWLY and under control lower the leg and straighten it until it is parallel to and touching the floor. Then bring it back up. Switch legs with each rep.

The goal here is to keep the spine in contact with the floor as you lower the leg.

For an added challenge you will lay on a bench/box and lower the leg (without straightening it) down lower than the box. Only go as low as you can maintain that spine position.

For the Russian Twists you may use a dumbbell, plate, or med ball. Each tap will equal 1 rep!

Keep repeating the 6 and 24 as many times as possible for 8 minutes!!

Sumo Stance RDLs:

<https://www.youtube.com/watch?v=m4N990-cBYM>

DB Deadbugs:

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

Russian Twists:

<https://www.youtube.com/watch?v=JyUqwkVpsi8>