

BUTTS & GUTS 5/10/20

4 Rounds (Not for Time)

20 Hollow Rocks

20 Reverse Lunge/Rev Lunge + Swing

10 Half Get Up Right

10 Half Get Up Left

1 Min Plank

Men Try 40+ Dumbbell/KB

Women Try 25+ Dumbbell/KB

For the hollow rocks you will focus on drawing your core in as you lift your heels, legs, arms and shoulders, head and neck off of the floor. Use the muscles in your midsection to rock your body top to bottom - focusing on keeping your low back pressed into the ground.

Bend the knees slightly if needed. Bring the arms down to the sides if needed.

The Lunge, Lunge, Swing goes reverse lunge right, reverse lunge left, then a swing like a devil press/kb swing from between the legs. All 3 of those is one rep.

Make sure on the lunges that you touch the back knee and drive off of the front heel for each rep.

On the swing - focus on squeezing the cheeks hard!

For the half get up - it's exactly that. It's PART of a Turkish get up.

You will bend the knee that is on the same side that the weight is being held. Dumbbell or KB should be held with a locked elbow while laying down on the ground to start. You will roll to the opposite elbow - then hand - then control back down. Do NOT just plop back down.

Keeping your eyes on the weight throughout will aide in the balance and stability part of this movement.

At the end of each round - hold a plank for 1 min. If you are unable to hold 1 min straight - you may break it up as needed. Accumulate 1 full min before starting hollow rocks on next round.

Hollow Rocks:

<https://www.youtube.com/watch?v=p7j02V1flzU>

Half Get Ups:

<https://www.youtube.com/watch?v=8nvR3LUgD7A>