

# BUTTS & GUTS 5/17/20

## **Part 1:**

### **5 Rounds (Not for Time)**

12 Dumbbell Frog Squats

12 Weighted rotating side planks

(12 each side)

For Frog Squats:

Men: 40-50# DBs

Women: 25-35# DBs

For Weighted Rotating Side Planks:

Anywhere from 0lbs to 5/7 lbs - so super light + slow + controlled.

For the Frog Squats you will start in the top of a push up with the hands on the dumbbells. You will jump your feet to your hands in your squat position - butt below knees, chest up, knees out, heels down. From here you will basically stand up out of the squat - squat not deadlift - with the dumbbells in the hands. Squat back down to place them back down and then jump back.

For the side plank rotations - this is challenging even without weight, so if you need to - start there. You may do this with a small plate or a dumbbell. Keep the hips lifted! Feet may be stacked or one in front of the other on the ground. This may be done from the elbow or the hand.

If you are unable to rotate you may simply hold a 30 second side plank on each side per round.

## **20 Min EMOM**

### **(Every Min on the Min for 20 Minutes)**

Minute 1 - Max Side to Side Lunge Hops Left

Minute 2 - Max Side to Side Lunge Hops Right

Minute 3 - Max Hollow Rocks

Minute 4 - Rest

This circuit is a booty and ab blaster!

For the side to side lunge hops - you will basically be JUST above the bottom of a lunge and will hop side to side holding that position. Goal is to not stand all the way up throughout the whole minute but keep moving from that lunge position.

You can draw a chalk mark or find a crack in the ground and hop back and forth over it.

For extra fun jump up onto something low like a 25 or 45# plate. Only if you are comfortable doing it!

For the hollow rocks - either keep rocking the whole minute - or scale to just a hollow hold or bringing the knees in and rocking. But hold position!

Pull the lower back into the ground and lift the tailbone and shoulders off of the floor in order to find the correct position. Think about drawing the belly and abs in - not pressing them out!

### **Weighted Rotating Side Planks:**

<https://www.youtube.com/watch?v=wR2AYYCG-p4>

### **Side to Side Lunge Hops:**

<https://www.youtube.com/watch?v=EBa3CanM5G0>

### **Hollow Rocks:**

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