

BUTTS & GUTS 5/03/20

Butts:

4 Rounds (Not For Time)

- 10 Bulgarian Deadlift Right
- 15 Bulgarian Jumping Lunges Right
- 10 Bulgarian Deadlift Left
- 15 Bulgarian Jumping Lunges Left

Take breaks after the jumping lunges but go straight from the Deadlifts into the lunges if possible.

So we do single leg deadlifts a lot. But since your back leg on these will allow you to have a little more balance - you should be able to go a bit heavier. Start by trying 65# or 25# dumbbells but try to go up if possible!

It is easier to go straight from the deadlifts into the jumping lunges if you use dumbbells - but either way is fine.

For the deadlifts you will have the back leg on a step behind you - roughly 12" high. Not as high as a 20" box or bench.

Make sure that front heel is down. Keep the back flat and perform a deadlift driving off of that front leg. Keep in mind this is a deadlift and NOT a lunge. Hinge forward from the hip with just a slight bend in the knee. Stand all of the way up at the top of each rep.

For the jumping lunges you will leave that back foot up on the step. Show control as you go down into the bottom of the lunge. Get as deep as you can. From the bottom position you will jump! Keep the back foot on the step and drive off of the front heel. When you land back down show control back down and once again lower back down. Do not allow the knee to collapse in on these reps!

If you are unable to jump you may just do regular split lunges!

Guts:

4 Rounds (Not for Time)

15 Stability Crunches

10 Plank Step Up and Down (Alternating Sides)

No score for this one!

For the stability crunches you will hold the middle of a v-up/crunch position basically with your hands behind your ears. You will then come and tap your toes without allowing your body to move. Then bring the hands back behind the ears. That is one rep.

Definitely watch the video.

For the plank step ups you will start out in the top of a push up position in front of like a box/bench/stack of plates - something like that.

Then you will reach one hand up and place it on the step - followed by the other hand. Then back down with the first hand and back down with the second. Alternate which hand reaches up first each time. Keep the belly tight and do not sag or raise your hips up. Stay flat!

If you need to use a shorter step you can or if you need to even go to your knees that is ok too.

Bulgarian Deadlift Single leg:

<https://www.youtube.com/watch?v=YyEFwt2CjkA>