

BUTTS & GUTS 6/21/20

Butts:

10 down to 1

10 Pause Pistols Right

10 Pause Pistols Left

10 Reverse Goblet Lunges Right

10 Reverse Goblet Lunges Left

9 of each

8 of each

7 of each...

Down to 1

For the pause pistols (single leg squats). Use a target and pause touching the target. Try your best not to plop onto it, but just briefly pause.

For this movement you really have to reach your butt back and try not to allow the knee to roll in with the heel down!

For the reverse lunges you will hold a single weight at the chest. Step back with the right foot for first set, bringing foot back to fully standing (feet together) at the top. Complete all reps with right leg stepping back, then do all reps on the left side.

May also do these with a dumbbell in each hand at the sides. Make sure you take a long enough step back each time that the front heel stays down! Drive through that front heel to stand!

Guts:

7 Rounds

30 Seconds Russian Twists

30 Seconds Off

Then

4 Rounds

30 Seconds Plank with Right Hand up

30 Sec Rest

30 Seconds Plank with Left Hand up

30 Sec Rest

For the Russian Twists you will hold a weight (pick something moderate to light) and lean back slightly while seated on the ground knees bent - heels down. You can lift the feet for an extra challenge.

Rotate touching the weight to the ground from side to side.

For the plank - get into a regular plank with the elbows down. Raise one hand out and in front of you. Avoid twisting!

Pistols:

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

Scaling The Pistol:

<https://www.youtube.com/watch?v=q11UwY5gd0A>