

# BUTTS & GUTS 6/7/20

## **Butts -**

### **10 Min AMRAP**

#### **Get as far as you can:**

2 Single Leg Deadlifts

(one right, one left)

2 Step Ups

(one right, one left)

4 Single Leg Deadlifts

(alternating legs)

4 Step Ups

(alternating legs)

....

Keep adding 2 reps every time.

For single leg deadlifts keep the back flat and heels down. Brace the belly and allow the torso to come forward with only a slight bend of the knee.

You will hold one KB or DB for the Single Leg DL

For the Step Ups you will also hold weight. Step up roughly 15-24" depending on your height.

Drive off of the heel that is stepping up and make sure your WHOLE foot is on the box (or bench or whatever you are using). Do not allow your knee to collapse inward.

Alternate feet with each rep.

## **Guts -**

### **In 4 Min get as far as you can:**

1 V-Up

1 Super Man

2 V-Up

2 Super Man

3 V-Up  
3 Super Man  
....keep adding  
Rest 4 Min

Repeat

(Start back over at 1-1)

For V Ups, lie on your back with arms stretched overhead, shoulders away from ears. Squeeze your legs together. Come into a hollow body position by raising your legs and shoulders a few inches from the floor. Pull your bellybutton down toward the floor until you feel your lower back pressing into it. Raise your chest and legs up high and then toward one another at the same time until you can touch your toes, then lower back to hollow body.

These are very challenging. You can also do tuck ups where you bend your knees on the way up, tuck your knees into your chest and swing your arms from overhead to along side your body. Lying leg raises or knee raises are also great options.

The superman is the opposite of hollow body. Lie face down with arms overhead, legs straight and squeezed together.

Squeeze your butt and your belly and raise your chest and thighs as high up off the ground as you can. Then, lower back to the floor. Make sure you are raising and lowering with control.

**Supermans-**

<https://www.youtube.com/watch?v=z6PJMT2y8GQ>