

# BUTTS & GUTS 7/26/20

## **3 Rounds**

1 Min Slow Split Squat Right

Rest

1 Min Slow Split Squat Left

Rest

1 Min Slow Romanian Deadlift

Rest

Go LIGHTER than you think and increase weight for round 2-3 if you can. Each rep will be 3 seconds down and 3 seconds back up. This is true for all 3 stations.

For the split squats you will want back leg slightly elevated. Make sure you aren't TOO far forward from the elevated leg that you are getting stuck or that the heel is coming up at the bottom. Get as low as possible and make sure the knee is not buckling in.

Stand up, but to not fully extend the knee and hip at the top.

Remember, 3 seconds down and 3 seconds up.

For the Romanian deadlifts you will do the same thing. 3 seconds down and 3 seconds back up. The knees will soften but will remain mostly straight through out. Keep the back flat and chest up.

## **6 Min (No Measure)**

30 Seconds Plank with Dumbbell Pass

30 Seconds Hollow Rocks

**Back and forth for 6 Min (6 Rounds)**

For the plank dumbbell pass reps you will be in the push up position. You will grab a dumbbell with the right hand and pass it to the left hip. Then you will grab another dumbbell with the left hand and pass it to the right hip. Then by again reaching across you will bring the dumbbells back up.

For the hollow rocks you will drive your low back into the mat and place your hands above your head and straighten your legs. From here you will rock, keeping your entire spine in contact with the ground by pulling the abs in.

If you cannot hold this position, or have a hard time keeping your back glued to the ground, you may bend the knees more. This would be ideal over not having your back fully on the mat.