

# BUTTS & GUTS 8/30/20

## Part 1:

### 5 Rounds (Not for Time)

20 Pause Goblet Squats

15 Lunge + Lunge + Box Jump

10 Half Get Ups Right

10 Half Get Ups Left

Suggested weight for squats and get ups:

Men: 35-55# KB/DB

Women: 20-40# KB/DB

Do the squats and get ups with the same weight, if you can! If not, no biggie.

For the pause goblet squats you will hold the weight at the chest and move to a SOLID (not relaxed) bottom of the squat position with the hips lower than the knees and chest up. Hold for 2 seconds. Then come up!

The lunge lunge jump is a reverse lunge right, reverse lunge left, two foot jump onto a box or something similar (all of that together is one rep). Make sure you are kissing the ground with the back knee for each lunge and driving off of the heel to stand. Jump height should be between 18-24 inches!

The half get up will be performed with a kb or dumbbell in your hand. You will lay flat on your back and extend the arm with the weight in front of you (like the top of a single arm bench press). Then you will keep your eyes on the weight and roll to your opposite elbow, lifting the weighted shoulder off of the ground. Then you will come up to the opposite hand. Roll back down slowly.

## Part 2:

## **6 Minutes**

30 Second Hollow Hold

30 Second Plank Hold

30 Second rest

(This will equal 4 total rounds)

For the hollow hold, lie with your back on the ground, arms overhead and legs straight. Squeeze your belly to press your lower back into the floor as you lift your feet and upper back. Keep your legs engaged by pointing your toes. If you find your lower back will not stay in contact with the floor, try bending one or both knees and/or lowering your arms to your sides.

Plank should be on the toes and the elbows. Do not allow yourself to sag. If you find that you are, modify by going to your hands or even to an elevated plank.