

# BUTTS & GUTS 8/9/20

## **Part 1:**

### **Every Minute on the Minute for 20 Minutes:**

Min 1 - 12 Dumbbell Squats

Min 2 - 15 Rolling Hip Ups

Min 3 - 12 Dumbbell Lunges

Min 4 - 15 Weighted Sit Ups

Min 5 - Rest

Repeat 3 more times (4 Rounds - or 19 minutes - Total)

Idea weight for Men: 40-60# Dumbbells

Idea weight for Women: 20-25# Dumbbells

### **Goal: Give yourself 20 seconds or so rest at the end of each minute. But challenge yourself!**

For these squats hold the DBs at the shoulder. The feet should be shoulder width apart. Heels down. Raise the chest and tighten the belly. Reach the butt back and down and drive the knees out. Get the butt lower than the knees at the bottom. No collapsing or rounding the back at the bottom! Stand all the way up at the top.

For the rolling hip ups, start sitting up and roll backwards onto your upper back/shoulders. As you roll back extend your legs straight up into the air. As you do this, push your hips straight up into the air. Try to get your toes as close to the ceiling as possible.

For these lunges, make sure the dumbbells are resting on the shoulders with the elbows high! Keep the chest up, but do not overextend the back. Keep the belly tight! You may perform forward stepping, reverse stepping, or even walking lunges. Make sure you take a long enough step with the front leg so that your heel can be down on that foot when the back knee GENTLY touches the ground. Stand all of the way up between reps and

alternate legs with each lunge. So for each set of 12 you end up doing 6 on each side.

You can do anything you want with your feet in the sit ups. What we are looking for is the weight touching the ground over your head at the bottom and either bringing it to your chest as you sit up or pressing up over your head at the top. Of course - lower the weight if necessary to keep moving.

If weighted sit ups aren't happening do regular sit ups without the weight.

## **Part 2:**

### **5 Min AMRAP**

20 Love Taps

30 Bicycle Crunches

No weight needed.

### **Goal: 2-3 Rounds +**

For Love Taps, sit up straight with legs extended out in front of you. You should have a dumbbell, kettlebell or even just a crack in the floor outside one of your ankles. Place your hands by your hips on the floor, use just fingertips if you need to. Without leaning back, pick up both legs and bring them up and over to the other side to tap the floor.

Each tap = 1 rep.

For the bicycle crunches, you'll want to maintain a tucked hollow position on the floor. Pull your belly button down toward your spine and press your lower back into the floor. Raise your shoulders up off the ground. While you keep your left leg straight and hovering from the floor, draw your right knee up to your chest and try to touch it with your left elbow. Extend your right leg out and draw your left knee in. Each time one knee comes up is one rep.