

BUTTS & GUTS 9/13/20

4 Rounds (Not for Time)

10 Deficit Reverse Lunge Right
10 Deficit Reverse Lunge Left
10 Single Leg Deadlift Right
10 Single Leg Deadlift Left

These movements can be done with either a pair of dumbbells or a barbell (on your back for lunges).

Use a weight that will allow you to do all sets unbroken.

Height for deficit should be 3-5"

For the deficit reverse lunges you will have your front foot elevated as you step back with the other foot into a reverse lunge. Make sure that you keep the front heel planted and only touch the back knee if you can get that range of motion pain free. Drive through the elevated front heel to stand. Dumbbells will be held at the sides, or you can do a single dumbbell held at the chest - or even a barbell on your back.

For the single leg deadlifts you can hold a dumbbell in each hand, a single dumbbell in both hands, OR a single dumbbell in the hand opposite of the working leg. You could also use a barbell. Hinge forward at the hip, keeping the chest lifted. Allow the knee to bend slightly. Keep the heel down. Go to the ground with the weight or as far as you can maintain form. Drive through the heel and squeeze the glutes to stand.

4 Rounds

1 Min Pause Alternating Bicycle Crunches

Rest 1 Min

Each Pause should be 2 Seconds

We are looking for elbow to opposite knee for the pause position!