

# BUTTS & GUTS 9/27/20

## **Butts!**

### **5 Rounds**

15 Staggered Stance DB Deadlifts Right Leg Forward

15 Staggered Stance DB Deadlifts Left Leg Forward

15 Seated Box Jumps or Jumping Squats (with a pause at bottom)

1 Min Rest

Suggested Weight Range:

Men: 30-50# DBs

Women: 15-35# DBs

### **Goal: Move Well!**

Stand tall with a dumbbell in each hand and hanging at your sides. Step forward a few inches with one foot and back a few inches with the other. Allow for a soft bend in the knees. Hinge at the hip, keeping your chest up, back flat, and belly tight. Guide the dumbbells alongside your legs. Touch one head of each dumbbell to the floor then drive through the heels as you squeeze your butt to come to fully standing. Switch your forward foot after you've completed 15 reps.

For the seated box jumps we will start in a seated position at or just below parallel. You can sit on a low box, stack of plates - or whatever you can just to make that happen. In this seated position you will have the heels down roughly hip width apart. You need to be completely sitting - with the chest up. Use the ARMS!! Throw arms and jump from that dead stop position! You will want to think of exploding UP and then pulling the knees up FAST!!

If you don't feel you can perform these safely or don't have the necessary set up, sub with jumping squats and pause at the bottom of each squat for 1-2 seconds.

## **Guts!**

### **4 Rounds**

30 Seconds Right Knee Up Plank

30 Seconds Rest

30 Seconds Left Knee UP Plank

30 Seconds Rest

30 Seconds Flutter Kicks

30 Seconds Rest

For the knee up planks you will start at the top of a push up position. You will bring one knee all the way up to the chest and hold for 30 seconds.

For the flutter kicks, start lying on your back. Lift your head and feet off of the ground, pressing your low back into the ground. Make small little swimming type kicks with the feet while keeping the legs straight and arms at your sides.