

# BUTTS & GUTS 9/06/20

## **4 Rounds**

### **Not For Time**

15 Reverse Lunge Step Up Right

15 Reverse Lunge Step Up Left

25 Russian Swings

Use weight that feels right for you and allows you to keep moving.  
Men try 50-55# and Women around 35#.

For the reverse lunge step ups. You will hold a KB or DB at the chest. You will lunge backward, step in, then step up on a box or bench (whatever you can find) around 15-20" in height. For the right foot you will step back with the right and then step up with the right.

For both movements focus on driving off of the heel of the front leg or leg on the box.

For the Russian Swing you will perform a kettlebell swing to eye level only. Make sure you use a strong drive with the legs and hips. Arms are just ropes. Keep heels down and chest up. Stand up hard and fast.

## **8 Min Alternating Tabata**

20 Seconds of Love Taps

10 Sec Rest

20 Sec Weighted Sit Up

10 Sec Rest

Use 5-20# for weighted sit ups

Love taps are where you sit on the ground with straight legs. You will lift both legs (fighting to keep them straight) up and over something (like a KB). Control the legs and just tap the heels on one side - then the other.

For the weighted sit ups you will touch the plate/dumbbell behind your head sit up and press it over head to lock out!