

BUTTS & GUTS 10/11/20

Part 1:

4 Rounds

15 Single Leg Deadlift Right

15 Single Leg Deadlift Left

10 Shoot Throughs

Not really for time, but keep moving.

For the single leg deadlift you will hold the dumbbell or kb in the opposite hand of the leg that will be working.

Fight not to twist. Allow a slight bend in the knee as you hinge at the hip. Imagine "grabbing" the ground with your planted foot to stay balanced. Touch either one head of the dumbbell or the bottom of the kb to the floor. Keep the back flat and belly tight. Squeeze the butt to stand up.

For the shoot throughs you will basically start in a push up position with your hands on parallettes, a stack of plates, benches - something like that. You will lift your knees up and swing your legs through until you have your legs straight and hip open in front of you. You will then shoot back through. That is one rep. Make sure to press your shoulders far from your ears the entire time!

The closer you are to the ground - the harder these are. So scale by increasing the height of your supports, if needed!

Part 2:

7 Min AMRAP

How far can you get in 7 min

1 Russian KB Swing
2 Goblet Lunges
2 Russian KB Swing
4 Goblet Lunges
3 Russian KB Swing
6 Goblet Lunges
.....

Keep going until 7 min.

Score is total reps added up at the end!

Swings should be Russian - just to eye level - not overhead.

Idea weight for Men: 40-55#

Idea weight for Women: 25-35#

For the swing you will keep the back flat and hinge at the hips. Allow a slight bend of the knee and then squeeze the butt and quads hard to stand. Bring the KB to eye level.

The goblet lunges will be a reverse lunge while holding the KB in the goblet position at the chest. These should be alternating. So lunge on your right leg is 1 rep, lunge on your left leg is 2 reps, etc.

Part 3

Tabata Plank Hold

4 Min of 20 seconds on and 10 seconds off!

Modification:

Reverse Tabata!

So 10 seconds ON and 20 seconds OFF! (Still for 4 Min)

This can be done on the hands or the elbows. Focus on belly tight and butt down! There should be a straight line from your shoulder to your hip to your ankle!