

BUTTS & GUTS 10/4/20

15 Min AMRAP

20 Stiff Legged Deadlift
10 Weighted Step Ups Right
10 Weighted Step Ups Left
20 Up and Over Crunches
20 In and Out Crunches

Stiff Legged Deadlifts and Weighted Step Ups may be done with a pair of dumbbells - single dumbbell/kettlebell - barbell - or even your sandbag.

Typical RX weights from other programming will work:

Men: 35-50# DBs / 75-95# Bar

Women: 20-35# DBs / 55-75# Bar

Step Up Height - 16-24" (depending on how tall you are)

Goal: MOVE WELL and don't worry about speed. But try to keep moving the whole time. The goal is to treat this like an AMRAP though and the goal would be to get at least 4 rounds.

For the stiff legged deadlift - you need to keep the legs pretty straight with just a slight bend in the knee. Hinge from the hips and keep the back flat to grab the weight, then basically just squeeze your butt to stand up.

For the step ups you will hold either the dumbbell or kettlebell in one hand and step up with the opposite foot. Make sure your whole foot is on the box or whatever you are using to step up on. Do all 10 on one side before starting on the other.

For the up and over crunches - these may be done on the ground or on the edge of a bench or box. You will tap the ground on one side with the feet while leaning back - bring the knees up and over while also pulling the chest up and then back down on the other side.

The in and out crunches are just that. Feet and knees kick out straight (feet remain off of the ground) while you lower the shoulders. Feet and knees come in as shoulders come up!

If you are feeling it - you may add a small amount of weight between the feet for the abs movements!

Extra AB Work!

5 Rounds

:30 On

:30 Off

Plank Step Ups on Ball/Box

You will get into the top of a push up position with a ball, or stack of plates, or something right underneath your face.

You will walk your right hand onto the ball (stay pretty locked out) then your left. Then right hand down, and left hand down. Reverse the order for the next rep!

Do 30 seconds of constant motion, then 30 seconds rest. Repeat for 5 rounds.