

# BUTTS & GUTS 11/1/20

## **Butts...**

10 down to 1

10 Pause Pistols Right

10 Pause Pistols Left

10 Side Lunges Right (w/kb or db)

10 Side Lunges Left (w/kb or db)

9 of each

8 of each

7 of each...

Down to 1

For the pause pistols (single leg squats). Use a target and pause touching the target. Try your best not to plop onto it, but just briefly pause.

For this movement you really have to reach your butt back and try not to allow the knee to roll in with the heel down! Reach your arms and chest forward to counter balance your weight. Keep your belly squeezed tight and grab the ground with your toes for balance.

The side lunges are actually very similar. You will hold a KB, DB or Plate at the chest. Start in a wide sumo-like stance. Shift your weight into one leg then reach your butt back and down.

If you need to, let your opposite foot's toes lift up from the floor and turn toward the ceiling while still keeping your heel down.

## **Guts**

7 Rounds

30 Seconds Alternating V - Ups

30 Seconds Off

Then

4 Rounds

30 Seconds Plank with Right Hand up

30 Sec Rest

30 Seconds Plank with Left Hand up

30 Sec Rest

For the alternating V-Up you will start lying on your back with legs straight and arms extended overhead. Press your lower back into the ground by squeezing your belly then bring opposite hand to opposite foot with both arm and leg straight. Lower back down then repeat on the opposite pair of arm and leg.

For the plank - get into a regular plank with the elbows down. Raise one hand out and in front of you. Do your best to avoid twisting - squeeze your butt, belly, and thighs!