

# BUTTS & GUTS 7/14/19

## **Part 1**

### **4 Rounds**

1 1/2 Split Squat Right - 8 Reps

1 1/2 Split Squat Left - 8 Reps

Single Leg Glute Bridge Right - 12 Reps

Single Leg Glute Bridge Left - 12 Reps

Alternating Right to Left then Left to Right Half V-UP- 16 Reps (8 per side)

Use Dumbbells or a bar for Split Squat. For the 1 1/2 Rep split squats the back leg will be elevated. You don't want it any higher than like a bench or a 20" box. You may go lower than that too, just a stack of plates is fine.

You will go all of the way down (butt lower than the knee) stand halfway up, then go all of the way down and stand all of the way up. That is 1 rep.

Make sure you have your front foot out far enough that you can drive off of that front heel and the weight isn't forced into the toe. These may be weighted with dumbbells, a barbell or may even be done with no weight.

For the single leg hip ups, lie in like a sit up position on the ground. Raise one leg straight and off of the ground. Squeeze the cheeks to get hips as high as you can. Come all of the way back down.

For these v-ups it will be right hand to left toe, then left hand to right toe. Alternate with each rep. You will do 8 per side per set.

## **Part 2**

### **3 Rounds**

30 Second Hollow Hold Right Knee Bent - Hands at Sides

Rest 1 Min

30 Second Hollow Hold Left Knee Bent - Hands at Sides

Rest 1 Min

30 Second Hollow Hold Arms Extended

Ouch. Cut down the holds to 20 seconds if you need to.

### **1 1/2 Split Squat:**

<https://www.youtube.com/watch?v=Y-FEh5nDcgU>

**Single Leg Glute Bridge:**

<https://www.youtube.com/watch?v=3NXv0Nany-Q>

**Alternating V-Ups:**

<https://www.youtube.com/watch?v=u8lo0IGPC6k>

**Hollow Hold knee bent:**

<https://www.youtube.com/watch?v=0I5YWnGI89w>

**Hollow Hold:**

<https://www.youtube.com/watch?v=xD8zGmxV7BI>