

BUTTS & GUTS 8/25/19

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

RX Men: Deadlift 55# +, Step Up 40-55#

RX Women: Deadlift 35# +, Step Up 25-35#

Height - 16-24" (depending on how tall you are) For this one - I demo'd it with a kettlebell but you can replace the deadlifts with a bar if you want to - if you need to for weight or what have you. You can also hold a dumbbell while you do the step ups if you want to as well.

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!

Plank Step Ups on Ball/Box

5 Rounds

:30 On

:30 Off

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.

Stiff Legged Deadlifts:

<https://www.youtube.com/watch?v=3Kg2BD1ZIRY>

In and Out crunches:

https://www.youtube.com/watch?v=YOuPqLC4v_g

Plank Step Ups:

<https://www.youtube.com/watch?v=ahGV-5zQ3wQ>