

BUTTS & GUTS 9/22/19

4 Rounds

10 Deficit Reverse Lunge Right
10 Deficit Reverse Lunge Left
10 Single Leg Deadlift Right
10 Single Leg Deadlift Left

These movements can be done with either a pair of dumbbells, or the barbell on your back.

Use a weight that will allow you to do all sets unbroken.
Height for deficit should be 3-5"

Score: Weight Used (Use Same Weight for both Movements)

THEN

4 Rounds

1 Min Pause Alternating Bicycle Crunches
Rest 1 Min

Each Pause should be 2 Seconds

Deficit Reverse Lunges:

<https://www.youtube.com/watch?v=W0wZ-yk6WR4>

Single Leg Deadlift:

<https://www.youtube.com/watch?v=M1C6SKLTJQM>

Pause Alternating Bicycle Crunches:

<https://www.youtube.com/watch?v=9FGilxCbdz8>