BUTTS & GUTS 11/03/19

4 Rounds
Not for Time
15 Double Dumbbell Sumo RDL (no touch)
10 Dumbbell on Shoulder Split Squat Right
10 Dumbbell on Shoulder Split Squat Left

Post:
4 Min Tabata Hollow Rock
On rest hold Superman Position

20 Seconds Hollow Rock
10 Second Superman hold

Repeat for a total of 4 min

On the Dumbbell Sumo Stance RDLs you will stand in a sumo stance with dumbbell heads touching. Perform a stiff legged deadlift (very little knee bend) and on the way back down you will not come all the way to the ground, but will stop about mid shin.

Keep the back flat, chest up and drive through the heels. Squeeze your butt at the top of each rep.

You could also do these with a barbell. We like the dumbbells for this if possible because you can go much lower.

On the split squat, you will make sure you are far enough away from the bench or box - or whatever is elevating your back foot- that you can keep your heel down and get to at or below parallel.

Focus on not allowing that knee to collapse in, but think about pushing it out with the foot straight forward. This time the dumbbells will be resting on the shoulders.

You could also do these with a barbell on the back if necessary.

For the hollow rocks you will drive your low back into the mat and place your hands above your head and straighten your legs. From here you will rock, keeping your entire spine in contact with the ground by pulling the abs in.

If you cannot hold this position, or have a hard time keeping your back glued to the ground, you may bend the knees more. This would be ideal over not having your back fully on the mat.

You will perform the hollow rocks for 20 seconds. Then you will flip over onto your stomach for a superman hold for 10 seconds. Keep switching back and forth for 4 min.

Double Dumbbell Sumo RDL-
https://www.youtube.com/watch?v=6pgCbGOS87c

Dumbbell on shoulder split squat-
https://www.youtube.com/watch?v=SNzgpVvtN20

Hollow Rocks-
https://www.youtube.com/watch?v=p7j02V1fIzU

Supermans-
https://www.youtube.com/watch?v=z6PJMT2y8GQ