

BUTTS & GUTS 12/1/19

5 Rounds (No measure)

30 Seconds Weighted Side Step Up Right
30 Seconds Rest
30 Seconds Weighted Side Step up Left
30 Seconds Rest
30 Seconds Weighted Reverse Lunge Right
30 Seconds Rest
30 Seconds Reverse Lunge Left
30 Seconds Rest
30 Seconds Right Arm to Left Toe Weighted Crunch
30 Seconds Rest
30 Seconds Left Arm to Right Toe Weighted Crunch
30 Seconds Rest

So much work in 30 minutes!!

For the side step ups you want between 16-24" depending on how tall you are. You will hold a single DB or KB with outstretched arms in front of you. If you are unable to do that - you may try using a lighter weight or hold the weight at your chest. Focus on driving off of the heel and standing all the way up. Pause a bit at the bottom. Use no rebound. You don't want the weight to be super heavy for this so you can keep moving the whole 30 seconds.

The reverse lunge is just on the ground (no box). You will take a big step back, kiss the back knee on the ground, and then drive off of the front foot to stand. Hold a dumbbell or KB in each hand.

For the opposite arm opposite toe crunches, you may do these weighted or unweighted. Keep the arms and legs PRETTY straight and actually touch the weight to the toe each time.

Toe Weighted Crunches:

https://www.youtube.com/watch?v=F3KYMS4NJ_8