

# BUTTS & GUTS 3/22/20

## **4 Rounds**

### **Not For Time**

20 Elevated Sumo Squats  
10 No Touch PAUSE Single Leg DL Right  
10 No Touch PAUSE Single Leg DL Left  
10 Shoot Throughs  
30 Second Plank + Up Down

Weight Ideas (For Single Leg Deadlifts):

Men: Single 40-80# DB/KB - Or - Pair Of Lighter Dumbbells Or Barbell  
Loaded At 75-115#

Women: Single 25-50#DB/KB - Or - Pair Of Lighter Dumbbells Or Barbell  
Loaded At 45-85#

For The Elevated Sumo Squats You Will Hold A Db Or Kb Between Your  
Legs. You Should Be Elevated On 2 Boxes Or On 2 Stacks Of  
Plates...Something Like That.

Make Sure You Are High Enough That You Can Get To A Full Depth Squat  
While Holding The Object With Straight Arms. Then You Will Stand  
Completely At The Top And Squeeze The Cheeks.

Single Leg Deadlifts - Add Pause JUST Before The Weight Touches The  
Ground At The Bottom Of Each Rep If You Can Manage The Balance.

For These, You Should Have A Flat Back And Slight Bend In The Knee.  
The Dumbbell Or Kb Should Be Held In The Opposite Hand Of The  
Working Leg. Or You Could Hold A Dumbbell In Each Hand - Or A Barbell  
Even!

For The Shoot Throughs, The Higher The Boxes Or Parallettes The Easier  
This Will Be. It Requires You To Really Tuck The Knees Up And In And

Punch Forward, Then Reverse It On The Way Back! If You Are Using KBs, Make Sure You Stabilize Them, So When Your Weight Shifts, They Don't Fall Over!

For The Plank, You Will Start On Your Elbows And 1 Arm At A Time Come Up To The Hand (Like The Top Of A Push Up). You Will Then Transfer Back Down - Keep Repeating Of 30 Seconds.

**Elevated Sumo Squats:**

<https://www.youtube.com/watch?v=bmb458wPMto>

**Shoot Throughs:**

<https://www.youtube.com/watch?v=sZ9fP4iOmFs>

**Plank + up and down:**

<https://www.youtube.com/watch?v=L4oFJRDAU4Q>