

BUTTS & GUTS 7/19/20

4 Rounds (For Time)

10 x (2 Jumping Lunge + 1 Jumping Squat)

50 Mountain Climbers

Rest 1 min

20 Side to Side Lateral Step Ups

50 Russian Twists

Rest 1 min

Idea weight for Russian Twists:

Men: 25-35# DB/Plate/KB or Med Ball

Women: 15-20# DB/Plate/KB or Med Ball

Idea Box Height:

Men: 22-24"

Women: 18-20"

The idea here is not to sprint through this. Smooth, controlled movement is the way to go!

So to start you'll do 2 jumping lunges, one with your left foot forward and one with your right foot forward. Then do a jumping squat. All of that equals one. Do 10 like that.

Switch the jumping lunges and squats to reverse lunges and air squats if you need to.

For the jumping lunge, start with your feet hip width apart. Jump and land with one foot forward, the other foot back and lower with control until your back knees makes contact with the ground. Keep your belly tight, chest up and eyes forward.

Your feet should strike the floor at the same time. From this position, jump and switch your feet to do a jumping lunge on the other side.

Next, jump into a squat position with feet about shoulder width apart, chest up, back flat. Lower all the way into the bottom of a squat with butt below knees then jump enough to extend your ankles, knees, and hips all the way.

For the Mountain Climbers every time a knee comes up it counts as a rep. So right knee = 1 rep. Left knee = 1 rep. Keep a tight plank position with shoulders over wrists.

Each side step up counts as one rep so you will do 10 per side but alternating. Go lower on the step up if necessary for you!

Make sure for each rep you drive off of the heel and don't allow your knee to come in. Stand all of the way up on the box then side step down off the other side.

For the Russian twists you may use a dumbbell, plate, or med ball. Each tap will equal 1 rep!