

# BUTTS & GUTS 11/15/20

## **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 Weighted 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 start standing on the box, facing the side so that one foot is suspended off the side of the box. Hold a dumbbell or kettlebell in each hand at your sides like a Farmer Carry. Or if you only have one DB/KB, hold the weight at your chest. Lower the suspended foot to the ground under control. Pause a bit at the bottom. Use no rebound. Focus on driving off of the heel and standing all the way up. 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 kettlebell in each hand at your sides.

For the opposite arm opposite toe weighted crunches, you'll start lying on your back with your arms overhead and legs straight. The working arm should hold the small plate (2.5-5lb). Press your lock back into the ground and raise your working arm and opposite leg. Touch the weight to the toe

each time. Keep the arms and legs PRETTY straight. Complete 30 seconds using the R arm and L leg. Then for the next 30 seconds, switch to L arm and R leg.