

# BUTTS & GUTS 11/22/20

## **Butts -**

10 Min AMRAP

Get as far as you can:

2 Single Leg Deadlifts

2 Weighted Step Ups

4 Single Leg Deadlifts

4 Weighted Step Ups

....

Keep adding 2 reps every time.

Suggested weight:

Women: 10-25# Dumbbells

Men: 20-40# Dumbbells

Alternate feet with each rep for both movements.

Every time you deadlift/step up is 1 rep. So Right Leg = 1, Left Leg = 2, Right Leg = 3, etc.

For single leg deadlifts keep the back flat and heels down. Brace the belly and allow the torso to come forward with only a slight bend of the knee.

Touch the weight(s) to the ground then squeeze the butt of the working leg to come back to standing. Then switch feet.

You may hold one or two KB(s) or DB(s) for the Single Leg DL.

For the Step Ups you will also hold weight at your sides. Step up roughly 15-24" depending on your height.

Drive off of the heel that is stepping up and make sure your WHOLE foot is on the box (or bench or whatever you are using). Do not allow your knee to collapse inward. Step back down with control and switch feet.

## **Guts -**

In 4 Min get as far as you can:

1 V-Up  
1 Super Man  
2 V-Up  
2 Super Man  
3 V-Up  
3 Super Man

....keep adding by 1 rep

Rest 4 Min

Repeat

(Start back over at 1-1)

For V Ups, lie on your back with arms stretched overhead, shoulders away from ears. Squeeze your legs together. Come into a hollow body position by raising your legs and shoulders a few inches from the floor. Pull your belly button down toward the floor until you feel your lower back pressing into it. Raise your chest and legs up high and then toward one another at the same time until you can touch your toes, then lower back to hollow body.

For Super Man, lie on your belly with your arms stretch overhead, shoulders away from ears, and legs straight and squeezed together. Squeeze your butt, back, and legs to lift your chest and thighs off the ground, staying long through the legs and arms. Then relax back to the ground.