

BUTTS & GUTS 12/13/20

Butts Part 1:

Every other minute for 10 minutes:

8 Rear Foot Elevated Split Squats (Right Leg)

8 Rear Foot Elevated Split Squats (Left Leg)

After the 10 minutes are up, go right into Butts Part 2!

Goal: Good Controlled Movement

Choose a weight that is challenging but allows you to do all 8 reps without breaking.

For the Rear Foot Elevated Split Squats, hold a pair of dumbbells at your shoulders or hanging by your sides.

Place the top of one foot shoelaces down on the bench behind you so the sole of your foot is facing up.

Step your front foot forward enough that when you lower into the bottom position, your foot is flat on the floor and your knee does not travel beyond your toes.

Your feet should be wide enough (roughly shoulder width) that you can maintain balance throughout.

Keep your chest up and belly tight. Slowly lower your hips down and back toward the bench until your thigh is parallel to the floor. Your knee may or may not touch the ground.

Push through the heel of your front foot to come back up. Your front knee should maintain a slight bend at the top.

Butts Part 2:

2 Rounds

Sideways Alphabet Right Leg
Sideways Alphabet Left Leg

This might sound silly - but you will feel the burn!

Lying on your side, raise your top leg 12-18 inches off the ground, keep your leg straight and toes pointed. Draw the alphabet with your leg (move from the hip). 12 inch letters, all caps!

So you'll do this first with the right leg, then switch and do it with the left. THEN, do it one more time on each side!

Guts:

100 Sit Ups

Every Min - 10 Second Hollow Hold

For the sit ups, you'll start seated with your knees bent. You can do whatever you like with your feet - plant them in front of you or butterfly your knees out with the soles together. Lie back under control until your shoulder blades touch the ground then throw your arms forward to come all of the way up and touch your toes. If you need to add a little assistance like a stretchy band or rope attached to a pole to come all the way up - go for it!

For an extra challenge don't use your arms to help swing you up to the top of the sit up!

For the hollow hold, you'll start lying on your back with your arms extended overhead and legs long and together in front of you. Press your low back into the ground by squeezing your abs. Let your legs and upper back lift from the floor. Make sure your lower back remains in contact with the floor the whole time so if it starts to lift up - bring your arms alongside your body or bend your knees if you need to.