

BUTTS & GUTS 12/20/20

4 Rounds

20 Reverse Curtsy Lunges with Dumbbells

20 Reverse Lunges into Vertical Jump

20 Eye Level KB/DB Swings

Rest 2 Min between rounds

These aren't necessarily for time, but no rest between movements.

Suggested Loading:

Men: 25-50# Dumbbells / 40-55# KB

Women: 15-35# Dumbbells / 15-40# KB

For the reverse curtsy lunges you will step back and across the front leg. See video if confused. Try not to allow the hips to rotate too crazy and keep the front foot facing forward with the heel down. Get a good deep lunge with the butt getting lower than the knee at the bottom. Alternate legs each time. Dumbbells will be held in each hand.

Put the weight down for the reverse lunges into vertical jump. Perform a reverse stepping lunge and then as you stand and drive off of the front foot (heel down) - jump vertically into the air. Bring the back knee up into a bent position as you jump. Alternate legs with each rep.

If unable to perform a jump - just bring the back knee up and stand fully with the working leg.

For the swings you may swing the 2 dumbbells or may pick up a KB. Keep the back flat and the heels down. Arms are long and straight and simply squeeze the butt to stand up. Weight only needs to come to eye level.

4 Rounds

2 Min On

1 Min Off

8 Russian Twists

4 Weighted Sit Ups

Use same weight for both.

Each time is basically a 2 min AMRAP for this.

The Russian twists are with the weight held in both hands, the butt and feet on the ground but the shoulders up. You will twist and touch the weight to the ground on the ground to your side - then the other side. Each time the weight touches counts as a rep (so 4 per side).

For the sit ups you will touch the ground behind you with the weight and sit all of the way up with it bringing it over head!

CURTSY LUNGE-

<https://www.youtube.com/watch?v=cVYnf2CFO9M>