

BUTTS & GUTS 12/6/20

4 Rounds

Not For Time

10 Weighted Reverse Lunge Step Up, R

10 Weighted Reverse Lunge Step Up, L

15 Banded Side Steps Moving RIGHT

15 Banded Side Steps Moving LEFT

No Band? No worries. Go into a quarter squat and do the steps in that position while holding a KB/DB in the goblet position.

Use weight that feels right for you and allows you to keep moving. Men try 50-55# and Women around 35#.

For the reverse lunge step ups. You will hold a KB or DB at the chest. You will lunge backward and gently touch the knee to the ground. Then drive out of the heel to step together, then step up on a box or bench (whatever you can find) around 15-20" in height. For the right foot you will step back with the right and then step up with the right.

For both movements focus on driving off of the heel of the front leg or leg on the box.

You will do all 10 reps on one leg before switching to the other.

For the banded side step, you will place a band around the knees or the ankles. Go into a quarter squat - focusing on keeping the knees out and heels down. Step right - bring left foot to right - repeat for 15 reps. Then do 15 in the other direction.

For 8 Minutes (8 Rounds):

20 Seconds of Love Taps

10 Sec Rest

20 Sec Weighted Sit Up
10 Sec Rest

Use 5-20# for weighted sit ups

Love taps are where you sit on the ground with straight legs. You will lift both legs (fighting to keep them straight) up and over something (like a KB). Control the legs and just tap the heels on one side - then the other.

For the weighted sit ups you will touch the plate/dumbbell behind your head sit up and press it over head to lock out!