

BUTTS & GUTS 1/3/21

4 Rounds

NOT FOR TIME

15 Good Mornings
20 Inside Out Love Taps
10 Slow Lower Box Pistol Right
10 Slow Lower Box Pistol Left
20 Weighted Sit Ups

Go from movement to movement with little rest. Rest as needed between rounds.

For the Good Mornings

Men can try 95#-135#

Women can try 65#-95#

(Can be done heavier if you are more comfortable with this movement)

Pause for pistol should be just below parallel

Dumbbell Sit Ups no heavier than 20-30#

For the Good Mornings the bar will be on the back. You will allow only a slight bend in the knee and hinge forward at the hip. The goal is to get the torso to parallel while maintaining a flat back position. If you are unable to hit this position because the weight is too heavy - go lighter. If you are unable to maintain this position due to flexibility of the back and hamstrings you will go just as far

as you can before you start to lose position. Squeeze the butt to stand up.

For the inside out love taps - out and in = 1 rep! Feet start in between 2 dumbbells you lift them up and outside of the dumbbells - then lift them up and back in. The less you lean back and put weight on your hands - the more advanced this becomes.

On the slow lower pistols you will stand on a box or a bench or something elevated. Feel free to stand next to a wall or use something for a little balance. You will lower for 3 seconds, keeping the opposite leg out in front as much as possible. Keep the working heel down. Once you get the butt below the knee at the bottom, drive through the heel to stand up. Do all 10 on one side before the other. If you need to you can touch the elevated foot to the ground to assist you back to standing.

You may want to anchor your feet with something for the weighted sit ups. You will hold the weight at your chest for these reps!