

BUTTS & GUTS 1/10/21

7 Rounds

Not for Time

10 Jumping Squats

7 Goblet Lunge to Overhead Press, Right

7 Goblet Lunge to Overhead Press, Left

10 Slow Negative DB Stiff Legged Deadlift

Idea for weight-

30s-50s for Men

15-35s for Women

You will do 10 jumping squats. You will lower to the bottom of the squat - heels down, knees out, butt lower than the knees, chest up. You will jump from that position all the way to extension of hips and knees driving through the heels.

For the goblet lunge to overhead press, you're basically doing a reverse lunge with a KB at your chest then stepping up into a high knee and pressing the KB overhead as you come to standing. Make sure you take a long enough step each time that the front heel stays down, with the knee out, when the back knee lightly touches (or comes close). Keep the chest up and drive through the heel to drive that back leg up. Use the hip drive of the knee raise to press the KB overhead. Do all 7 reps with one leg forward. Then do 7 on the other side.

For the stiff legged deadlifts you will hold 2 dumbbells at the waist. Hinge at the hips with the back flat and heels down. Reach the butt back and keep the dumbbells close to the body. Lower the dumbbells slow and controlled. Keep the knees pretty straight but soft (not completely locked out). Once you hit the middle of the shin. Squeeze the butt to stand up.

4 Rounds

Not for Time

16 Alternating Single Hand to Foot V-Ups

16 Love Taps

For the alternating V-Ups, you'll start lying on your back with your arms overhead and your legs should be long and together. Keeping your leg and arm as straight as possible, you will first bring right hand to left foot, then on the next rep bring left hand to right foot.

For an added challenge you can hold a super light weight (think 2.5-5 lb plate) in the hands. Try to avoid kipping or jerking. Controlled movement is what we are looking for.

The love taps will be with you sitting on the ground with the feet extended out front. The kettlebell will be by the feet. Keeping the legs straight, lift the feet up and over and tap the feet on the other side. Then pick them up and go back over to the other side. Every lift up and over is one rep.