

BUTTS & GUTS 1/17/21

5 Rounds (30 Min Total)

30 Seconds Single Leg Deadlift, Right

30 Seconds Rest

30 Seconds Single Leg Deadlift, Left

30 Seconds Rest

30 Seconds Weighted Reverse Lunge, Right (Front Foot Elevated)

30 Seconds Rest

30 Seconds Weighted Reverse Lunge, Left (Front Foot Elevated)

30 Seconds Rest

30 Seconds Right Arm to Left Toe Weighted Crunch

30 Seconds Rest

30 Seconds Left Arm to Right Toe Weighted Crunch

30 Seconds Rest

So much work in 30 minutes!!

For the single leg deadlifts you can either hold a dumbbell in each hand - a bar in both hands - or a DB/KB in the opposite hand of the working leg. Make sure that you try to keep your shoulders and hips square to avoid rotation. Bring the shoulders forward, but keep the chest up. Keep the heel planted on the working foot and bend the knee slightly as you go down. Drive through the heel and lift the chest to stand at the top.

For the reverse lunge the front foot will be slightly elevated - like a bumper plate. You will take a big step back, kiss the back knee on the ground, and then drive off of the front foot to stand. If you

don't have something to elevate the front foot on - no worries.
Just do a regular reverse lunge.

For the lunges you will hold a dumbbell in each hand or a kettlebell/heavier dumbbell at the chest.

For the opposite arm opposite toe crunches, you may do these weighted or unweighted. If doing them weighted you will hold a light weight in the working hand only (think 2.5 or 5 lb plate). For the first 30 seconds you will touch the right hand to the left toe - and then switch for the next set. Keep the arms and legs **PRETTY** straight and actually touch the weight to the toe each time.