

BUTTS & GUTS 1/24/21

7 Rounds

7 x Through the Complex:

1 Reverse Lunge Left

1 Reverse Lunge Right

1 Good Morning

Then

6 Reps Around the World

Score is weight used for the complex.

So you will go through the complex of lunge, lunge, good morning - 7 times. Then you will place the bar down and do 6 Around the Worlds. (3 Each way alternating). Then you will do that all again 6 more times for a total of 7 rounds.

On the lunge, make sure you take a big step back, touch the back knee - drive through the front heel.

On the Good Morning, only a slight bend in the knee - keep the back flat and hinge at the hip. Squeeze the butt to stand up.

Only hinge as far as you can keep the back completely flat. This will have a lot to do with midline strength as well as hamstring flexibility.

The complex CAN be done with a dumbbell but we recommend only ONE DB at the chest (goblet style) and to be very mindful of keeping your belly tight in the good mornings since the weight will be in the front of your body (rather than on your back)!

For the Around the World reps - you could also call this like a hanging windshield wiper. Press down on the bar and lean back slightly as you bring your (straight) legs to one side - then in an arcing motion up in front of your face and control down the other side.

These are HARD. If needed you can do these with just the knees or do a windshield wiper with a single dumbbell or plate held over the chest on the ground.

8 Min AMRAP

16 Russian Swings

8 Sit Up to Stand with DB or MB

Use a KB that is heavy for you on the swing.

Idea Weight for Sit to Stand:

Men 15-25 lb

Women 10-20 lb

May also be done with a light dumbbell or plate.

Even though this is an AMRAP, make sure you are really focusing on quality movement.

For the Russian Swing - really focus on keeping the belly tight and squeezing the cheeks at the top. Only need to swing the bell to eye level so go HEAVY - whatever that means for YOU!

For the sit up to stand - touch the ball or DB behind you - perform a sit up and bring that all of the way to standing with the ball or db overhead.

If you are unable to come all of the way up to standing - customize to 12 weighted sit ups per round.