

BUTTS & GUTS 2/21/21

Part 1:

Take 14-16 minutes to complete 4 Rounds of:

20 KB/DB Sumo Deadlifts
8 Single Leg Hip Thrusts Left Leg
8 Single Leg Hip Thrusts Right Leg
12-18 Russian KB/DB Swings

Use 2 DBs if you need to but sets should be unbroken

Men Loading Ideas: 55#+ KB/DB - or - 25-30# DBs

Women Loading Ideas: 30#+ KB/DB - or - 12-20# DBs

On the sumo deadlifts make sure your feet are wider than your squat stance and toes slightly turned out. The DB(s) will start on the floor beneath you. Send your hips back, keeping your chest proud and your back flat. Focus on driving the knees out and back as you hinge forward. Drive through the heels to stand with the DB(s) and squeeze the butt at the top of each rep!

For the single leg hip thrusts, lay on your back with knees bent and soles of your feet flat on the ground. Feet should be close enough that you can touch your heels with your fingertips. Lift one leg into the air. Drive through your planted heel and squeeze your butt as your hips raise. Lower slowly! Do all 8 reps on one leg before switching to the other.

For the swings you will hold the weight with both hands at the waist. Feet are about shoulder width apart. Heels are down. Hinge forward at the hips and bend the knees slightly. Keep the chest lifted and heels down. Belly tight and arms straight. Pull the weight back through the legs. Stand up HARD and FAST to make the bell weightless and then (keeping the belly tight) guide the weight to shoulder/eye level. Squeeze your butt tight at the top.

Allow gravity to bring it back down and back between the legs. Don't allow it to pull you forward. Keep those heels down!

Part 2:

4 Rounds (not for time)

30 Forearm Plank Alternating Knee to Elbows
30 Alternating V-Ups

On the forearm plank knees to elbows, you will be supported by your elbows/forearms and the balls of your feet. Push your forearms down into the floor to create more space in the shoulders.

Squeeze your quads and your butt in addition to your belly so you maintain a nice rigid position, prevent sagging and keep your lower back safe!

From here, bring your right foot away from the floor, bend your knee and shift forward slightly. Touch your knee to the back of your upper arm then return to plank and repeat on the other side. 30 reps will be 15 per side.

If you can get your knee all the way up, just get as close as your can and try to be consistent each rep!

For the alternating v-ups, lie on your back with arms overhead so your biceps are by your ears. Raise your shoulder blades and your straight legs off the floor to come into a hollow position. You must keep your lower back pinned to the floor. If you feel it come off, bend your knees or bring arms alongside your body.

From this hollow position, raise your left leg high into the air and touch your toes with your right hand. Lower back to hollow and repeat on the other side. For 30 reps, that is 15 per side.

You can also do more of a tuck and go elbows to knees if you need to.