

# BUTTS & GUTS 3/21/21

## PART 1

**EMOM x 24 minutes**  
**(Every Minute on the Minute for 24 Min)**

Min 1: 8-10 Goblet Lunge Doubles, Right  
Min 2: 30-sec Side Elbow Plank Rotations, Right  
Min 3: 8-10 Goblet Lunge Doubles, Left  
Min 4: 30-sec Side Elbow Plank Rotations, Left

- REST 2 MINUTES BEFORE PART 2 -

Suggested Loading:

Men: 35-50# KB/DB  
Women: 20-35# KB/DB

**Goal: Pick a weight that allows you to get the lunges done in 40 seconds or less the entire time!**

## COACHES NOTES

### GOBLET LUNGE DOUBLES

You will hold a single KB or DB at the chest/shoulders. To complete one rep, you'll do a forward stepping lunge and then a reverse stepping lunge with the SAME leg. 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 stand completely between reps. If you are unable to touch your knee to the ground with the weight - ditch it and just go with bodyweight. If you are unable to lunge, you may swap out single-leg, alternating toe touches (like a single leg deadlift with no weight) - or alternating step ups.

## **SIDE ELBOW PLANK ROTATIONS**

Get into the plank position by lying on one side of your body. Support your torso by propping yourself up onto the forearm/ elbow of the arm closest to the floor. Stack your shoulders, hips, knees, and ankles directly above one another then press into your grounded foot and elbow to lift your hips. Keep your supported shoulder pressed as far away from your ear as possible the entire time. Bend the arm furthest from the ground to 90 degrees. Squeeze your shoulder blades together while reaching your elbow back slightly, then - without rotating your hips a ton - reach forward and under your torso. Then rotate back to neutral and repeat.

You can also just hold a side elbow plank without the rotations if you're having trouble staying balanced.

## **PART 2**

### **AMRAP 4 Min**

**(As Many Rounds and Reps as Possible in 4 Min)**

15 KB/DB Sumo Deadlifts

30-sec Up Down Planks

Suggested Loading:

Men: 45-70# KB/DB

Women: 35-50# KB/DB

### **Goal: 3-5 Rounds**

#### **COACHES NOTES**

You'll get the added benefit of some shoulder strengthening in this quick finisher! If you go with the two dumbbells on these - the total weight should add up to the suggested weight - not each dumbbell should weigh the suggested weight (same idea if you happen to go with two KBs)!

#### **KB/DB SUMO DEADLIFTS**

Make sure your feet are wider than your squat stance and toes slightly turned out. The KB / 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 KB / DB(s) and squeeze the butt at the top of each rep!

#### **UP DOWN PLANKS**

You will start in a plank position on the elbows. One hand at a time come up to the hands - then back down to the elbows. Alternate which hand comes up and down first for each rep.