

# BUTTS & GUTS 3/28/21

**EMOM x 30 Min**  
**(Every Minute on the Minute for 30 Minutes)**

0:00-10:00 (Switch legs each minute)  
40-sec Single Leg RDL + Side Lunge

10:00-20:00 (Complete BOTH each minute)  
10 Jumping Air Squats  
10 Pass-Under Crunches

20:00-30:00 (Switch holds each minute)  
30-sec Bear Crawl Hold  
30-sec Superman Hold

Suggested Loading:

Men: 35-50# KB/DB

Women: 20-35# KB/DB

## COACHES NOTES

For the first 10 minutes of this workout, you'll spend 40 seconds of each minute performing as many single leg RDL + side lunges as you can on one leg. The next minute, you'll switch to the other leg. After 10 minutes, you'll spend the next 10 minutes completing 10 jumping squats and 10 pass-under crunches in the same minute. For the last 10 minutes, you will hold a bear crawl for 30 seconds, then rest, then the next minute you'll hold the superman

position for 30 seconds and continue alternating back and forth till the clock hits 30 minutes.

The 10-20 min section gets spicy! If you need to drop the reps to 8 or so. You could be getting 25-30 seconds of rest each minute.  
**SINGLE-LEG RDL + SIDE LUNGE**

Start standing with both feet planted and a dumbbell in one hand. Lift the foot that's on the same side as the dumbbell and start to hinge at the hip. Soften the knee of the support leg, keep your chest lifted and back flat. Reach the dumbbell toward the ground as you elevate your back leg. Touch the upper dumbbell head to the ground near your foot then squeeze your butt and drive your heel into the ground to stand. That's the single-leg RDL.

To go into the side lunge, you're going to step out with the leg opposite of the dumbbell (the same leg you completed the RDL with). Make sure you take a wide enough step that your heel can stay down as you send your hips back and down into the lunge. Feel free to let the toes of the opposite foot lift up if your hamstrings are screaming. Drive through your heel to stand and step your feet back together at the top. Then repeat the single-leg RDL on the same leg!

### **JUMPING AIR SQUAT**

These will be performed by standing with the feet shoulder width apart with the heels down. Lift the chest and tighten the belly. Reach the butt back and down and drive the knees out. You may use a target to help you find depth if necessary. Ideally you will go down to where your butt is lower than your knees at the bottom. In this bottom position you need your heels down, knees out, belly tight, chest up! No rounding or plopping down there! Then drive hard and fast through the heels to jump up out of the bottom. Feel free to reset your feet each rep. If you have any pain or tend to

collapse - squat to a target that is a bit higher - making sure that you don't shift forward on your toes!!

### PASS-UNDER CRUNCHES

Start lying on your back with your legs straight and together, arms at your sides with something super light in one hand - like a band, sock, t-shirt (you get the idea). Lift and bend your legs as you squeeze the abs and lift the upperback off the floor. Continue tucking your knees up to your chest and pass the object you're holding under your feet to the opposite hand then relax back to the ground. Be quick about the transition so you don't have to squeeze your abs for long!

### BEAR CRAWL HOLD

Start on your hands and knees. Your wrists should be stack directly beneath your shoulders and your knees directly beneath your hips. Curl your toes under and press into them and your hands to hover your knees just off the floor. Pull your lower belly in toward your spine and spread your shoulder blades apart. Hold here for the 30 seconds.

### SUPERMAN HOLD

Start lying on your belly with your arms overhead and your legs straight and together. Reach through your fingertips like you're trying to touch your biceps to your ears. Point your toes like you're trying to touch them to the wall behind you. Squeeze your butt, lower back and hamstrings to lift your legs and chest from the floor. Don't let your knees bend!! Hold here for the 30 seconds.