

BUTTS & GUTS 3/7/21

7 Rounds

Not for Time

10 Jumping Squats

10 DB Snatch to Lunge Right

10 DB Snatch to Lunge Left

10 Slow Negative DB Stiff Legged Deadlift

Weight suggestions:

Men: 30-50# DBs

Women: 15-35# DBs

COACHES NOTES

Remember, this isn't for speed. Move well and move with intention.

For the jumping squats, you will lower to the bottom of the squat - heels down, knees out, butt lower than the knees, chest up. From that position, you'll drive through your heels and jump all the way up till your hips and knees open up.

If unable to jump you may do a pause at the bottom + fast up air squat.

For the dumbbell snatch + lunge - you will start with the dumbbell between your feet. You will perform a dumbbell snatch by pulling from a slightly bent knee + chest up position. As you stand, drive through the legs and squeeze your butt to accelerate the dumbbell upward. Pull your elbow up high to keep the dumbbell

close to your torso. Punch the dumbbell up until your elbow locks out. Once the dumbbell is locked out overhead with the bicep by the ear - you will perform a reverse lunge. As you get comfortable you can try to combine this 2 parted movement.

Do all reps on one side then all reps on the other.

For the stiff legged deadlifts you will hold 2 dumbbells at the waist. Hinge at the hips with the back flat and heels down. Reach the butt back and keep the dumbbells close to the body. Lower down slow and under control. Keep the knees pretty straight but soft (not completely locked out). Once you hit the middle of the shin. Squeeze the butt to stand up.

4 Rounds

Not for Time

8 Ring/TRX Band Knee Tucks

16 Love Taps

For the Ring or TRX Band Tucks you will put your feet through the rings with your hands out in a plank position out front. You will pull the knees to the chest, then back out to plank.

You may try doing one knee at a time if necessary. If you do not have the TRX Band or Rings to use - you may roll a yoga ball in or do pike ups with feet on the box.

The love taps will be with you sitting on the ground with the feet extended out front. The kettlebell will be by the feet. Keeping the legs straight, lift the feet up and over and tap the feet on the other side. Then pick them up and go back over to the other side. Every lift up and over is one rep.