

# BUTTS & GUTS 4/4/21

## **PART 1**

### **6 Rounds (18 Minutes)**

1 Min. Slow-Lower KB/DB Power Clean + Goblet Squat

30 Sec. Rest

1 Min. Alternating Goblet Step Ups

30 Sec. Rest

- REST 2 MINUTES BEFORE PART 2 -

Men: 35-50# KB/DB

Women: 20-35# KB/DB

## **COACHES NOTES**

The goal for the working minutes is NOT to get as many reps as you can, but rather to move through the movements with control and intention. Shoot for 7-10 reps per minute of the slow-lower power clean + goblets squats and 14-18 reps of the step ups!

### **SLOW-LOWER KB/DB POWER CLEAN + GOBLET SQUAT**

Start standing with the KB/DB in hands. If you're using a DB, hold one head of the dumbbell with both hands so that the lower head is hanging toward the floor. Take a solid 2-3 count to lower the KB/DB to the ground. Send the hips back, keep the chest proud and belly tight. Bend at the knees slightly as the KB/DB passes the knees. When it touches, start to stand and as the KB/DB reaches mid-thigh, drive hard and fast through the heels to accelerate the

KB/DB up to the chest. Reposition your hands to the base of the KB handle or to underneath the upper DB head so that it's resting in your palms.

From here, send the butt back and down as you drive the knees out. Keep the weight close to your chest. When your butt gets below your knees, drive through your heels and squeeze your butt to stand. Lower the weight back to your hips to start the next rep.

### **ALTERNATING GOBLET STEP UP**

Hold one dumbbell or kettlebell tight to your chest. Make sure you step up with your foot completely on the box. Drive out of the heel for each rep and avoid the knee caving in. Stand up all the way at the top of the box and make sure both feet are planted. Make sure you choose a weight and a height that you are comfortable stepping up AND down. These are alternating so you'll switch the foot you step up with for each rep.

If you don't have something to step up onto, or if you are uncomfortable stepping up right now, you can sub alternating goblet lunges.

## **PART 2**

### **4 Rounds (8 Minutes)**

30 Sec. Side Plank Half Pike, R

30 Sec. Rest

30 Sec. Side Plank Half Pike, L

30 Sec. Rest

No weight needed!

Score: Total Reps

## COACHES NOTES

The goal for this one is to find a challenging but doable version of this dynamic plank and then get as many reps as you can within each working interval. You can do the side plank from your hand or elbow and with a straight leg or bent knee. Again, find what will challenge YOU the most and stick with that.

### SIDE PLANK HALF PIKE

Start lying on one side of your body with your torso propped up with your elbow and your hips, knees, and ankles stacked one above the other. Press into your elbow and foot to lift your hips up so that your body is in a straight line. From this base position, you're going to swing your top leg forward until it's in line with your hip then bring it back to its start position in the plank. If you'd like you can position your top hand at hip height as a target for your toe to touch to. If you'd like to make this more challenging, hold the plank from your hand rather than your elbow. If you need something a little more accessible, try bending at the knee as you raise the leg up - like a plank knee-up.