

# BUTTS & GUTS 4/11/21

## **WORKOUT**

**EMOM x 24 minutes**

Min 1: 15 Unbroken No Lockout Assisted Step Ups, Right

Min 2: 15 Unbroken No Lockout Assisted Step Ups, Left

Min 3: 15 Box Hamstring Curls

Min 4: 20 Alternating Reverse Plank Oblique Leans

**Goal: Choose a step up variation that allows you to do all 15 reps unbroken each time**

## COACHES NOTES

This workout has a few new movements to the Butts & Guts program. The assisted no lockout step ups are meant to keep your working leg under tension for a solid 20-30 seconds. It's likely going to burn. If you find it isn't, consider increasing the height of your step/box or adding weight to the free hand! Be sure to read the written descriptions and watch the demo videos so you know how to properly perform these movements!

## NO LOCK OUT ASSISTED STEP UP

Set up your box or step near a sturdy object that you can hold onto for assistance during this movement. A rig post, countertop, bike, something. Start with your working foot on top of the box and nearest to your support. Make sure your **WHOLE FOOT** is on the box - no heel hanging off the edge. Grab your support with the same arm as the working leg (if you choose to do these weighted, hold a weight in the opposite hand). Drive through your heel to

stand but stop just before your knee and hips lock out then lower back down to the floor. Then repeat. Your foot should stay on top of the box for all 12 reps. You can use your bottom foot to press of the ground a little, if you need to.

### BOX HAMSTRING CURL

Lie on your back with your box at your feet. Prop your heels onto the edge of the box and adjust the height and/or distance of your hips to the box so that your knees are bent at a 90-degree angle. With your hands at your sides, drive into your heels to lift your hips up. Concentrate on squeezing your hamstrings and glutes to lift. Lower back to the ground under control.

### REVERSE PLANK OBLIQUE LEAN

Start seated on the ground with your legs straight and together. Plant your hands near your hips with your fingers turned out slightly. Press into your hands and heels to lift your body up until it's in a straight line (a reverse plank). From this starting position, twist your hips to the right and lower them toward the floor. Be sure to keep your elbows locked out. Just before they touch the ground, bring them back to center, then repeat on the opposite side. Every "lean" is 1 rep toward your total. If doing these with straight legs is too difficult, you can bend at the knees to make these more accessible.

### **AMRAP 4 Min**

10 Hand Release Russian Twists

15 Supermans

Suggested Weight Men: 35-50#

Suggested Weight Women: 20-35#

Score: Total Completed Rounds + Any Additional Reps

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

### **COACHES NOTES**

Be smart during the twists! Make sure you're sitting up tall and bracing your belly every time you pick the weight back up to twist to the opposite side. Shoot for one round every 0:45-1:15!

### **HAND RELEASE RUSSIAN TWIST**

You can use a plate, med ball or dumbbells for these. Each twist counts as a rep.

Sit on the ground and lean back with the weight at your belly. Twist and lower the weight to the ground on the right. Let go briefly, then grab the weight again and twist to the left. Lower the weight to the ground and let go briefly. Each touch counts. Keep your chest up the whole time, try to avoid rounding the spine.

### **SUPERMAN**

Start lying on your belly with your arms extended overhead and legs straight and squeezed together. Squeeze your belly, butt, and thighs. Lift up and long so that your feet, knees and chest raise up from the ground. Then relax back to the floor to start the next rep.