

BUTTS & GUTS 4/18/21

WORKOUT

EMOM x 25 Min (5 Rounds)

Work for 40 Seconds of Each Minute

Min 1: Side Plank Hip Drops, 20-sec Right/20-sec Left

Min 2: Single Leg Glute Bridges, 20-sec Right/20-sec Left

Min 3: Elbow Plank

Min 4: Side Lying Leg Lifts, Right

Min 5: Side Lying Leg Lifts, Left

COACHES NOTES

For the first two minutes of each round, it's OK if you go over the 40 second mark to get all 20 seconds out of each side. It'll take a few seconds to switch sides. Read the written descriptions for these movements to make sure that you are performing them correctly!! That'll ensure that you're working the muscles you should and getting the results that you should.

SIDE PLANK HIP DROP

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, slowly lower your hip to touch to the floor then lift it back up to the start position. If you can't go all of the way down, just drop as low as you can before coming back up. As you drop your hip, be sure to continue pressing your shoulder away from your ear and resist rotating forward a whole bunch.

SINGLE LEG GLUTE BRIDGE

Lie on your back with one leg extended and the other leg bent, foot planted, heel a few inches away from your butt. With your hands at your sides, drive into your planted heel to lift your hips up to the ceiling. Try not to overarch your back - keep your belly tight and focus on only using your butt and hamstring to get your hips up.

ELBOW PLANK

Start lying on the ground, belly-down with your legs together. Prop your torso up onto your elbows - make sure that they are stacked directly beneath your shoulders. Press into your elbows and toes to lift your body up into a straight line. Try to spread your shoulder blades apart. Squeeze your thighs, butt and belly the entire hold.

SIDE LYING LEG LIFT

Start lying on one side with your torso propped up with your elbow. Your legs should be straight and stacked one above the other. From here, lift the top leg up to 45-degree without letting your upper hip rotate back - that way your outer butt muscles are doing the work! Keep your hips squared straight ahead even if that means you can't lift your leg as high! From there, lower your leg back down to start the next rep.