

# BUTTS & GUTS 4/25/21

## WORKOUT PART 1

### EMOM x 18 Minutes (6 Rounds)

Min 1: 8 Goblet Squats @ 3030 Tempo (See Coaches Notes)

Min 2: 16 HEAVY Eye Level KB/DB Swings

Min 3: 24 Hollow Rocks

- REST 2 MINUTES BEFORE PART 2 -

Suggested Goblet Squat Weight Men: 40-55# DB/KB

Suggested Goblet Squat Weight Women: 20-35# DB/KB

Suggested Eye Level Swing Weight Men: 60-70# DB/KB

Suggested Eye Level Swing Weight Women: 40-55# DB/KB

**Goal: Get all of the work done within the minute the entire time!**

### COACHES NOTES

The tempo for the goblet squats is 3 seconds down, 0 seconds at the bottom, 3 seconds up, 0 seconds at the top. Watch your clock/watch so that you're following a true 3-second tempo. If you do this correctly (and unbroken) it should take 48 seconds to do the 8 reps. If holding a weight is too difficult, do tempo air squats. For the swings, HEAVY is a relative term - whatever is heavy for YOU. If you don't have a KB/DB that you feel is especially heavy, use what you have and up the reps to 20-24. For the hollow rocks,

your top priority should be continuous low back pressure into the floor. If you feel your lower back wanting to pull up and away from the floor as you rock, try lowering your arms to your sides, tucking one or both legs, or both!

### GOBLET SQUAT

Hold your DB/KB at the chest. Feet are shoulder width apart with the heels down. Stand tall and tighten your belly. Reach the butt back and down while driving the knees out. Keep the chest lifted and belly tight. Keep going down until the butt is lower than the knees. Do not allow yourself to collapse, round your back, or plop at the bottom. In the bottom position the heels should be down, knees out, and chest up!

### EYE LEVEL KB/DB SWING

Hold the weight with both hands at the waist. Feet shoulder width apart, heels are down. Hinge forward at the hips and bend the knees slightly. Keep the chest lifted, heels down, belly tight and arms straight. Pull the weight back through the legs. Stand up HARD and FAST to make the dumbbell weightless and (keeping the belly tight) guide the weight up to shoulder to eye level. Keep your shoulders nice and active by squeezing your shoulder blades together without overarching the back. Allow gravity to bring it back down and back between the legs. Don't allow it to pull you forward. Keep those heels down!

### HOLLOW ROCK

Begin laying on your back with your legs extended forward, and arms extended overhead by your ears. Your arms need to stay shoulder width apart for the entire set.

Brace your core by sucking your belly button into your spine, pushing the lower back into the floor. Your lower back needs to remain flat, so it makes contact with the floor during every rep.

To initiate the rock, lift your toes up in the air while you press your shoulder blades into the ground. While maintaining the hollowed position, allow the momentum to rock you forward as the toes come towards the ground, and shoulders lift off the ground.

## **PART 2**

### **For 5 Minutes:**

Accumulate As Much Time As You Can in a Hand Plank

\*Every minute (including 0:00), complete 10 Jumping Lunges

### **COACHES NOTES**

So you'll start the clock and immediately do 10 jumping lunges then as soon as you're done with those, you'll assume the top of a plank position. Hold for as long as you can until the next minute starts, then you'll hop up and do another 10 lunges before going back to the plank. The holds in between the lunges DO NOT have to be unbroken. So if you have 40 seconds left in the minute after the lunges, and you have to break with 20 seconds left, that's OK - just try to get back up and accumulate more time before the time's up.

### **HAND PLANK**

We want to see a rigid body position with shoulders above or beyond the wrists and hands just wider than shoulder width. Squeeze your butt, your thighs and your belly. No sagging hips or snaking.

### **JUMPING LUNGE**

Start with your feet hip width apart. Jump and land with one foot forward, the other foot back and lower with control until your back

knees makes contact with the ground. Keep your belly tight, chest up and eyes forward.

Your feet should strike the floor at the same time. From this position, jump and switch your feet to do a jumping lunge on the other side.