

BUTTS & GUTS 5/16/21

WORKOUT

EMOM x 30 Minutes (6 Rounds)

Min 1: 15 Goblet Split Squat, Right

Min 2: 15 Goblet Split Squat, Left

Min 3: 20 Eye Level DB/KB Swings

Min 4: Accumulate Max Alternating Contralateral Plank Lifts

Min 5: Rest

Suggested Goblet Squat Weight

Men: 40-55# DB/KB

Women: 20-35# DB/KB

Suggested Eye Level Swing Weight

Men: 60-70# DB/KB

Women: 40-55# DB/KB

Goal: 120-180 Reps

COACHES NOTES

Choose a weight for the split squats that will allow for you to get all 15 reps done unbroken. Remember for a split squat that you won't step your feet together for every rep - you'll just keep the split stance, lower to touch the back knee down, then drive through both feet to come back up. Go heavier for the swings (if you can) and be sure you can do those 20 reps in 1-2 sets. You'll likely have 25-35 seconds to rest for the first three minutes of each round. For the plank lifts, raise and lower the opposite arm

and leg under control. Every "lift" counts as 1 rep toward your score.

SPLIT SQUAT

Assume a split stance (same footing you'd use for a lunge). You will hold a dumbbell at your chest and will lower until the knee kisses the ground. Drive through the front heel to stand. Maintain the same stance for 15 reps on your right leg. Then switch your stance for 15 reps on your left leg.

Be careful of rolling forward onto the toe or allowing the knee to cave in. Do all of these reps under control.

EYE LEVEL 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!

CONTRALATERAL PLANK LIFT

Start in a plank position (top of the push up). Keeping your knees squeezed and your belly tight, lift your right leg and your left arm until they are parallel with your body. Then lower them under control back to the plank. That's 1 rep. Then you'll switch to the opposite sides - left leg and right arm. That's 2 reps. You'll continue alternating with each lift. Do your best to keep your shoulder active and your hips level.

