

BUTTS & GUTS 5/2/21

5 Rounds

7 Single Shoulder Side Lunges, R

7 Single Shoulder Side Lunges, L

14 Leg Pike Ups

14 Alt. Staggered Stance RDLs

28 Alt. Crossbody Toe Touches

Take your time between movements. Rest 30-60 seconds between rounds.

COACHES NOTES

Be sure to step out WIDE for the lunges and sit back into your heel. It's OK - and probably best - if your opposite toes lift up from the ground and rotate up toward the ceiling. Watch the demo video and/or read the written descriptions for the leg pike ups and crossbody toe touches so you know you're doing them correctly! Go as heavy as you can on the staggered stance RDLs without needing to break up the 14 reps more than once.

SINGLE SHOULDER SIDE LUNGE

You will hold a DB or KB on the opposite shoulder of the working leg (whichever leg is stepping out and in). Step out to a wide sumo-like stance. Shift your weight into one leg then reach your butt back and down. Keep your belly squeezed tight and grab the ground with your toes for balance. If you need to, let your opposite foot's toes lift up from the floor and turn toward the ceiling while still keeping your heel down. Drive through your heel to stand up and step your feet back together. Repeat that on the

same leg until you've finished all 7 reps then switch to the other leg.

LEG PIKE UP

Start seated with your legs extended in front of you and your hands planted on the sides of your hips. Sit up tall with a proud chest and point your toes so that your quads engage. Then, gently pressing through your hands, lift your straight legs up as you crunch your torso forward slightly. Raise your feet up maybe 2 feet from the floor then lower back down until your heels are hovering above the floor and go again.

ALT. STAGGERED STANCE RDL

Stand holding a dumbbell in each hand at your sides. Step one foot forward slightly. Keeping both feet flat and a soft bend in both knees, send your hips back as your torso leans forward. Keep your chest proud and belly tight. Only lower the dumbbells so far down to maintain a flat back. If that means you can touch to the ground, great! If not, no biggie! Just get as low as you can before coming back to standing. Step your feet back together then step the opposite forward slightly before completing the next rep. Each rep = 1 toward the 14.

ALT. CROSSBODY TOE TOUCH

Start in the top of a plank position. Raise one knee up towards your belly and reach your foot across your body towards your opposite hand as you rotate your hips. Lift the opposite hand of the working leg to touch your toes then quickly bring your foot back to the plank position. Repeat on the opposite side. Every toe touch is 1 rep.