

BUTTS & GUTS 5/23/21

WORKOUT

Every 5 Minutes x 25 Minutes (5 Rounds)

10 Cossack Squats, R

10 Cossack Squats, L

15 Weighted Sit Ups

15 DB Squats

20 Supermans

20 No-Touch 2-Count Mountain Climbers

Suggested Weight Range

Men: 40-50# DB(s)

Women: 25-35# DB(s)

COACHES NOTES

Take your time with the Cossack Squats. Focus on keeping your weight in your heels as you shift your hips back but don't be afraid to allow some to shift into your mid-foot as you descend. What we don't want is for the heel of the squatting foot to lift up. These are unweighted but if you want to add an extra challenge to those, you can hold a dumbbell or kettlebell at your chest in the goblet position. Keep the weight at the chest for the sit ups if you can. If you need a little momentum, you can bring it overhead.

COSSACK SQUAT

Start with feet wider than shoulders, toes turned out slightly. Hold a DB to your chest, goblet style or racked on one shoulder with one hand. If you are squatting to the left, hold the DB in your right

hand. Shift your weight into the left foot and turn your right toes up. Send your butt back, keeping the belly tight and chest up. Keep the knee tracking in line with the toes as you lower down until your butt is below the knee. Drive your whole foot into the ground and lead with the chest back up to your starting position.

WEIGHTED SIT UP

You can do anything you want with your feet in the sit ups. Hold the weight at your chest as you lie onto your back then squeeze hard through your belly to sit forward and up. Of course - lower the weight if necessary to keep moving.

DUMBBELL SQUAT

Hold the DBs at the shoulder. The feet should be shoulder width apart. Heels down. Raise the chest and tighten the belly. Reach the butt back and down and drive the knees out. Get the butt lower than the knees at the bottom. No collapsing or rounding the back at the bottom! Stand all the way up at the top.

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.

NO-TOUCH 2-COUNT MOUNTAIN CLIMBERS

Begin in a plank position. Keep a straight line from your ankles through your knees, hips, shoulders and ears. Jump one foot in between your hands while the other one stays back. Do not touch your toe to the ground and hold there for a 1-2 count. Then, quickly jump your front foot back as you jump your back foot forward.

If it feels more comfortable, you may also jump your foot outside your hands. No matter what, maintain that plank. Avoid piking your hips up in the air or letting them sag down toward the ground. Each time your foot comes up is 1 rep.