

BUTTS & GUTS 5/30/21

WORKOUT

Every 3 Minutes x 30 Minutes (5 Rounds of both A & B)

A (Min 0-3)

8 Tempo RDLs @ 40X1

16 Deficit Alt. DB Reverse Lunges

30-Sec Bottom Squat Hold

B (Min 3-6)

Accumulate 60-sec L-Sit

Suggested Weight

Men: 40-55# DBs

Women: 25-35# DBs

COACHES NOTES

The way this one works is you'll complete the RDLs, reverse lunges, and squat hold in the first three minutes (0:00-3:00). Rest any time that you have remaining in those three minutes. Then from 3:00-6:00, you'll accumulate 60 seconds in an L-sit. Rest any time remaining until 6:00. Then you'll go back to the RDLs, lunges, and hold from 6:00-9:00. Continue alternating in that pattern until 30 minutes are up.

The tempo for the RDLs is 4 counts down, explode up, 1 count hold at the top. The hold at the bottom of the squat should be active - not relaxed. You can do the L-sit from between parallel bars, plates, boxes, or even from a hang.

ROMANIAN DEADLIFT (RDL)

Start standing with the bar hanging in your arms. Hands just outside the legs. The feet are under the hips. Heels are down. Reach the butt back and slide bar down the legs. Keep the knees out of the way. Keep the chest lifted and belly tight. Keep those heels down. Once past the knees you will keep your knees back and "stiff." When the bar reaches mid-shin - before the plates touch the floor - drive the heels into the ground and lift the chest to stand. Squeeze the butt. Don't lean back.

DEFICIT REVERSE LUNGE

Start standing with both feet on a 3-4" plate or other stable, elevated surface. Hold a dumbbell in each hand at your sides. Step back with one foot. Take a far enough step that the forward shin remains vertical as you lower the back knee to touch the ground gently. You will be travelling a further distance because of the deficit created by the forward foot. Once the knee touches, drive through the heel of the front foot and the toes of the back foot to stand and bring the back foot on top of the plate. That's 1 rep. Alternate legs every rep.

If you're struggling to do these at a deficit, you can hold one weight at your chest in the goblet position, go unweighted, or do regular reverse lunges.

BOTTOM SQUAT HOLD

Lower to the bottom of the squat. Keep your heels down, knees out, chest lifted, and back arched. It helps if you imagine you're screwing your feet into the floor as you pull your shoulders back. If you absolutely need to you can press your palms together in front of your chest and drive your knees out with your elbows. Or stand near a doorframe or rig post to assist you in staying active.

L-SIT

Place your hands on two objects equal in height so your body is in between them. Press into the objects (box + bench, plate stacks, parallettes, etc), squeeze your legs together and extend them out in front of you. Continue pressing your shoulders away from your ears as you hold your legs out.

You can modify by tucking in one or both knees. If you don't have two objects that will work, try an L-Hang (same idea just while hanging from a bar)!