

BUTTS & GUTS 5/9/21

WORKOUT

Every 2 Minutes x 24 Minutes (6 Rounds of both A & B)

A (Min 0-2):

12 Single DB Back Rack Good Mornings

12 Single DB Back Rack Step Ups w/ Slow Lower

B (Min 2-4):

9 - 1/4 Get Ups w/ 2-sec Pause at Top, R

9 - 1/4 Get Ups w/ 2-sec Pause at Top, L

COACHES NOTES

So the way this one works is you'll complete the good mornings and the step ups within the same 2-minute window. Rest any time that you have remaining after completing the 12 and 12. Then, when the clock hits 2:00, you'll do the 1/4 get ups. Rest any time you have left until 4:00. Then alternate back and forth in that same pattern until 24:00.

There should be plenty of time to get this work done so we want you guys to really take your time to move well and with control.

If for some reason the single DB back rack is unsafe or too uncomfortable, you can swap the good mornings for stiff leg deadlifts and change to a goblet hold for the step ups!

SINGLE DB BACK RACK GOOD MORNING

You will start with the dumbbell resting on your back (one head on either side of your neck) and your feet hip-width apart. Hinge at

the hip and reach the butt back as the chest comes forward. Allow a SLIGHT bend in the knee. Goal is to get to 90 degrees if flexibility in the hamstrings allows for it (do not go that far if your back starts to round). Squeeze the cheeks to stand up.

SINGLE DB BACK RACK STEP UP W/ SLOW LOWER

You will start with the dumbbell resting on your back (one head on either side of your neck) and facing your box or step. Make sure you step up with your foot completely on the box. Drive out of the heel for each rep and avoid the knee caving in. Stand up all the way at the top of the box and make sure both feet are planted. Then, on the same leg that you stepped up with, lower yourself back down under slow control. Make sure you choose a weight and a height that you are comfortable stepping up AND down.

1/4 GET UP

The 1/4 get up is just the first couple steps of the Turkish get up. Start on your back. Holding the weight in your right hand, extend your arm straight up in the air. Bend your right knee so your right foot is flat on the floor. Bring your left arm out to the side about 45°. Keep your right arm vertical for the entire movement. Roll onto your left forearm. Don't allow the left side of your torso sink toward the ground. Then, return with control onto your back. You can also do this unweighted if you need to.