

# BUTTS & GUTS 6/13/21

## **EMOM x 20 Min**

Min 1: 12 Tempo Single-Dumbbell Sumo Deadlift @ 30X1

Min 2: 12 No Lockout Assisted Step Ups, PER SIDE

Min 3: 40 sec Elbow Plank Hip Twists

Min 4: 30 sec Tucked Hollow Hold

Suggested Weight // Height

Men: 60-80# DB/KB or lighter pair // 20-24"

Women: 35-55# DB/KB or lighter pair // 16-20"

## **COACHES NOTES**

So for this one, you'll end up cycling through the four movements five times.

For the tempo sumo deadlift, you'll lower down for 3 seconds then explode up and hold for 1 second at the top. Use a heavy-ish dumbbell or a lighter pair if you don't have access to a heavy DB. The no lockout assisted step ups will burn. Do your best not to "bounce" off the bottom foot. You can definitely use that leg to help you out but make the touch down as soft as possible. Those step up reps should be unbroken. The plank hip twists and hollow hold ideally is an unbroken effort but if you **MUST**, you can accumulate that time. Be sure to read the description and/or watch the video for all movements since they are fairly uncommon.

## **TEMPO 1-DB SUMO DEADLIFT**

Assume a wide stance - about a foot wider than your squat stance with your toes turned out 45-60 degrees. Hold a dumbbell - one

dumbbell head in each hand - at your hips. Keeping your chest proud, back flat, and a soft bend in your knees, send your hips back. As you hinge forward, make sure you are pressing your knees out as if you're trying to show your inner thighs. When the dumbbell reaches mid-shin (or when you feel your lower back start to flex), stand up hard and fast by pressing your feet into the floor. For this tempo, you'll take 3 seconds to lower into the bottom position then explode up and hold for 1 second at the top before starting the next rep.

### NO LOCK OUT ASSISTED STEP UP

Set up your box or step near a sturdy object that you can hold onto for assistance during this movement. A rig post, countertop, bike, something. Start with your working foot on top of the box and nearest to your support. Make sure your WHOLE FOOT is on the box - no heel hanging off the edge. Grab your support with the same arm as the working leg (if you choose to do these weighted, hold a weight in the opposite hand). Drive through your heel to stand but stop just before your knee and hips lock out then lower back down to the floor. Then repeat. Your foot should stay on top of the box for all 12 reps. You can use your bottom foot to press off the ground a little, if you need to.

### ELBOW PLANK HIP TWIST

Start in an elbow/forearm plank. Make sure your thighs, butt, and belly are squeezed tight. Press your elbows into the floor so that your shoulder blades spread out a bit. Keeping your belly tight and shoulders active, rotate your hips to the right as if you were trying to touch them to the floor. Then when you feel you can't go any further, rotate back through center. That's one rep. Repeat on the other side.

### TUCKED HOLLOW HOLD

Lie on your back with your knees bent and pulled up into your belly, arms at your sides. To begin the hold, squeeze your abs and lift your upper back off the floor and reach forward through your finger tips. It should almost feel like you're trying to touch your shoulders to your knees.