

# BUTTS & GUTS 6/20/21

## 4-5 Rounds (18-22 Min)

1 Minute of Tempo Air Squats (Tempo = 3330)

30 Second Rest

1 Minute of DB Front Rack Dead Stop Forward Lunges

30 Second Rest

1 Minute of Bear Hold w/ Arm Lifts

30 Second Rest

Suggested Weight:

Men: 40-50# DBs

Women: 25-35# DBs

## COACHES NOTES

The way the tempo for the air squats goes is - 3 seconds down - 3 second hold at the bottom - 3 seconds to stand - no pause at the top going into the next rep. You should be ACTIVE for the entire minute - even in the bottom hold, you should be fighting for the best position possible. If you do the tempo correctly, you'll finish the minute in a bottom squat hold which is totally fine. Just come to standing normally for your rest. For the lunges, if you absolutely cannot do forward and/or from a dead stop, you may do regular reverse lunges. If your knee caps are sensitive, you can touch down to a pad or towel. Think of accumulating as much time as you can in the bear hold. You will likely need to rest at some point during the minute, which is fine. Do your best to not let your hips shift or rotate much. Stay squared away!

## AIR SQUAT

Set up with feet shoulder width apart. Fire up your belly. Reach your butt back and down, with heels down, drive your knees out and keep your chest up. Get your butt below your knees at the bottom and stand all the way up at the top of each rep. Read Coaches Notes for tempo description!!!

## DUMBBELL FRONT RACK DEAD STOP FORWARD LUNGES

For these lunges, make sure the dumbbells are resting on the shoulders with the elbows high! Keep the chest up, but do not overextend the back. Keep the belly tight! Make sure you take a long enough step forward so that your front heel is firmly planted when the back knee GENTLY touches the ground. Pause for a 1-count. Stand all of the way up between reps and alternate legs with each lunge until 1 minute is up.

## BEAR HOLD WITH ARM LIFTS

Start on your hands and knees. Your wrists should be stack directly beneath your shoulders and your knees directly beneath your hips. Curl your toes under and press into them and your hands to hover your knees just off the floor. Pull your lower belly in toward your spine and spread your shoulder blades apart. Hold here for as much time as you can within 1 minute as you alternate raising your arms from the floor. Hold for 1-2 seconds with your bicep near your ear.