

BUTTS & GUTS 7/11/21

Every Minute on the Minute for 20 Minutes

Min 1: 8 Tempo Goblet Squats (Tempo = 3 sec down/ 3 sec up)

Min 2: 12 Goblet Step Up w/ Slow Lower

Min 3: 40 Sec Side Elbow Plank, Right

Min 4: 40 Sec Side Elbow Plank, Left

Tempo is 3 seconds down, no pause at the bottom, 3 seconds up, no pause at the top

Suggested Weight

Men: 40-55# DB/KB

Women: 25-35# DB/KB

COACHES NOTES

So you'll do the work written and then rest for the remainder of the minute. At the end of the workout, you will have done each movement five times.

If you do the tempo correctly for the goblet squats, those 8 reps will take you 48 seconds! The step ups will be alternating so it's 6 reps on each leg for 12 total. Make sure you are lowering down on the SAME LEG that you stepped up with. Choose a weight that allows you to lower at a slower speed than you stepped up with. Those may take up to the entire minute but no faster than 45 seconds. Do your best to hold the side plank without resting but if you absolutely need to, you can accumulate those 40 seconds in 2-3 sets.

GOBLET SQUAT

Hold your DB/KB at the chest. Feet are shoulder width apart with the heels down. Stand tall and tighten your belly. Reach the butt back and down while driving the knees out. Keep the chest lifted and belly tight. Keep going down until the butt is lower than the knees. Do not allow yourself to collapse, round your back, or plop at the bottom. In the bottom position the heels should be down, knees out, and chest up!

GOBLET STEP UP

Hold one dumbbell or kettlebell tight to your chest. 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. Make sure you choose a weight and a height that you are comfortable stepping up AND down.

SIDE ELBOW PLANK

Get into the plank position by lying on one side of your body. Support your torso by propping yourself up onto the forearm/ elbow of the arm closest to the floor. Stack your shoulders, hips, knees, and ankles directly above one another then press into your grounded foot and elbow to lift your hips. Keep your supported shoulder pressed as far away from your ear as possible the entire time.