

BUTTS & GUTS 7/25/21

WORKOUT

Every 3 Minutes for 18 Minutes

18 Bulgarian Split Squats, 9R/9L

18 Box Hamstring Curls

18 Weighted Sit Ups

Suggested Weight

Men: 30-40# DB(s)/Plate

Women: 15-25# DB(s)/Plate

Score: Weight Used

COACHES NOTES

This one is sure to light up your backside! For the split squats - make sure you are taking a far enough step forward that your front knee DOES NOT track out beyond your toes! It may be worth finding the right stance without weight during your warm up and marking where your heel should be so that you know exactly where to set up each time. Try to keep the weight at your chest during the sit ups so that you lose all momentum. If you NEED a little boost, bring the weight over head as you lie back then swing it forward to help you up.

BULGARIAN SPLIT SQUAT

Hold a pair of dumbbells at your sides. Place the top of one foot shoelace-down on the bench behind you so the sole of your foot is facing up. Step your front foot forward enough that when you lower into the bottom position, your foot is flat on the floor and your knee does not travel beyond your toes. Your feet should be wide enough (roughly shoulder width) that you can maintain balance

throughout. Keep your chest up and belly tight. Slowly lower your hips down and back toward the bench until your thigh is parallel to the floor. Your knee may or may not touch the ground. Push through the heel of your front foot to come back up. Your front knee should maintain a slight bend at the top.

BOX HAMSTRING CURL

Lie on your back with your box at your feet. Prop your heels onto the edge of the box and adjust the height and/or distance of your hips to the box so that your knees are bent at a 90-degree angle. With your hands at your sides, drive into your heels to lift your hips up. Concentrate on squeezing your hamstrings and glutes to lift. Lower back to the ground under control.

WEIGHTED SIT UP

You'll start seated with your knees bent, holding the weight at your chest. You can do whatever you like with your feet - plant them in front of you or butterfly your knees out with the soles together. Lie back under control until your shoulder blades touch the ground then squeeze your belly and reach your shoulders forward to come all of the way up until your shoulders are in front of your hips. If you need to lower the weight or bring the weight overhead for momentum to sit forward, that's OK!