

# BUTTS & GUTS 8/1/21

## WORKOUT

### 6 Rounds (18 Minutes Total)

40 Sec Double DB Sumo Deadlift

20 Sec Rest

40 Sec Lateral Crossbody Goblet Step Ups

20 Sec Rest

40 Sec Weighted Elbow Plank

20 Sec Rest

### Suggested Weight

Men: 35-55# DB(s)/KB(s) | 25-45# Plate

Women: 20-35# DB(s)/KB(s) | 15-25# Plate

## COACHES NOTES

Aim to hit 12-16 of the Sumo Deadlifts and 10-14 of the Step Ups!  
Read the written description so that you know what we're looking for with these movements!!!

### DOUBLE DUMBBELL SUMO DEADLIFT

Assume a wide stance (about a foot wider than your squat stance) with your toes pointed out slightly. Hold a dumbbell in each hand. Send your hips back, keeping your shins vertical and back flat. Don't angle the front heads down. Keep the dumbbells parallel to the floor as you lower. Don't touch the heads down to the floor if it will force your low back out of a neutral position. Drive your knees out like you're trying to keep your knee caps on the outsides of your feet / "flashing" your inner thighs forward.

Squeeze your butt hard and imagine you're sliding your feet together to stand.

### LATERAL CROSSBODY GOBLET STEP UP

Stand alongside a box (not facing) holding a single dumbbell or kettlebell at your chest. With the leg furthest from the box, step up and across your body. Plant that foot on the box, keeping your toes angled forward as much as you possibly can (you'll be tempted to angle them toward the middle of the box so turn them forward intentionally). Hips should be pointing straight in front of you. Drive through that heel to stand on top of the box. Step down to the other side of the box. Repeat with the other leg.

### WEIGHTED ELBOW PLANK

Lie on your belly and slide the plate onto your mid-low back. Then prop yourself up onto your elbows and hold. Make sure to keep your thighs and belly squeezed so your hips don't sag.