

BUTTS & GUTS 8/15/21

WORKOUT

Part 1

EMOM x 15 Minutes

(Every Minute on the Minute for 15 Minutes)

Min 1: 8 Tempo DB Deadlifts (Tempo = 40X1)

Min 2: 10 Goblet Cossack Squats, Right

Min 3: 10 Goblet Cossack Squats, Left

Suggested Weight

Men: 40-55# DB(s)/KB(s)

Women: 25-35# DB(s)/KB(s)

- Rest 2 minutes before Part 2 -

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COACHES NOTES

The tempo for the deadlifts is 4 seconds down - no pause at the bottom - eXplode up - hold for 1 second at the top. Each rep is 5 seconds so you can expect these to take 40 seconds of the minute. That's a lot of time under tension so consider both your grip and your shoulder stamina - since just holding the dumbbells in line with your legs will get tough on the shoulders and upper back. The cossack squats should be taking 30-40 seconds so lower the weight or reduce the reps if it's taking much longer than that.

DUMBBELL DEADLIFT

The DBs will start on the ground. Feet are under the hips. Heels are down. Hips and knees are bent. Hands and grip are outside of the legs. Arms are straight. Chest is up. Belly tight. Back flat! To lift the DBs drive your heels into the ground and lift your chest. Keep arms straight, chest up and belly tight as you stand all the way up at the top.

To lower - send your butt back. Keep your chest lifted and belly tight. Keep those heels down. Once the DBs go below your knees, re-bend them and bring the DBs back to the starting position under control. Only one head of each dumbbell needs to touch at the bottom!

COSSACK SQUAT

Start with feet wider than shoulders, toes turned out slightly. Hold a DB to your chest, goblet style or racked on one shoulder with one hand. If you are squatting to the left, hold the DB in your right hand. Shift your weight into the left foot and turn your right toes up. Send your butt back, keeping the belly tight and chest up. Keep the knee tracking in line with the toes as you lower down until your butt is below the knee. Drive your whole foot into the ground and lead with the chest back up to your starting position.

Part 2

4 Min AMRAP

(As Many Rounds and Reps As Possible in 4 Minutes)

5 - 1/4 Get Ups, Right

5 - 1/4 Get Ups, Left

10 Bicycle Crunches w/ 2-Count Hold

Score: Total # of Completed Rounds + Any Additional Reps

Goal: 2-4 Rounds

COACHES NOTES

You're shooting to finish a round every 1-2 minutes. It's a quick burner so push to move the entire 4 minutes!

1/4 GET UP

The 1/4 get up is just the first couple steps of the Turkish get up. Start on your back. Holding the weight in your right hand, extend your arm straight up in the air. Bend your right knee so your right foot is flat on the floor. Bring your left arm out to the side about 45°. Keep your right arm vertical for the entire movement. Roll onto your left forearm. Don't allow the left side of your torso sink toward the ground. Then, return with control onto your back. You can also do this unweighted if you need to.

BICYCLE CRUNCH

You'll want to maintain a tucked hollow position on the floor. Pull your belly button down toward your spine and press your lower back into the floor. Raise your shoulders up off the ground. While you keep your left leg straight and hovering from the floor, draw your right knee up to your chest and try to touch it with your left elbow. Hold for 2 seconds. Extend your right leg out and draw your left knee in. Hold for 2 seconds. Each time one knee comes up is one rep.