

# BUTTS & GUTS 8/22/21

## **WORKOUT**

**Every 4 Minutes for 20 Minutes**

8 Farmer Carry Step Up w/ 3-Sec Lower, Right

8 Farmer Carry Step Up w/ 3-Sec Lower, Left

16 DB Squats

30 Sec Side Plank Hip Drop, Right

30 Sec Side Plank Hip Drop, Left

Suggested Weight

Men: 30-40# DBs

Women: 15-25# DBs

## **COACHES NOTES**

You should be getting at least 30 seconds of rest. If not, customize one or more of the movements for the remaining rounds so that you're able to move through the work a little faster.

Choose a weight for the step ups that allows for a 3-sec lower! If you can't lower that slow - go lighter. If you need to go unweighted, do that! Also - if you find that one leg is stronger than the other - don't use a different weight for it. The weaker leg should determine the weight you use on both. You can use a different weight for the squats! Shoot to knock out 10-16 hip drops per side per round.

## FARMER CARRY STEP UP W/ 3-SEC LOWER

Stand at your box/step with a dumbbell in each hand at your sides. 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. Then lower with control, taking a full 3 seconds before your back foot touches the ground. Make sure you choose a weight and a height that you are comfortable stepping up AND down with control!

If you don't have something to step up onto, or if you are uncomfortable stepping up right now you can sub alternating lunges. Each lunge counts as one rep.

## DUMBBELL SQUAT

Hold the DBs at the shoulder. The feet should be shoulder width apart. Heels down. Raise the chest and tighten the belly. Reach the butt back and down and drive the knees out. Get the butt lower than the knees at the bottom. No collapsing or rounding the back at the bottom! Stand all the way up at the top.

## SIDE PLANK HIP DROP

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. Once at the top of the plank, lower your hip down slow and controlled until it touches the floor then explode back up to the top of the plank. Keep your supported shoulder pressed as far away from your ear as possible the entire time. Be sure that your top hip does not rotate too far forward. If you are having trouble touching the floor while keeping your hips stacked, just shorten the distance you drop your hip or do a static side plank hold.

