

BUTTS & GUTS 8/29/21

WORKOUT

Every 2 Minutes for 20 Minutes

Min 0-2:

10 Tempo DB Squats (Tempo = 30X1)

14 SLOW Russian Twists

Min 2-4:

10 Alternating Side Goblet Lunges

14 Bear Hold + Pull Across

COACHES NOTES

The way this one works is you'll have from 0:00-2:00 to complete the 10 squats and 14 twists. Rest with any time remaining in the 2-minute window. Then, from 2:00-4:00, you'll complete the 10 side lunges and 14 pull across reps. Rest any time remaining then switch back to squats and twists at 4:00, so on and so forth.

The tempo for the dumbbell squats is 3 seconds down, no pause at bottom, explode up, 1 second pause at the top. So 10 reps should take 40 seconds. There's no specific tempo for the Russian Twists - just do them slow and controlled.

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.

RUSSIAN TWIST

You can use a plate, med ball or dumbbells for the Russian twists. Each twist counts as a rep.

Sit on the ground and lean back with the weight at your belly. Twist and touch the weight on the right - then the left. Each touch counts. Keep your chest up the whole time, try to avoid rounding the spine.

GOBLET SIDE LUNGE

Start standing with a DB at your chest. Step out wide with your left foot (usually the wider the better). 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 at the knee. Drive your whole foot into the ground and lead with the chest, bringing your feet back together as you stand. Switch legs each rep.

BEAR HOLD + DB PULL ACROSS

Set up on your hands and knees. Have a dumbbell outside of and lower than your right hand. Lift your knees off the ground just enough so that they hover and hold. From this position, reach across with your left hand to grab the dumbbell. Pull it across your body to outside of where your left hand started. Set it down, plant your left hand, then reach across with your right hand to start the next rep. Each pull is 1 rep.