

BUTTS & GUTS 8/8/21

WORKOUT

5 Rounds (Rest 30 seconds between movements)

5 x 4 Back & Forth Goblet Lunges* (20 Lunges Total)

12 DB/KB Waiter Squat, Right

12 DB/KB Waiter Squat, Left

30 Sec Elbow Plank 1-2 Steps

*4 Back & Forth Goblet Lunges = 2 Forward Lunges + 2 Backward Lunges

Suggested Weight

Men: 40-55# DB/KB

Women: 25-35# DB/KB

COACHES NOTES

Each round should take an average of 4 minutes. The back and forth lunges are pretty much just two walking lunges forward and then two walking lunges backward. You'll do the 5 times for a total of 20 lunges. The Waiter Squat is a single-side weighted squat.

BACK & FORTH GOBLET LUNGE

Hold a DB or KB at your chest. Keep your chest up, belly tight and shoulders back. Step forward with one leg. Make sure you take a long enough step forward with the front leg so that your heel can be down on the front foot when the back knee GENTLY touches the ground. Once the knee touches, bring the back foot forward and stand all the way up. Then step forward again, this time with

the opposite leg. Same thing - step the back leg forward to come to standing. Then you'll step back with one leg. Make sure you take a long enough step backward with the rear leg so that your heel can be down on the front foot when the back knee GENTLY touches the ground. Bring your front leg back and stand all the way. Then repeat on the opposite leg. You should finish in the same place you started. That's one rep. Do that 5 times.

WAITER SQUAT

Hold your DB/KB on one shoulder. Feet are shoulder width apart with the heels down. Stand tall and tighten your belly. Reach the butt back and down while driving the knees out. Keep the chest lifted and belly tight. Keep going down until the butt is lower than the knees. Do not allow yourself to collapse, round your back, or plop at the bottom. In the bottom position the heels should be down, knees out, and chest up!

ELBOW PLANK 1-2 STEPS

Get into an elbow plank position - propped up on your forearms and toes. Make sure your belly, butt, and quads are squeezed tight so that your hips stay in line with your shoulders. From here, step out a few inches with your right foot and then step a few inches out with your left foot. Then step back in with the right, then back in with the left. You should be in the same position you started in. Continue stepping out-out-in-in until 30 seconds are up!