

# BUTTS & GUTS 9/12/21

## WORKOUT

### Part 1

#### 4 Rounds

12 Single Leg Glute Bridges, Right

12 Single Leg Glute Bridges, Left

16 Good Mornings

16 Jumping Lunges

Rest 1 minute between Rounds

Suggested Weight

Men: 55-75#

Women: 35-55#

#### COACHES NOTES

The minute of rest between rounds is to give time for your heart rate and breathing to slow down after the jumping lunges so that you can focus on controlled quality of movement during the glute bridges and good mornings.

#### SINGLE LEG GLUTE BRIDGE

Lie on your back with your hands at your sides, knees bent and feet planted. Your heels should be directly beneath your knees and a foot or so away from your bottom. From here, extend one leg out so that it's elevated off the ground. Drive into the heel of the foot that's still planted and squeeze your glutes to lift your hips up. Once you've reached the top, lower back down under control.

Keep the other leg elevated until you've completed the 12 on that side. Then switch legs.

### GOOD MORNING

Get a bar (or even a dumbbell) in the back rack position. Feet are under the hips and weight is in the heels. Keep the chest up and belly tight. Allow your knees to bend slightly (very slightly) as you hinge at the hips. Continue to lower your torso until you reach 90 degrees - OR - until just before you feel your low back start to change position - whichever comes first. From there, squeeze the butt to stand up.

### JUMPING LUNGE

For the first rep - step forward or backward into your lunge stance. Make sure it's far enough that your front knee won't go out over your toes. Gently touch the back knee to the ground. Then from there, jump up as you switch legs (front leg goes back, back leg goes forward). Then lower down again until the back knee lightly touches and repeat the jump + switch. Each lunge counts as 1 rep so you're doing 8 on each leg. If you cannot or are not ready to jump, that's OK! Just do regular alternating lunges.

## **Part 2**

### **3 Rounds**

20 Tuck Throughs

20 Upper Body Twists

20 Opposite Hand to Toes

(Stop at 10 Minutes if you're not done yet)

### COACHES NOTES

You can hold a shirt, a towel, or even a band for this Part! Rest as needed but keep in mind we don't want this taking longer than 10 minutes.

### TUCK THROUGH

With the hands overhead holding a t-shirt - towel or band in BOTH hands outstretched. You will lay flat and basically do a v-up with the upper body and tuck the knees/legs in hard. Bring the towel around the knees and feet so it's now under your legs - reverse it and to back to over head.

### UPPER BODY TWISTS

You can leave heels down or for extra challenge lift them up. Keep arms over head and twist almost like an overhead Russian twist. Each twist = 1 rep.

### OPPOSITE HAND TO TOES

You will be in that same overhead position, balancing on your bottom with your upper back and legs elevated from the floor. From here, while still holding the shirt/towel/band, bring the right wrist to left toe - then switch. Each toe touch counts - so it's 10 per side. Keep feet lifted off of the ground for the whole thing if you can. If needed you can leave one leg on the ground while other comes up to meet wrist.