

BUTTS & GUTS 9/19/21

WORKOUT

Part 1

Every Minute on the Minute for 16 Minutes

Min 1: 12-15 Weighted Step Ups, Right

Min 2: 12-15 Weighted Step Ups, Left

Min 3: 20 Eye Level KB/DB Swings

Min 4: Rest

Suggested Weights

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

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

COACHES NOTES

Choose a weight for the step ups that will allow you to lower with some control. You should use the same weight for both legs - even if one is stronger than the other - so your weaker side will determine that. Make sure you're also doing the same number of reps on both sides and getting 10 seconds or so of rest. The swings should be pretty heavy! It's OK if you need to break once if you feel your chest starting to fall or your grip slipping.

DUMBBELL WEIGHTED STEP UP

Hold a dumbbell in each hand. Choose a height that allows you to really drive through the stepping foot and keep your chest up as you stand. Place your WHOLE foot on your step (box, bench

whatever). Don't allow your knee to cave in. Drive out of your heel and stand all of the way up. Because you are staying on the same leg, you can keep that foot planted on the box/step until the set is done.

EYE LEVEL SWING

Hold the weight with both hands at the waist. Feet shoulder width apart, heels are down. Hinge forward at the hips and bend the knees slightly. Keep the chest lifted, heels down, belly tight and arms straight. Pull the weight back through the legs. Stand up **HARD** and **FAST** to make the dumbbell weightless and (keeping the belly tight) guide the weight up to shoulder to eye level. Keep your shoulders nice and active by squeezing your shoulder blades together without overarching the back. Allow gravity to bring it back down and back between the legs. Don't allow it to pull you forward. Keep those heels down!

Part 2

8 Alternating Rounds of 20 Sec ON / 10 Sec OFF

A: Alternating Supermans

B: Alternating V-Ups

Dig deep to move for the entire 20 seconds each round!

COACHES NOTES

So Round 1 is 20 seconds of as many alternating supermans as you can get. Then rest 10 seconds. Round 2 is 20 seconds of as many alternating V-Ups as you can get. Then rest 10 seconds. Continue alternating until you've completed 8 rounds (4 of each movement).

ALTERNATING SUPERMANS

Lie face down with your arms extended overhead and legs together and extended. Keep some engagement through your belly as you lift your right arm and left leg from the floor. Reach your fingertips and toes as far as you can in opposite directions while you elevate them as high as you can from the floor. Lower down slow. Then lift your left arm and right leg from the floor. Continue alternating sides each rep.

ALTERNATING V-UPS

Lie on your back with arms stretched overhead, shoulders away from ears. Squeeze your legs together. Come into a hollow body position by raising your legs and shoulders a few inches from the floor. Pull your bellybutton down toward the floor until you feel your lower back pressing into it. Raise one leg up to point toward the ceiling as you lift the chest, twist, and reach the opposite side hand toward your foot. Lower back to hollow and repeat on the other side.