

BUTTS & GUTS 9/26/21

WORKOUT

4 Rounds (24 Minutes Total)

Each Round is on a 6-Min Clock

Min 0-2: 18 Tempo DB Squats (Read Coaches Notes for Tempo)

Min 2-4: 24 Box Hamstring Curls

Min 4-6: 36 Up-Down Planks

Suggested Weights

Men: 40-55# DB/KBs

Women: 25-35# DB/KBs

COACHES NOTES

So within each 2-minute window, you'll get the work done and then rest any time remaining in the 2 minutes. After you've completed the section of up-down planks, you'll start back over with the squats. Continue following that pattern until you've done each movement 4 times.

The tempo for the dumbbell squats is 3 seconds down, no pause at the bottom, stand up fast, and pause for 1 second at the top before starting the next 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. Control the descent over 3 seconds. 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 and pause for a second before lowering down for the next rep.

BOX HAMSTRING CURL

Lie on your back with your box at your feet. Prop your heels onto the edge of the box and adjust the height and/or distance of your hips to the box so that your knees are bent at a 90-degree angle. With your hands at your sides, drive into your heels to lift your hips up. Concentrate on squeezing your hamstrings and glutes to lift. Lower back to the ground under control.

UP DOWN PLANKS

You will start in a plank position on the elbows. One hand at a time come up to the hands - then back down to the elbows. Alternate which hand comes up and down first for each rep.