

BUTTS & GUTS 10/10/21

WORKOUT

6 Rounds

30 Pause Mountain Climbers

Rest 30 Seconds

20 Dumbbell Split Squats (10R/10L)

Rest 30 Seconds

10 Hip Thrusts

Rest 30 Seconds

Suggested Weights

Men: 30-55# DB(s) | 95-135# Bar

Women: 15-35# DBs | 65-95# Bar

COACHES NOTES

You can expect this workout to take 25-30 minutes. Maybe a little quicker. Those pause mountain climbers are no joke. Drop down and rest if you feel you're losing a good position or are unable to keep your toes from touching down at the top. For the split squats, both feet should be at the same level (not rear-elevated). Do all 10 on one leg and then switch to the other. Do your best not to set the weights down until all 20 are done. Focus on squeezing the butt of the forward leg. If you have a bar and can go with a heavier weight for the hip thrusts, go for it. If not - a dumbbell across your lap will do just fine!

PAUSE MOUNTAIN CLIMBER

Begin in a plank position. Keep a straight line from your ankles through your knees, hips, shoulders and ears. Jump one foot in between your hands while the other one stays back. Do not touch your toe to the ground and hold there for a full stop. Then, quickly jump your front foot back as you jump your back foot forward.

If it feels more comfortable, you may also jump your foot outside your hands. No matter what, maintain that plank. Avoid piking your hips up in the air or letting them sag down toward the ground. Each time your foot comes up is 1 rep.

DUMBBELL SPLIT SQUAT

Start with a dumbbell in each hand at your sides. Or you can go barbell in the back rack. Step your feet out into your lunge stance. Once in the lunge position you will go down and touch the back knee to the ground while keeping the front heel on the ground. Drive out of the front heel, but keep your weight balanced on both feet to stand. Make sure that your feet are not like on a tight rope but are about hip/shoulder width apart (side to side) too. Try not to let the chest come forward as you "squat". Keep the chest up and belly tight. Do all 10 on one side then switch feet without dropping the dumbbells (or barbell).

HIP THRUST

Using a bench or box/stack of plates you will sit in front and place the dumbbell or bar on the hips. You will have the shoulders against the box/bench. This can be uncomfortable so feel free to lay a mat or a towel in your lap between you and the DB/bar. The heels should be down and knees bent in front of you. From that position you will drive through the heels and squeeze the glutes to bring your hips up with your shoulders on the bench. Make sure you bring it ALL of the way up (full squeeze). Then lower back to the ground under control.

