

BUTTS & GUTS 10/17/21

WORKOUT

Every Minute on the Minute for 27 Minutes (9 Total Rounds)

Min 1: 6-8 Alternating Goblet Curtsy Lunges*

Min 2: 20 Second L-Sit

Min 3: 8-10 Standing Weighted Side Bends, each side

*1 Rep = 1 Curtsy Squat + 1 Side Lunge

Suggested Weight

Men: 40-55# DB/KB

Women: 20-35# DB/KB

COACHES NOTES

For each curtsy lunge rep, the foot that you step back with during the curtsy squat is the foot you'll step out with for the side lunge. Take your time. Stand fully out of the curtsy squat before transitioning into the side lunge. If getting 8 reps in is cutting it too close to the minute, simply drop 2 reps.

The L-Sit time can (and likely will) be accumulated. You can support yourself between parallel bars, boxes, stacks of plates, chairs - anything that'll raise you up off the floor. OR you could even do these seated on the floor - just lift your legs 6-8" off the floor while keeping your knees locked out (trust us - this is effective!)

For the side bends, make sure to stay proud through the chest and shoulders - don't slouch as you bend to the side. The range of motion should be super small. Don't try to lower the weight down super low. Imagine you're bringing your ribs to your hip bones as you stand up from the bend.

GOBLET CURTSY LUNGE

Stand tall with a weight in both hands at your chest. With one foot, take a small step back and across your body. Plant your toes and lower into a lunge until your stepping knee touches the ground gently then drive through both feet to come back to standing. With the same foot you stepped back with, you'll step out wide and send your butt back and down into a "lunge" on that leg. Once your hip is at or just above your knee, drive through your heel to come back to standing and step together. Repeat that same sequence on the other leg. These are alternating so 8 reps is 4 on each side and 6 is 3 on each.

L-SIT

Set up parallettes, stacks of plates, boxes, or chairs just outside of hip-width apart. Stand inside of your supports and place your hands onto them. Pressing into the supports to create space between your shoulders and ears, lift your feet from the ground and reach your legs out in front of you. Ideally, you'll lock your knees out, squeezing your quads tight and pointing your toes. You can bend at the knees and/or tuck them closer to your belly to make this more accessible.

STANDING WEIGHTED SIDE BEND

Stand tall with a weight in one hand, hanging at your side. Without slouching or rotating, "bend" into the side holding the weight. The weight should travel a couple of inches down the side of your leg but NOT FAR! Squeeze the obliques on the opposite side to stand. Complete all reps on one side before switching to the other.

