

# BUTTS & GUTS 10/24/21

## **WORKOUT**

### **Part 1**

#### **Every Minute on the Minute for 6 Minutes**

8 - 1 1/2 Dumbbell Squat

Rest 2 minutes before Part 2

Suggested Weight

Men: 40# DBs

Women: 25# DBs

#### **COACHES NOTES**

The 1 1/2 rep dumbbell squat is just like a regular DB squat except once you hit the bottom of the squat, you'll only stand up halfway, then descend down into the bottom of the squat AGAIN, before coming all the way up to standing. So completing one and one-half of a rep. Choose a weight that allows you to get those 8 reps done in 40 seconds or less so you get 20 seconds of rest between sets.

#### **1 1/2 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. Get the butt lower than the knees at the bottom. No collapsing or rounding the back at the bottom! Drive through the heels to stand halfway up then lower back down into the bottom of the squat. After you've hit

the bottom for the SECOND time, stand all the way up to complete the rep.

## **Part 2**

### **Every Minute on the Minute for 6 Minutes**

8 Tempo Dumbbell Romanian Deadlift\*

\*Read Coaches Notes for Tempo

Rest 2 minutes before Part 3

Suggested Weight

Men: 40# DBs

Women: 25# DBs

#### **COACHES NOTES**

For these, you'll lower down for 3 seconds, then explode back up to standing, pause briefly before starting the next rep. Unless your hamstring mobility is crazy good, you should not be touching the dumbbells to the floor for these deadlifts. Choose a weight that allows you to do all 8 reps unbroken (remember grip may become a factor!)

#### **DUMBBELL ROMANIAN DEADLIFT**

This movement starts and ends at the hang position, not the floor. This should be much lighter than a traditional deadlift. Perform a traditional deadlift to get to the hang position with hands about shoulder width apart and feet under hips. Keep your belly tight, chest up and back in a neutral position as you unlock your knees and push your butt back. Keeping the dumbbells outside your legs, press them back as you hinge forward. They should travel in a straight line down. Once the dumbbells go below the knees,

push your feet down into the floor and stand back up. You won't bring the dumbbells all the way to the floor.

### **Part 3**

### **6 Min AMRAP (As Many Rounds and Reps As Possible in 6 Minutes)**

12 Plate/DB Russian Twists  
16 Plate/DB Crunch Reaches

Suggested Weight

Men: 35-45#

Women: 15-25#

#### **COACHES NOTES**

If you're looking for an added challenge on the twists, try keeping your feet elevated off the floor. The crunch reaches are kind of like reverse supine toe touches. You'll start lying on your back with your legs up in the air, holding a plate or DB over your chest. Then you'll crunch up and reach to touch the plate or DB to your toes before relaxing back to the ground. That's it! It's OK if you end up needing to break those 16 reps up into sets of 6-10 reps. They'll burn!

#### **RUSSIAN TWIST**

You can use a plate, med ball or dumbbells for the Russian twists. Each twist counts as a rep. Sit on the ground and lean back with the weight at your belly. Twist and touch the weight on the right - then the left. Each touch counts. Keep your chest up the whole time, try to avoid rounding the spine.

#### **CRUNCH REACH**

Start lying on your back with your legs locked out and reaching up to the sky. Hold a plate or dumbbell over your chest with your elbows locked out. Lift your upper back off the floor and reach to touch the weight to your toes then relax back to the floor. That's one rep.