

BUTTS & GUTS 10/3/21

WORKOUT

Part 1

Every 2 Minutes for 10 Minutes

10 Single Leg Dumbbell Deadlifts, Right
10 Single Leg Dumbbell Deadlifts, Left

Rest 1-2 Minutes before Part 2

Suggested Weights

Men: 35-55# DBs/KBs

Women: 20-35# DBs/KBs

COACHES NOTES

So when the clock starts, you'll perform 10 single leg deadlifts on your right leg and then 10 single leg deadlifts on your left leg. Rest any time remaining in the 2-minute window. When 2:00 hits, do another set of 10 and 10. Continue that pattern until 10 minutes are up.

Make sure that you are keeping your shoulders and upper back ACTIVE during the deadlifts. If the weights start to drift forward because you're allowing them to, you're more likely to be knocked off balance or fall into a poor posture.

SINGLE LEG DUMBBELL DEADLIFT

Hold a dumbbell in each hand. Shift your weight into one foot and raise the other foot off the floor behind you.

Fight not to twist. Allow a slight bend in the knee as you hinge forward at the hip and touch one head of the dumbbells to the floor. Keep the back flat and belly tight and squeeze the butt to stand up. You can always modify to a single dumbbell or even regular deadlifts if you need to.

Part 2

Every 2 Minutes for 10 Minutes

15 Side Elbow Plank Leg Lifts, Right

15 Side Elbow Plank Leg Lifts, Left

Customize with:

20 Sec Side Elbow Plank + 15 Side Lying Leg Lifts, R

20 Sec Side Elbow Plank + 15 Side Lying Leg Lifts, L

COACHES NOTES

Just like with the single leg deadlifts, you'll complete 15 reps on BOTH sides within the 2 minutes and then rest any time remaining.

You ARE NOT expected to do the side plank leg lifts without support! Touch your free hand to the floor in front of you or do them in front of a wall or something so you have something to help you balance.

As listed - you can customize this one by breaking up the side elbow plank and the leg lifts. Hold for 20 seconds on your right side, drop your hips/legs down and knock out 15 leg lifts. Then switch and do the same on the other side.

SIDE ELBOW PLANK LEG LIFT

Start lying on one side with your torso propped up with your elbow. Your legs should be straight and stacked one above the other. From here, lift the top leg up to 45-degree without letting your upper hip rotate back - that way your outer butt muscles are doing the work! Keep your hips squared straight ahead even if that means you can't lift your leg as high! From there, lower your leg back down to start the next rep.