

BUTTS & GUTS 10/31/21

WORKOUT

4 Rounds

15 Weighted Step Ups, R
15 Weighted Step Ups, L
1 Min Elbow Plank
30 Sec Single Leg Glute Bridge Hold, R
30 Sec Single Leg Glute Bridge Hold, L

Rest As Needed Between Movements/Rounds

Suggestions

Men: 40-55# DBs | Step Height: 20-24"

Women: 25-35# DBs | Step Height: 16-20"

COACHES NOTES

Choose a weight for the step ups that allows you to do at least 8 reps at a time with a controlled lower. Because you aren't alternating legs each rep, go ahead and keep the working leg planted on the step/box for the entire set. You don't necessarily need to do these unbroken - your grip may need a break before your legs do. For the plank and holds, you can accumulate those times. Just don't move onto the next until you've hit the time target for that hold.

WEIGHTED STEP UP

You can hold the dumbbells at your waist or on your shoulders. Make sure you step up with your foot completely on the box. Drive

out of the heel for each rep and avoid the knee caving in. Stand up all the way at the top of the box and make sure both feet are planted.

If you don't have something to step up onto, or if you are uncomfortable stepping up right now you can sub alternating lunges. Each lunge counts as one rep.

Make sure you choose a weight and a height that you are comfortable stepping up AND down.

ELBOW PLANK

Lie on your belly with your legs together, propped up on your forearms so that your elbows are directly under your shoulders. Press the pads of your toes into the floor as you press into the elbows. Squeeze your belly, butt, and thighs so that your body is rigid and in a straight line. Hold here.

SINGLE LEG GLUTE BRIDGE HOLD

Lie on your back with your hands at your sides, knees bent and feet planted. Your heels should be directly beneath your knees and a foot or so away from your bottom. From here, extend one leg out so that it's elevated off the ground. Drive into the heel of the foot that's still planted and squeeze your glutes to lift your hips up. Once you've reached the top, hold there. Once you've hit the time target, lower back down under control.