

BUTTS & GUTS 11/14/21

WORKOUT

Every 2 Minutes for 28 Minutes

Min 0-2:

8 Bulgarian Split Squat, Right
8 Bulgarian Split Squat, Left

Min 2-4:

16 Hollow Rocks
16 Elbow Plank Hip Twists

Suggested Weight

Men: 35-50# DBs/KBs

Women: 20-35# DBs/KBs

COACHES NOTES

So you'll do 8 split squats on both legs from 0:00-2:00. Rest any time remaining in the window. Then from 2:00-4:00, you'll complete the hollow rocks and hip twists. Rest any time remaining until 4:00. Then repeat that pattern until 28 minutes are up! You'll end up doing each section 7 times.

Choose a weight for the split squats that allows you to get 8 reps done without setting the weights down. For the hollow rocks, if you can't feel your low back pressing into the floor the entire time, consider lowering your arms to your sides or tucking one or both

knees into your belly. Be careful not to let your hips sag during the plank twists! You do not need to touch your hip to the floor - just twist as far as you can to still be able to get back up to the center.

BULGARIAN SPLIT SQUAT

Hold a dumbbell or kettlebell in each hand. Place the top of one foot shoelace-down on the bench behind you so the sole of your foot is facing up. Step your front foot forward enough that when you lower into the bottom position, your foot is flat on the floor and your knee does not travel beyond your toes. Your feet should be wide enough (roughly shoulder width) that you can maintain balance throughout. Keep your chest up and belly tight. Slowly lower your hips down and back toward the bench until your thigh is parallel to the floor. Your knee may or may not touch the ground. Push through the heel of your front foot to come back up. Your front knee should maintain a slight bend at the top.

HOLLOW ROCKS

Start lying on your back with your legs extended forward, and arms extended overhead by your ears. Your arms need to stay shoulder width apart for the entire set. Push your lower back into the floor by sucking your belly button into your spine. The distance between your ribcage and hip bones should shorten. Your lower back needs to remain flat, so it makes contact with the floor during every rep. To initiate the rock, lift your toes up in the air while you press your shoulder blades into the ground. While maintaining the hollowed position, allow the momentum to rock you forward as the toes come towards the ground, and shoulders lift off the ground.

ELBOW PLANK HIP TWIST

Start in an elbow/forearm plank. Make sure your thighs, butt, and belly are squeezed tight. Press your elbows into the floor so that your shoulder blades spread out a bit. Keeping your belly tight

and shoulders active, rotate your hips to the right as if you were trying to touch them to the floor. Then when you feel you can't go any further, rotate back through center. That's one rep. Repeat on the other side.