

BUTTS & GUTS 11/21/21

WORKOUT

Part 1

Every Minute on the Minute for 24 Minutes

Min 1: 8-10 Goblet Lunge Doubles, Right

Min 2: 30-sec Side Elbow Plank Rotations, Right

Min 3: 8-10 Goblet Lunge Doubles, Left

Min 4: 30-sec Side Elbow Plank Rotations, Left

Rest 2 Minutes Before Part 2

Suggestions

Men: 35-50# KB/DB

Women: 20-35# KB/DB

Coaches Notes: Part 1

Choose a weight that allows you to get the Lunge Doubles done in 40 seconds or less the entire time! Be sure to stand fully every time you bring your feet together - don't shorten the rep by staying bent at the hips or knees.

During the Elbow Plank Rotations, resist rotating your hips a ton when reaching your arm forward so that your obliques can work to keep your spine neutral. Move slow and with control.

Part 2

AMRAP 4 Min (As Many Rounds and Reps as Possible in 4 Min)

15 KB/DB Sumo Deadlifts

30-sec Up Down Planks

Suggestions

Men: 45-70# KB/DB

Women: 35-50# KB/DB

Goal: 3-5 Rounds

Coaches Notes: Part 2

If you go with the two dumbbells on these - the total weight should add up to the suggested weight - not each dumbbell should weigh the suggested weight (same idea if you happen to go with two KBs)!

Avoid piking or sagging at the hips during the Up Down Planks. Keep your thighs, butt, and belly squeezed tight! Your shoulders are likely going to burn on the Up Down Planks. Do your best to dig deep and work through it the entire 30 seconds. If it's too much, consider doing just a static plank hold on your elbows or hands!