

BUTTS & GUTS 11/28/21

WORKOUT

Every Minute on the Minute for 30 Minutes

0:00-10:00 (Switch legs each minute)

40-sec Single Leg RDL + Side Lunge

10:00-20:00 (Complete BOTH within each minute)

10 Jumping Air Squats

10 Pass-Under Crunches

20:00-30:00 (Switch holds each minute)

30-sec Bear Crawl Hold

30-sec Superman Hold

Suggestions

Men: 35-50# KB/DB

Women: 20-35# KB/DB

Coaches Notes

For the first 10 minutes of this workout, you'll spend 40 seconds of each minute performing as many single leg RDL + side lunges as you can on one leg. The next minute, you'll switch to the other leg. After 10 minutes, you'll spend the next 10 minutes completing 10 jumping squats and 10 pass-under crunches in the same minute. For the last 10 minutes, you will hold a bear crawl for 30 seconds, then rest, then the next minute you'll hold the superman position for 30 seconds and continue alternating back and forth till the clock hits 30 minutes.

Pay attention to which hand is holding the dumbbell compared to which leg is working during the single leg RDL + side lunges! It should be the same arm as the planted leg during the RDL and the opposite arm as the stepping leg in the lunge (watch video for clarification). If balancing in the

single leg RDL is too difficult, you can customize to a staggered stance deadlift + side lunge!

The middle section (10-20 minutes) gets spicy! If you need to, drop the reps to 8 or so. You should be getting 25-30 seconds of rest each minute.