

# BUTTS & GUTS 11/7/21

## WORKOUT

### Part 1

#### Every Minute On the Minute for 15 Minutes

Minute 1: 12 Dumbbell Farmer Lunges, Right

Minute 2: 12 Dumbbell Farmer Lunges, Left

Minute 3: 9 Tempo Dumbbell Squats\*

\*Tempo is 3 Seconds Down, Explode Up, and Pause Briefly at the Top

Suggested Weight

Men: 40-55# DBs/KBs

Women: 25-35# DBs/KBs

#### COACHES NOTES

You can do the lunges forward, reverse, or walking. Whatever you prefer. But you have to use the same weight for both legs! Even if one leg is weaker than the other (which is probable). You're welcome to use a different weight for the squats, though. The tempo will be tough to hold but do your best! And make sure you aren't collapsing in the bottom of the squat! Keep that chest up, belly tight, and knees pushing out.

#### DUMBBELL FARMER LUNGE

Hold a pair of dumbbells (or kettlebells) at your sides. Keep your chest up with a slight retraction of the shoulders. You may perform forward stepping, reverse stepping, or even walking lunges. Make

sure you take a long enough step forward or back so that the heel of your front leg is firmly planted when the back knee GENTLY touches the ground. Stand all the way up between reps.

### TEMPO DUMBBELL SQUAT

Hold the DBs at the shoulder. The feet should be shoulder width apart. Heels down. Raise the chest and tighten the belly. Reach the butt back and down and drive the knees out. Take 3 seconds to lower to the bottom. Get the butt lower than the knees at the bottom. No collapsing or rounding the back at the bottom! Explode up to come to standing. Pause briefly at the top - make sure your butt is squeezed and you are standing fully then start the next rep with the same tempo.

## Part 2

### 5 Rounds

10 Rolling Hip Ups

20 Single Leg Love Taps\*

30 Supermans

\*Each tap is 1 rep so Right is 1, Left is 2, etc.

### COACHES NOTES

Do your best to control your lowering back to the floor during the rolling hip ups and then "let go" just enough to let the momentum carry you forward into the sit up. On the single leg love taps - make sure you're sitting up tall and keeping the working leg locked out and engaged. For the supermans, think about getting as long as you can rather than only as high as you can! Squeeze those quads so your knees don't bend when you lift up!

### ROLLING HIP UPS

For the rolling hip ups, start sitting up and roll backwards onto your upper back/shoulders. As you roll back extend your legs straight up into the air. As you do this, push your hips straight up into the air to. Try to get your toes as close to the ceiling as possible.

### SINGLE LEG LOVE TAPS

Sit up straight with legs extended out in front of you. You should have a dumbbell, kettlebell or even just a crack in the floor outside one of your ankles. Place your hands by your hips on the floor, use just fingertips if you need to. Without leaning back, pick up the leg nearest to the weight and bring it up and over to the other side to tap the floor. Then lift the other leg up and over to tap the floor. Both legs should be together again. Each tap is 1 rep so that's 2. Continue until you hit 20.

### SUPERMAN

Lie face down with your arms extended overhead and legs together and extended. Keep some engagement through your belly as you lift your chest and thighs away from the floor. Reach your fingertips and toes as far as you can in opposite directions while you elevate them as high as you can from the floor. Lower down slow.