

BUTTS & GUTS 12/12/21

WORKOUT

Part 1

Every Minute on the Minute for 24 Minutes

Min 1: 15 Unbroken No Lockout Assisted Step Ups, Right

Min 2: 15 Unbroken No Lockout Assisted Step Ups, Left

Min 3: 15 Box Hamstring Curls

Min 4: 20 Alternating Elbow Plank Hip Twists

Rest 2 Minutes Before Part 2

Goal: Choose a step up variation that allows you to do all 15 reps unbroken each time

Coaches Notes: Part 1

The assisted no lockout step ups are meant to keep your working leg under tension for a solid 20-30 seconds, which is great for muscular hypertrophy. It's likely going to burn. If you find it isn't, consider increasing the height of your step/box or adding weight to the free hand!

Focus on driving through your heels during the box hamstring curls and lower your back to the floor under control.

For the twists, make sure you are pressing down through your elbows the entire time - don't let your shoulders sag. Only twist your hip as low as you can while maintain a good position and are able to rotate back up.

Part 2

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

10 Hand Release Russian Twists

15 Supermans

Suggestions

Men: 35-50#

Women: 20-35#

Goal: 3-5 Rounds

Coaches Notes: Part 2

Be smart during the twists! Make sure you're sitting up tall and bracing your belly every time you pick the weight back up to twist to the opposite side.

Imagine you're trying to get as long as you can during the supermans rather than trying to lift up high. Keep your legs straight and eyes to the floor.

Shoot for one round every 0:45-1:15!