

BUTTS & GUTS 12/19/21

WORKOUT

Every Minute on the Minute for 25 minutes

Work for 40 Seconds of Each Minute

Min 1: Side Plank Hip Drops, 20-sec Right/20-sec Left

Min 2: Single Leg Glute Bridges, 20-sec Right/20-sec Left

Min 3: Elbow Plank

Min 4: Side Lying Leg Lifts, Right

Min 5: Side Lying Leg Lifts, Left

Coaches Notes

Each minute, you'll work for 40 seconds and rest the remaining 20 seconds. We're shooting for 40 unbroken seconds of work but if you NEED to, you can accumulate that time. Just be sure to get it done before the minute is up.

Be on the lookout for your upper hip rotating back during the side lying leg lifts! Your hips should stay stacked directly in line with each other the entire time so that your outer butt muscle is targeted!