

# BUTTS & GUTS 12/26/21

## WORKOUT

### Part 1

#### Every Minute on the Minute for 18 Minutes

Min 1: 8 Tempo Goblet Squats

Min 2: 16 HEAVY Eye Level KB/DB Swings

Min 3: 24 Hollow Rocks

See Coaches Notes for Tempo

**Rest** 2 Minutes Before Part 2

### Suggestions

Goblet Squat Weight

Men: 40-55# DB/KB

Women: 20-35# DB/KB

Eye Level Swing Weight

Men: 60-70# DB/KB

Women: 40-55# DB/KB

**Goal:** Get all of the work done within the minute the entire time!

### Coaches Notes: Part 1

The tempo for the goblet squats is 3 seconds down, 0 seconds at the bottom, 3 seconds up, 0 seconds at the top. Watch your clock/watch so that you're following a true 3-second tempo. If you do this correctly (and unbroken) it should take 48 seconds to do the 8 reps. If holding a weight is too difficult, do tempo air squats.

For the swings, HEAVY is a relative term - whatever is heavy for YOU. If you don't have a KB/DB that you feel is especially heavy, use what you

have and up the reps to 20-24. Be careful to not let your chest drop at the bottom of the swings!

For the hollow rocks, your top priority should be keeping contact with your lower back and the floor. If you feel your lower back wanting to pull up and away from the floor as you rock, try lowering your arms to your sides, tucking one or both legs, or both!

## **Part 2**

### **On a 5 Minute Clock:**

Accumulate As Much Time As You Can in a Hand Plank

\*Every minute (including 0:00), complete 10 Jumping Lunges

### **Coaches Notes: Part 2**

So you'll start the clock and immediately do 10 jumping lunges then as soon as you're done with those, you'll assume the top of a plank position. Hold for as long as you can until the next minute starts, then you'll hop up and do another 10 lunges before going back to the plank.

The holds in between the lunges DO NOT have to be unbroken. So if you have 40 seconds left in the minute after the lunges, and you have to break with 20 seconds left, that's OK - just try to get back up and accumulate more time before the time's up.