

BUTTS & GUTS 12/5/21

WORKOUT

Part 1

6 Rounds (18 Minutes)

1 Min. Slow-Lower KB/DB Power Clean + Goblet Squat

30 Sec. Rest

1 Min. Alternating Goblet Step Ups

30 Sec. Rest

Rest 2 Minutes Before Part 2

Suggestions

Men: 35-50# KB/DB

Women: 20-35# KB/DB

Coaches Notes: Part 1

The goal for the working minutes is NOT to get as many reps as you can, but rather to move through the movements with control and intention.

During the power clean + squat, be sure that you open your hips fully when getting the KB/DB to your chest. You should be starting the goblet squat from fully standing. Shoot for 7-10 reps per minute of the slow-lower power clean + goblets squats and 14-18 reps of the step ups!

Part 2

4 Rounds (8 Minutes)

30 Sec. Side Plank Half Pike, R

30 Sec. Rest

30 Sec. Side Plank Half Pike, L

30 Sec. Rest

No weight needed!

Coaches Notes: Part 2

The goal for this one is to find a challenging but doable version of this dynamic plank and then get as many reps as you can within each working interval. You can do the side plank from your hand or elbow, with a straight leg or bent knee. Again, find what will challenge YOU the most and stick with that.