

# BUTTS & GUTS 1/16/22

## WORKOUT

### Every Minute on the Minute for 30 Minutes

Min 1: 15 Goblet Split Squat, Right

Min 2: 15 Goblet Split Squat, Left

Min 3: 20 Eye Level DB/KB Swings

Min 4: Accumulate Max Alternating Contralateral Plank Lifts

Min 5: Rest

### 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:** 120 - 180 Reps

### Coaches Notes

Choose a weight for the split squats that will allow for you to get all 15 reps done unbroken. Remember for a split squat that you won't step your feet together for every rep - you'll just keep the split stance, lower to touch the back knee down, then drive through both feet to come back up.

Go heavier for the swings (if you can) and be sure you can do those 20 reps in 1-2 sets. You'll likely have 25-35 seconds to rest for the first three minutes of each round.

For the plank lifts, raise and lower the opposite arm and leg under control. Every "lift" counts as 1 rep toward your score.