

# BUTTS & GUTS 1/23/22

## WORKOUT

### Every Minute on the Minute for 20 Minutes

Min 1: 12 Tempo Single-Dumbbell Sumo Deadlift (Tempo = 30X1)

Min 2: 12 No Lockout Assisted Step Ups, PER SIDE

Min 3: 40 sec Elbow Plank Hip Twists

Min 4: 30 sec Tucked Hollow Hold

### Suggestions

Weight // Height

Men: 60-80# DB/KB or lighter pair // 20-24"

Women: 35-55# DB/KB or lighter pair // 16-20"

### Coaches Notes

So for this one, you'll end up cycling through the four movements five times.

For the tempo sumo deadlift, you'll lower down for 3 seconds then explode up and hold for 1 second at the top. Use a heavy-ish dumbbell or a lighter pair if you don't have access to a heavy DB. The no lockout assisted step ups will burn. Do your best not to "bounce" off the bottom foot. You can definitely use that leg to help you out but make the touch down as soft as possible. Those step up reps should be unbroken. The plank hip twists and hollow hold ideally is an unbroken effort but if you MUST, you can accumulate that time. You Tube any off these movements if you are unfamiliar.