

BUTTS & GUTS 1/2/22

WORKOUT

5 Rounds

7 Single Shoulder Side Lunges, R

7 Single Shoulder Side Lunges, L

14 Leg Pike Ups

14 Alt. Staggered Stance RDLs (Romanian Deadlifts)

28 Alt. Crossbody Toe Touches

Take your time between movements.

Rest 30-60 seconds between rounds.

Suggestions

Men: 40-55# DB(s)/KB(s)

Women: 25-35# DB(s)/KB(s)

Coaches Notes

For the side lunges, the DB/KB should be on the shoulder opposite of the leg that's lunging. Be sure to step out WIDE and sit back into your heel. It's OK - and probably best - if your opposite toes lift up from the ground and rotate up toward the ceiling.

The Leg Pike Ups are very similar to V-Ups but you'll have your hands planted at your sides to assist you in raising your legs up. Do your best not to let your heels touch the ground when you lower your legs.

Go as heavy as you can on the staggered stance RDLs without needing to break up the 14 reps more than once. Only lower your torso down as low as you can while still maintaining a neutral spine.

It's OK and encouraged for your hips to rotate slightly during the crossbody toe touches!