

BUTTS & GUTS 1/30/22

WORKOUT

4-5 Rounds

1 Minute Tempo Air Squats (Tempo = 3330)

30 Second Rest

1 Minute Dumbbell Front Rack Dead Stop Forward Lunges

30 Second Rest

1 Minute of Bear Hold + Arm Lifts

30 Second Rest

Suggestions

Men: 40-50# DBs

Women: 25-35# DBs

Coaches Notes

The way the tempo for the air squats goes is - 3 seconds down - 3 second hold at the bottom - 3 seconds to stand - no pause at the top going into the next rep. You should be ACTIVE for the entire minute - even in the bottom hold, you should be fighting for the best position possible. If you do the tempo correctly, you'll finish the minute in a bottom squat hold which is totally fine. Just come to standing normally for your rest. For the lunges, if you absolutely cannot do forward and/or from a dead stop, you may do regular reverse lunges. If your knee caps are sensitive, you can touch down to a pad or towel. Think of accumulating as much time as you can in the bear hold. You will likely need to rest at some point during the minute, which is fine. Do your best to not let your hips shift or rotate much. Stay squared away!