

BUTTS & GUTS 1/9/22

WORKOUT

Every 2 Minutes for 24 Minutes (6 Rounds of both A & B)

A (Min 0-2):

12 Single DB Back Rack Good Mornings

12 Single DB Back Rack Step Ups w/ Slow Lower

B (Min 2-4):

12 V-Ups

6 - 1/4 Get Ups w/ 2-sec Pause at Top, R

6 - 1/4 Get Ups w/ 2-sec Pause at Top, L

Suggestions

Men: 40-55# DB

Women: 25-35# DB

Coaches Notes

So the way this one works is you'll complete the good mornings and the step ups within the same 2-minute window. Rest any time that you have remaining in the 2 minutes after completing the 12 and 12. Then, when the clock hits 2:00, you'll do the V-ups and 1/4 get ups. Rest any time you have left until 4:00. Then alternate back and forth in that same pattern until 24:00.

There should be plenty of time to get this work done so we want you guys to really take your time to move well and with control. The only movement that should be done relatively quickly are the V-ups and even those can be broken up to make sure they are quality reps.

Be sure during the step ups that you are lowering down on the SAME LEG that you stood up with!

If for some reason the single DB back rack is unsafe or too uncomfortable, you can swap the good mornings for stiff leg deadlifts and change to a goblet hold for the step ups!

Remember during the 1/4 get ups to think about a rotating sit up rather than a straight forward sit up. Use the planted foot to drive into and assist you in getting up.