

BUTTS & GUTS 2/13/22

WORKOUT

Every Minute on the Minute for 20 Minutes

Min 1: 8 Tempo Goblet Squats (Tempo = 3030)

Min 2: 12 Goblet Step Up w/ Slow Lower

Min 3: 40 Sec Side Elbow Plank, Right

Min 4: 40 Sec Side Elbow Plank, Left

Tempo is 3 seconds down, no pause at the bottom, 3 seconds up, no pause at the top

Suggestions

Men: 40-55# DB/KB

Women: 25-35# DB/KB

Coaches Notes

So you'll do the work written and then rest for the remainder of the minute. At the end of the workout, you will have done each movement five times.

If you do the tempo correctly for the goblet squats, those 8 reps will take you 48 seconds! The step ups will be alternating so it's 6 reps on each leg for 12 total. Make sure you are lowering down on the SAME LEG that you stepped up with. Choose a weight that allows you to lower at a slower speed than you stepped up with. Those may take up to the entire minute but no less than 45 seconds. Do your best to hold the side plank without resting but if you absolutely need to, you can accumulate those 40 seconds in 2-3 sets.