

BUTTS & GUTS 2/20/22

WORKOUT

Part 1

6 Rounds (Rest 15-20 seconds between movements)

8 Staggered Stance Deadlift, Right foot forward

8 Staggered Stance Deadlift, Left foot forward

8 Reverse Farmer Lunge, Right leg

8 Reverse Farmer Lunge, Left leg

Rest 2 Minutes Before Part 2

Suggestions

Men: 40-50#

Women: 25-35#

Coaches Notes: Part 1

Choose a weight that is challenging but allows you to do each movement unbroken for all 6 rounds. Ideally, we want you to use the same weight for both the deadlifts and lunges. Grip shouldn't become too much of an issue with the 15-20 seconds rest between each movement. Make sure during the staggered stance deadlifts that you're squeezing the butt cheek of the forward leg to come to standing.

Part 2

8 Rounds of 20 Sec ON / 10 Sec OFF (4 Min Total):

Accumulate as many Plank In & Outs as you can!

Coaches Notes: Part 2

Your quads are going to be LIT from Part 1 and staying rigid in the plank. Just expect it and do your best to grit through it so that you can perform the side steps for the entire 20 seconds. If stepping is too much or you find

you're changing your hip position a lot - just hold a hand plank in place.
From the forearm plank, stepping the feet out and back in is one rep.