

# BUTTS & GUTS 2/27/22

## **WORKOUT**

### **Every 3 Minutes for 18 Minutes**

9 Bulgarian Split Squats Right Leg

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18 Box Hamstring Curls

18 Weighted Sit Ups

### **Suggestions**

Men: 30-40# DB(s)/Plate

Women: 15-25# DB(s)/Plate

### **Coaches Notes**

This one is sure to light up your backside! For the split squats - make sure you are taking a far enough step forward that your front knee DOES NOT track out beyond your toes! It may be worth finding the right stance without weight during your warm up and marking where your heel should be so that you know exactly where to set up each time. Try to keep the weight at your chest during the sit ups so that you lose all momentum. If you NEED a little boost, bring the weight over head as you lie back then swing it forward to help you up.