

BUTTS & GUTS 2/6/22

WORKOUT

Every 4 Minutes for 20 Minutes

10-15 Freestanding Candlesticks

20 Alternating Goblet Curtsy Squats

3x10 HEAVY Eye Level KB/DB Swings

Suggestions

Men: 40-55# Goblet // 55-70# Swing

Women: 25-35# Goblet // 35-55# Swing

Coaches Notes

So, you'll complete the candlesticks, curtsy squats, and swings, then rest until the next 4-minute window starts. You'll do that 5 times (when 20 minutes are up).

Feel free to start with more than 10 reps of the candlesticks in the first few rounds but if you feel you need more rest as the workout goes, shave a few reps off. You can customize those by bending the knees into the belly before reaching your feet up. For the curtsy squats, take your time since these are relatively uncommon in B&G. If holding a weight is too much, do these unweighted! For the swings, you're doing 30 reps but you're resting for 10 seconds after every 10. Doing this will help to ensure your form stays solid and your grip doesn't become a factor.