

# BUTTS & GUTS 3/13/22

## WORKOUT

5 Rounds (Rest 30 seconds between movements)

5x 4 Back & Forth Goblet Lunges\* (20 Lunges Total)

12 DB/KB Waiter Squat, Right

12 DB/KB Waiter Squat, Left

30 Sec Elbow Plank In & Out Steps

\*4 Back & Forth Goblet Lunges = 2 Forward Lunges + 2 Backward Lunges  
(You'll do that 5 times each round)

## Suggestions

Men: 40-55# DB/KB

Women: 25-35# DB/KB

## Coaches Notes

Each round should take an average of 4 minutes. The back and forth lunges are pretty much just two walking lunges forward and then two walking lunges backward. You'll do that 5 times for a total of 20 lunges. The Waiter Squat is a single-side weighted squat. If you have the option, do these with a kettlebell to get some added core activation. If not, a dumbbell is perfectly fine! For the plank in & out steps, be sure to keep your hips level with your shoulders while you step your feet out and then back in. It'll be tempting to pike them up so keep your butt squeezed tight.