

BUTTS & GUTS 3/20/22

WORKOUT

Part 1

Every Minute on the Minute for 15 Minutes

Min 1: 8 Tempo Dumbbell Deadlifts (Tempo = 40X1)

Min 2: 10 Goblet Wide Single Side Squats, Right

Min 3: 10 Goblet Wide Single Side Squats, Left

Suggestions

Men: 40-55# DB(s)/KB(s)

Women: 25-35# DB(s)/KB(s)

Coaches Notes: Part 1

The tempo for the deadlifts is 4 seconds down - no pause at the bottom - eXplode up - hold for 1 second at the top. Each rep is 5 seconds so you can expect these to take 40 seconds of the minute. That's a lot of time under tension so consider both your grip and your shoulder stamina - since just holding the dumbbells in line with your legs will get tough on the shoulders and upper back. The wide single side squats should be taking 30-40 seconds so lower the weight or reduce the reps if it's taking much longer than that.

Part 2

4 Min AMRAP

(As Many Rounds and Reps As Possible in 4 Minutes)

5 - 1/4 Get Ups, Right

5 - 1/4 Get Ups, Left

10 Pause Bicycle Crunch

Goal: 2 - 4 Rounds

Coaches Notes: Part 2

You're shooting to finish a round every 1-2 minutes. It's a quick burner so push to move the entire 4 minutes!