

BUTTS & GUTS 3/27/22

WORKOUT

Every 4 Minutes for 20 Minutes

(5 Rounds Total)

8 Farmer Carry Step Up w/ Slow Lower, Right

8 Farmer Carry Step Up w/ Slow Lower, Left

16 Dumbbell Squats

30 Sec Side Plank Hip Drop, Right

30 Sec Side Plank Hip Drop, Left

Suggestions

Men: 30-40# DBs

Women: 15-25# DBs

Coaches Notes

You should be getting at least 30 seconds of rest. If not, customize one or more of the movements for the remaining rounds so that you're able to move through the work a little faster.

Choose a weight for the step ups that allows for a 3-sec lower! If you can't lower that slow - go lighter. If you need to go unweighted, do that! Also - if you find that one leg is stronger than the other - don't use a different weight for it. The weaker leg should determine the weight you use on both. You can use a different weight for the squats! Shoot to knock out 10-15 hip drops per side per round. If those are too difficult, you can just do a static side plank!