

BUTTS & GUTS 3/6/22

WORKOUT

6 Rounds (18 Minutes Total)

40 Sec Double Dumbbell Sumo Deadlift

20 Sec Rest

40 Sec Lateral Crossbody Goblet Step Ups

20 Sec Rest

40 Sec Weighted Elbow Plank

20 Sec Rest

Suggestions

Men: 35-55# DB(s)/KB(s) | 25-45# Plate

Women: 20-35# DB(s)/KB(s) | 15-25# Plate

Coaches Notes

For the Sumo Deadlifts, we're looking for the dumbbells to stay parallel to the floor so do your best to avoid angling the front dumbbell heads forward. The lateral crossbody step ups are meant to target the outside butt muscles so it's important that you do them correctly! Make sure your hips don't rotate toward the box and the foot stepping up is facing straight ahead (not angled toward the box). If you're struggling with that, try lowering the box height (if possible) or swap these out with curtsy squats. If you don't have a buddy to help you get a weight on your back for the elbow plank, lie on your belly next to the plate and "flip" the plate onto your back before getting into the plank.