

BUTTS & GUTS 4/3/22

WORKOUT

Every 2 Minutes for 20 Minutes

0:00-2:00

10 Tempo Dumbbell Squats (Tempo = 30X1)

14 SLOW Russian Twists

2:00-4:00

10 Alternating Side Goblet Lunges

14 Bear Hold + Pull Across

Suggestions

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

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

Coaches Notes

The way this one works is you'll have from 0:00-2:00 to complete the 10 squats and 14 twists. Rest with any time remaining in the 2-minute window. Then, from 2:00-4:00, you'll complete the 10 side lunges and 14 pull across reps. Rest any time remaining then switch back to squats and twists at 4:00, so on and so forth.

The tempo for the dumbbell squats is 3 seconds down, no pause at bottom, explode up, 1 second pause at the top. So 10 reps should take 40 seconds. There's no specific tempo for the Russian Twists - just do them slow and controlled. Choose a weight for the side goblet lunges that allows you to get those 10 reps done in 40-50 seconds. Try to hover your knees as close to the ground as you can during the pull across.