

BUTTS & GUTS 4/10/22

WORKOUT

6 Rounds (18 Minutes Total)

30 Sec DB/KB Death March

15 Sec Rest

30 Sec Goblet Bulgarian Split Squat, Right

15 Sec Rest

30 Sec Goblet Bulgarian Split Squat, Left

15 Sec Rest

30 Sec Hollow Rock

15 Sec Rest

Suggestions

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

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

Coaches Notes

The Death March is not quite as scary as it sounds. It's basically just walking staggered stance deadlifts. If you have the space for it, simply march forward for 15 seconds then turn around and march back for 15 seconds. Choose a weight for the split squats that allows you to get 7-10 reps within each 30 second window. Remember that you can always customize the hollow rocks by lowering your arms to your sides or bending one or both knees into your belly!