

# SUNS OUT GUNS OUT 7/28/19

## **Metcon (Weight)**

### **4 Round Superset**

(rest 30 seconds to 1 minute between movements)

10-12 Bent Over Barbell Row

10-12 DB Bench Press

10-12 Pull Ups

8-10 Ring Dips/feet elevated parallette dips

Rest 3 minutes

### **8 min alternating tabata**

Push Ups

Ring Rows

Should take less than 40 minutes but less than 30 is probably moving too fast.

**Superset is 4 rounds of the first 4 movements, THEN 3 minute rest before starting the Tabata.** Movements should be slow and controlled with a 1 second pause on both ends.