

SUNS OUT GUNS OUT 8/18/19

Part A

3 Round Superset

(Rest 30s to 1 Min Between Movements)

10-12 Close Grip (2 DB) Bent Row

8-12 Supine Bar Row (TRX/Ring works too)

15-20 Arch Ups

Rest 2 minutes between sets.

Movements are slow and controlled with 1 second pause on both ends, stay engaged the whole time.

Part B

3 Sets of 21s (Palms Up)

7 Bottom Up Half Curls

7 Top Down Half Curls

7 Curls

Rest 2 minutes between sets.

Close Grip Bent Row:

<https://www.youtube.com/watch?v=Dsu7qEuVT0>

Supine Bar Row:

<https://www.youtube.com/watch?v=r8pysulsAZg>

Arch Ups:

<https://www.youtube.com/watch?v=tJKv9iRGQJ4>

Bottom Up Half Curls:

<https://www.youtube.com/watch?v=bmzZ7eZUAU0>

Top Down Half Curls:

<https://www.youtube.com/watch?v=QJH31qDKvG0>