

# SUNS OUT GUNS OUT 9/8/19

## **Part 1:**

### **3 sets**

10-15 Ring Rows

10-15 Hammer Curls

Rest 1 min after the Curls

For the ring rows, you can also use a TRX or supine barbell rows using a racked barbell. For both of these movements, avoid using momentum.

## **Part 2:**

### **3 Sets**

10-15 Supinated Grip Bent Rows

10-15 Barbell Curls

Rest 1 min after the Curls

Score: Weight for Rows

You can definitely sub dumbbells for these movements. Try turning your palms out a bit in the rows if you do.

For these bent over rows, use a supinated grip meaning palms out. Deadlift the bar to just below the knee. From here, keeping the torso position set and the chest lifted - you will pull the elbows back and bring the bar to just below the chest. Keep the belly tight. Bring the bar back to just below the knee with the arm straight at the bottom. No kipping or pulling your CHEST down!

## **Part 3:**

### **3 Sets**

10-15 Bent Over Rows

10-15 Rev Grip Curls

Rest 1 min after the Curls

Score: Weight for Rows

Both movements will use an overhand grip on this one. So on the curls, your palms will be facing away from you.