

# SUNS OUT GUNS OUT 2/23/20

**Every 2 minutes for 10 minutes (5 sets)**

8 Bent Over Rows  
10 Shoulder Press

Rest 2 Minutes

Then..

**Every 2 minutes for 8 minutes (4 sets)**

12 Pull Overs  
12 Front Raises

**Pull Overs:**

<https://www.youtube.com/watch?v=Ydpy886udzo>

**Front Raises:**

<https://www.youtube.com/watch?v=sOcYIBI85hc>

**FINISHER:**

Accumulate 3 minutes of overhead plate walk in as few sets as possible.

Men use: 45# plate

Women use: 25-35# plate

Hold the plate overhead with arms locked out and biceps by the ears. Keep belly tight and avoid overarchng your back.

Then walk for 3 minutes.