

# SUNS OUT GUNS OUT 11/29/20

## SHOULDER PRESS DROP SET!!!

4 Sets of the following:

Max Set Shoulder Press (shoot for 10-12ish reps)

- Drop Weight -

Max Set Shoulder Press (5-20# lighter than last set)

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Do this until you end up doing a max set with the empty bar!

Start with a weight that you can do a set of 10 with confidently, but prob not more than 15.

From there - depending on how heavy it is - you will drop 5-20 lbs and repeat.

Drop 5-20 lbs and then repeat.

Keep doing that until your last set is with the empty bar.

Ideally you will do between 4-6 sets total.

For example:

135

115

95

75

55

45

If you can start heavier than that - make bigger drops.

If you start WAY lighter - make smaller drops.

Shoulder press starts with the bar on your shoulders, full grip with elbows in front. Feet are hip to shoulder width apart. Squeeze your butt, your quads and your belly. Keep your chest up, ribcage down. Press the bar straight up so you have to pull your face out of the way to clear a path. Finish with arms locked out overhead, biceps by the ears.

To lower, move your face out of the way and keep your elbows in front of the bar.

**3 x 15 (each side)**

**Seated Dumbbell Tricep Extension**

These are the classic dumbbell tricep extension! Keep the bicep up by the ear as you bend at the elbow to lower the weight and really focus on a squeeze lockout at the top each time.

Choose a weight you can complete 15 slow controlled reps unbroken. It should burn a lot in that last few reps but not close to failure.

If you do not have dumbbells to make this work you may also sub skull crushers with the barbell.