

SUNS OUT GUNS OUT 1/3/21

3 Rounds

10 Press
30 Second Overhead Hold
10 Press
30 Second Overhead Hold
10 Press

Rest 3-4 Min between Rounds

No RX, but go lighter than you think for the first round then go up if possible.

Men try around 25# DBs or 65# bar to start
Women try around 10-15# DBs or a 35# bar to start
This is meant to be done with dumbbells this week if you have them!

You will do 10 standing press. Dumbbells start on the shoulder and you press to lockout with the biceps by the ears at the top of each rep. REALLY focus on keeping the rib cage down throughout. No assistance from the legs!

On the 30 second hold FIGHT the urge to lean back. Look straight forward and keep the belly locked in!

If you fail to complete the whole sequence unbroken on the first round...lower the weight!

3-4 Rounds

10-15 DB Bench Press

10-15 DB Chest Fly

10-15 Push Up

No RX Weight

Find something that is manageable for 10 but 15 is difficult. You DO NOT have to use the same weight for both movements!!

Men try around - 50# DBs + for Bench and 25# DBs + for Flys

Women try around 35# DBs + for Bench and 10-15# DBs for Flys

Score is weight used for Bench

Get through the sequence with minimal rest. Rest as needed between rounds.

For the DB bench press - lying face up on the bench, start with the dumbbells outside your chest, elbows about 45 degrees out from your torso. Draw your shoulder blades down into the bench and keep them pulled back even as you press up. Keep your elbows below your wrists and press straight up until your arms are fully extended and perpendicular to the floor. Lower the DBs with control back to your chest.

For the flys, you'll still be lying on the bench. Remember - you do NOT need to use the same weight from the bench press on these! You will have a slight bend in the elbow and open up from the chest. Only go so far back as you can control the weight and don't feel a TON of stretching. Squeeze the dumbbells back in and together to finish.

For either one of these movements, if you have access to an incline bench you may use that!

Push ups are all the way down to touch the chest. All of the way up to lock out. If you can't do 10 in a row - lower SLOW with your feet on the ground and press up from your knees.

AMRAP 10 Min
(As Many Rounds and Reps As Possible in 10 Min)

100-ft Farmer Carry
10 Shrugs

Men: 50# DBs

Women: 30-35# DBs

OUCH. Score is total rounds plus any additional shrugs in 10 min.

For the farmer carry, stand tall with a proud chest and neutral gaze as you walk. Keep your shoulders down and back and your belly tight!

For the shrugs, it's exactly what it sounds like. Stand tall with a dumbbell in each hand then shrug your shoulders up and slightly back then relax them back down.

You may put the dumbbells down whenever you need.