

# SUNS OUT GUNS OUT 12/20/20

## **Bench Press (4 x 8)**

Rest 60 Seconds Between Sets.

These should all be at the same weight. Choose wisely and use a spotter!

Lying face up on the bench, pull the bar from the rack out over your chest so your arms are vertical. Push your feet down into the floor. Draw your low back, shoulders and the back of your head down into the bench. Lower the bar straight down with control until it touches your chest an inch or two above the sternum. Keep your elbows about 45 degrees from your torso, wrists straight. Press the bar all the way back up until your arms are straight to complete the rep.

## **Bent Over Row (4 x 12)**

Rest 60 Seconds between sets.

These should be done at the same weight. Rest briefly if you feel your form starting to break down then reset to finish the set of 12.

Set up for the bent over row by deadlifting 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!

**Take 10 minutes to get as far as you can:**

- 1 Chin Up
- 2 Push Ups
- 2 Chin Ups
- 4 Push Ups
- 3 Chin Ups

## 6 Push Ups

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Keep adding 1 Chin Up and 2 Push Ups to each subsequent set until you reach 10 minutes or are unable to perform the reps unbroken - if this happens very early on (<5 min), adjust to a variation that allows you to continue (think banded chin up, elevated push up, etc)

Score: Total Reps of both movements combined added up at the end!

**Goal: Rest as much as you need to between sets so you can get all the reps without breaking.**

There should be a lot of rest between sets once you get to 4+ reps on the chin ups. Choose a version that you can do 10 pulls (chin ups) and 20 pushes unbroken.

For the chin ups, use a supinated grip, meaning palms facing toward you. Pull your shoulders down and squeeze your belly. Pull yourself up until your chin is over the bar, then lower with control until arms are extended.

Use bands or modify to ring rows with the same grip, palms up or even close grip bicep curls.

For the push up we want to see a rigid body position with shoulders above or beyond the wrists and hands just wider than shoulder width. Squeeze your butt, your thighs and your belly. No sagging hips or snaking.

Keep your elbows within 45 degrees to the body as you lower your chest and thighs to make contact with the floor. Stay engaged. Press back up to the the top until arms are totally straight.