

SUNS OUT GUNS OUT 12/27/20

4-5 Rounds (Not for Time)

10-15 Strict Pull Ups

10-15 Supine Rows

10-15 Pull Overs on Bench

10-15 Single Arm Dumbbell Row Right

10-15 Single Arm Dumbbell Row Left

No real rest between movements. Rest 3 Min between rounds.

RX Men/Women: Choose a weight for the pull overs and rows that you can get at least 10 but over 15 is a stretch.

For the strict pull ups - if you cannot do 10 in 2 sets or less you may do banded strict pull ups or a jump and slow lower!

For the supine rows- you may do these on the rings or a bar in the rack. Either way make sure you are starting with a straight arm and bringing your chest all of the way up to touch.

The more parallel to the ground you are - the more difficult these reps will be.

The pull overs may be done with a bar or a dumbbell - even a plate. Lay across the bench in a position that allows you to open all of the way up with the weight over your head and behind you with a pretty straight arm. Use your lats (your WINGS) to pull the

weight back up. Fight wanting to bend at the elbows and use the arms!

For the dumbbell rows you will do one side at a time. Lean against the bench or even a wall for support with your non-working hand. Let the dumbbell hang down in the working arm and then pull it into your ribcage with the elbow going back (not out to the side)!