

SUNS OUT GUNS OUT 2/14/21

Every minute on the minute for 30 minutes (4 times through)

Minute 1: 7-10 Pull Ups

Minute 2: 16 Alternating Single Arm Floor Press

Minute 3: 7-10 Chin Ups

Minute 4: 10 Bench Press

Minute 5: 8-10 Mixed Grip Pull Ups**

Minute 6: 15-20 Push Ups

Minute 7 & 8: Rest

** Alternate your grip each round.

All movements are strict and unbroken, so modify accordingly.

Use bands or switch to trx, ring, or inverted barbell rows in order to stay strict and get 7-10 reps on the pull up if you need to.

On the alternating single arm floor press, lie on your back with a dumbbell in each hand.

Bend your elbows so forearms are vertical, upper arms about 45° from the torso.

Press your right arm straight up to extension, then lower and repeat with the left. 16 reps will be 8 per side.

Same mods on the chin ups, your palms will just be facing in rather than out.

To set up for the bench press, push your feet down into the floor. Draw your low back, shoulders and the back of your head down into the bench. Keep your elbows about 45 degrees from your torso, wrists straight. Press the dumbbells all the way back up until your arms are straight to complete the rep.

For the mixed grip pull ups, one hand will have a pull up grip and the other hand a chin up grip. Just use a traditional grip if doing ring rows or inverted rows.

Keep your body nice and tight on the push ups to avoid snaking or sagging. Touch your chest and thighs to the ground. Go to your knees or elevated if you need to.