

# SUNS OUT GUNS OUT 3/14/21

## Part 1:

10-9-8-7-6-5-4-3-2-1 Reps of:

Shoulder Press

Chin Ups

So you do 10 of each, then 9 of each, 8 of each....and so on until 1 and 1.

## COACHES NOTES

Do the reps unbroken, if possible. Rest as needed between movements / sets.

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.

For the chin ups, these should be strict, so use a band or switch to a supine row with chin up grip.

Your grip will be supinated, meaning your palms facing you. Hands can be shoulder width or even even narrower.

Squeeze your butt, your legs and your belly. Draw your shoulders away from your ears before you pull. Chin should be above the bar at the top and arms straight at the bottom.

## **Part 2:**

As Many Rounds and Reps As Possible in 7 minutes of the following upper body 21 Complex:

7 Bicep Curls

7 Upright Rows

7 Shoulder Press

Use an empty bar or lighter single dumbbell for the complex.

**Goal: 10-12 Rounds (pick weight accordingly)**

## COACHES NOTES

These will be 7 full curls, right into 7 upright rows, right into 7 shoulder press. If you need to put the bar down to rest, try to do it between rounds rather than during a round.

For the curls, make sure your arms are straight at the bottom, elbows stay pinned to your torso the whole way and your hands get as close to your shoulders as possible at the top. Make sure you keep your belly braced and your torso upright.

If you want to get real crazy, use an overhand grip on the curls!

With the upright rows, keep the belly tight and stand tall. Pull your elbows high and outside when you pull. Make sure the elbows stay above the bar or dumbbells the whole way. Raise the weight

up to about mid chest and lower. Avoid shrugging your shoulders up into your ears - keep your shoulder blades pressed down the entire time. Use control all the way up and down.