

SUNS OUT GUNS OUT 3/28/21

Part 1:

3 Sets

20 Alternating Dumbbell Bent Over Rows

20 Alternating Dumbbell Hammer Curls

Rest 1 Min after the Curls

COACHES NOTES

It's OK if you use different weights for the curls and bent over rows. If you have limited dumbbell access, you can always do a heavier single DB bent over row / hammer curl (2 hands - 1 DB).

ALTERNATING BENT OVER ROW

Hold a DB in each hand and hinge forward at the hips until your torso is 10-15° above horizontal. Make sure your shoulders are drawn away from ears, lats and belly are super fired up and back is flat with knees slightly bent.

Both arms start extended toward the floor. Draw your right elbow up toward the ceiling, keeping it close to the body. Bring the DB to the front side of your ribcage. As you lower the DB back down, pull the left elbow up. Each time a DB touches your ribs is one rep so you'll do 10 on each side.

Keep the angle of your back the same the whole time.

If your lower back is lighting up with these, switch to a bench or box supported single arm bent over row.

ALTERNATING HAMMER CURLS

Stand tall with a DB in each hand. Orient your hands so that your thumbs are facing straight ahead of you and your pinkies are facing behind you. Keep your chest proud and your shoulder blades pulled down and back. Without moving your elbow, raise one dumbbell to touch at the same shoulder then lower back down under control. Alternate arms each rep.

Part 2:

3 Sets

16 Double Dumbbell Pause at Top Bent Over Rows

16 Double Dumbbell Bicep Curls

Rest 1 min after the Curls

COACHES NOTES

Choose a weight for the bent over rows and curls that you can get the 16 reps done in 2-3 sets. You can definitely sub the barbell for these movements.

Quick tip for the dumbbell bent over rows - try turning your palms forward a bit to make the pause more manageable.

DOUBLE DUMBBELL BENT OVER ROW (PAUSE AT TOP)

You will deadlift the dumbbells 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 dumbbells to just below the chest. Hold here for a solid 2-count. Keep the belly tight. Bring the

dumbbells back to just below the knee with the arms straight at the bottom. No kipping or pulling your CHEST down!

DOUBLE DUMBBELL BICEP CURLS

Hold a dumbbell in each hand with your palms facing out in front of you. Keep your upper arms/elbows tight to your body and just bend the elbow to curl the DBs up to your shoulder. Lower back down the same way with control.

Part 3:

3 Sets

12 Supinated Grip Dumbbell Bent Over Rows

12 Reverse Grip Dumbbell Curls

Rest 1 min after the Curls

COACHES NOTES

You'll likely need to go lighter on the curls than the rows so it's OK if you use different weights for these movements.

Supinated grip means your palms will face forward and reverse grip means your palms will face down.

SUPINATED GRIP BENT OVER ROW

You will deadlift the dumbbells to just below the knee and rotate them so that your palms are facing forward. From here, keeping the torso position set and the chest lifted - you will pull the elbows back and bring the dumbbells to just below the chest. Keep the belly tight. Bring the dumbbells back to just below the knee with the arms straight at the bottom. No kipping or pulling your CHEST down!

REVERSE GRIP CURLS

Hold a dumbbell in each hand with your palms facing behind you. Keep your upper arms/elbows tight to your body and just bend the elbow to curl the DBs up to your shoulder. Lower back down the same way with control.