

SUNS OUT GUNS OUT 3/7/21

3 Rounds of

24 Alternating Single Arm Skull Crushers
8 Single Arm No Bench Bent Row Right Arm
8 Single Arm No Bench Bent Row Left Arm
12 Wide Out Tricep Extensions
24 Diamond Push Ups
12 Standing Tricep Extensions

Rest 2 minutes between rounds

COACHES NOTES

Don't try to rush this! Each round should take about 6-8 minutes. All sets should be unbroken except for diamond push ups so rest as needed between movements keeping that in mind. For the skull crushers, lie back on a bench and keep the shoulders back and down. Start with both arms extended vertically toward the ceiling. Bend only at the elbow with one arm and lower the dumbbell just outside of the ear. Then straighten your arm fully before repeating the movement with your other arm. 24 reps will be 12 on each arm.

The single arm no bench bent rows start in the bent over row position with both arms extended straight down with a dumbbell in each hand. Perform 8 rows with your right arm first, drawing your elbow alongside your torso as you raise the DB to your ribcage. Then, perform 8 rows with the left arm.

For wide out tricep extensions, lie on your back on a bench or the floor. With one DB in each hand, rest the DBs on your chest with your elbows bent and out wide like wings. Extend your arms fully, then bring the DBs back to the chest.

Perform these diamond push ups with your hands together - pointer fingers and thumbs touching to create a "diamond" shape - beneath your chest. Keep your body tight and shoot for sets of at least 8. Go to knees if needed.

For standing tricep extensions, use one heavy or two lighter dumbbells starting behind the head. Keep the biceps by the ears, belly tight as you lock the elbows. Control the lower back down.