

SUNS OUT GUNS OUT 4/11/21

5 Rounds of

1 Set of Bicep Curl 21's

15 Shoulder Press

15 Diamond Push Ups

Rest 2 minute between rounds

Suggested Weight Men: Empty Barbell or 20#DBs for the 21's // LIGHT for the shoulder presses!

Suggested Weight Women: Empty Women's Barbell or 10-15#DBs for the 21's // LIGHT for the shoulder presses!

Score: Total Time

Goal: Each movement unbroken. 18-23 minutes.

COACHES NOTES

This one is meant to burn! Keep the weigh light and set yourself so that all three movements are performed unbroken for every set and every round.

BICEP CURL 21'S

This is a set of 21 continuous, unbroken reps. Use an empty barbell or light pair of dumbbells. The first 7 reps are partial curls from the bottom to halfway up, 90° elbow bend. The second 7 reps are partial curls from 90° all the way up to the shoulder. The last 7 reps are full range of motion from straight arms at the bottom to arms fully flexed with weight as close to the shoulder as possible without raising the elbows. Keep the elbows glued to the

torso the whole time. Squeeze your legs, your butt, and your belly to avoid using any kind of momentum. All 21 reps must be completed without putting the weight down for the set to "count".

SHOULDER PRESS

This starts with the barbell or dumbbells resting on the shoulders with elbows slightly in front. Keep your torso and lower body engaged as you press straight up until arms are locked out overhead with biceps by the ears. Lower with control back to the shoulders allowing the elbows to track slightly in front of the bar.

DIAMOND PUSH UP

Keep your body in a rigid plank position. Place your hands together with thumbs and index fingers touching to form a diamond shape between them. Lower your chest and thighs to the floor. Keep everything tight and press straight back up until your arms are straight. Lower to the knees or elevate the hands if you need to but keep the diamond shape.