

SUNS OUT GUNS OUT 4/18/21

WORKOUT

Part 1

4 Supersets

10-15 Reps Dumbbell Bench

10-15 Reps Dumbbell Pull Over

No Rest between movements.

2 Min Rest between supersets.

COACHES NOTES

Choose a weight that you know you can get 10 but 15 will start to get tough.

DUMBBELL BENCH PRESS

Bring dumbbells down to the chest for each rep of the dumbbell bench. Make sure to bring dumbbells in and completely lock the elbows at the top!

DUMBBELL PULL OVER

You will use one dumbbell and grab it by the head. Stretch the dumbbell back over your head (while laying on a bench) and use the lats to pull the dumbbell back over the chest. Work to keep your belly tight throughout so you don't arch too much.

Part 2

4 Rounds

10-12 Reps Dumbbell Pec Flys

10-12 Reps 1 Arm Dumbbell Bent Over Row Right

10-12 Reps 1 Arm Dumbbell Bent Over Row Left

COACHES NOTES

Choose a weight that you can do 12 reps unbroken with for all 4 rounds. Try to keep rest to a minimum.

DUMBBELL PEC FLYS

You will lay flat on the bench. Keep a slight bend in your elbow as you bring the arms out to the sides (like a T shape with your body). Allow them to come in line with your body or a little deeper if your flexibility allows, then bring them back to over your chest.

1 ARM DUMBBELL BENT OVER ROW

You will lean on the bench or something for support. Row one dumbbell from that bent over position. Start with a straight arm and pull the dumbbell to the chest by having the elbow go BACK and keeping the arm and elbow close to the body. Return all the way down each time.