

# SUNS OUT GUNS OUT 5/2/21

## **WORKOUT**

20 Bench Press Reps  
10 Seated Tricep Extensions

18 Bench Press Reps  
10 Seated Tricep Extensions

16 Bench Press Reps  
10 Seated Tricep Extensions

14 Bench Press Reps  
10 Seated Tricep Extensions

12 Bench Press Reps  
10 Seated Tricep Extensions

10 Bench Press Reps  
10 Seated Tricep Extensions

8 Bench Press Reps  
10 Seated Tricep Extensions

6 Bench Press Reps  
10 Seated Tricep Extensions

4 Bench Press Reps  
10 Seated Tricep Extensions

2 Bench Press Reps  
10 Seated Tricep Extensions

All bench press sets should be performed unbroken and at the same load.

**Goal: Complete all sets unbroken in 25-30 minutes.**

### COACHES NOTES

The bench press should be a moderate to light load, somewhere around 50-60% of your 1 rep max if you have that info. Otherwise choose a load that you can perform a set of 20 unbroken with the last few reps being a challenge but nowhere near possible failure. Rest as much as you need to after each set of tricep extensions.

Use a barbell or dumbbells for the bench press. Use a single heavy dumbbell or two lighter ones for the tricep extensions. You could also use a plate if you don't have DBs.

### BENCH PRESS

Lying face up on the bench, pull the bar from the rack out over your chest so your arms are vertical. Push your feet down into the floor. Draw your low back, shoulders and the back of your head down into the bench. Lower the bar straight down with control until it touches your chest an inch or two above the sternum. Keep your elbows about 45 degrees from your torso, wrists straight. Press the bar all the way back up until your arms are straight to complete the rep.

### SEATED TRICEP EXTENSION

Sit up tall on your bench with a tight belly. Hold the DB behind the head. Hold it by the head of the dumbbell. Keep the biceps by the ears, belly tight as you lock the elbows in an overhead position. Control the lower back down.

