

SUNS OUT GUNS OUT 5/23/21

WORKOUT

Part 1

10 Min EMOM

(Every Minute on the Minute for 10 Min)

10 Close Grip DB Bench Press

Rest 3-5 Min Before Part 2

COACHES NOTES

The bench reps should feel a bit easy at first. By minute 5 or 6, it's going to get nasty! Remember this is 100 REPS of bench press so keep it pretty light.

CLOSE GRIP DB BENCH PRESS

Lie down on the bench with the dumbbells on your chest, palms facing toward each other, elbows tight to the body. Draw your shoulderblades down into the bench and keep them pulled back even as you press up. Keep the DBs closer than shoulder width apart and press straight up until your arms are fully extended and perpendicular to the floor. Lower the DBs with control back to your chest.

Part 2

3 Round Superset (Rest 30s to 1 Min Between Movements)

10-12 Dumbbell Flys
10-12 Skull Crushers
12-15 Wide Hands Out Push Ups
12-15 Diamond Push Ups

COACHES NOTES

Movements are slow and controlled with 1 second pause on both ends, stay engaged the whole time.

DUMBBELL FLYS

Lie face up on the bench with arms extended straight up in the air. Keep your belly tight, avoid arching your back as you lower your arms out wide. You can keep a very slight bend in your elbows. Return the DBs back to your starting position.

SKULL CRUSHER

Keep the shoulders back and down and bend only from the elbow - bringing the bar or dumbbells close to your "skull". Really extend the elbow hard at the top!

WIDE GRIP PUSH UP

Take your hands out a good bit wider than shoulder width. Maintain a rigid plank position. Lower your chest and thighs to the floor. Keep everything tight and press straight back up until your arms are straight.

DIAMOND PUSH UP

Place your hands together with thumbs and index fingers touching to form a diamond shape.

Do push ups from your knees or elevate your hands if you need to, in order to keep your body tight and get that full range of motion!