

SUNS OUT GUNS OUT 6/20/21

Every 2 minutes for 10 minutes (5 sets)

8 Bent Over Rows
10 Shoulder Press

After 10 Min - Rest 2 Minutes

Then

Every 2 minutes for 8 minutes (4 sets)

12 Pull Overs
12 Front Raises

COACHES NOTES

Use two dumbbells or a barbell for the first part. Use a single dumbbell for the pull overs and front raises.

Set up for the bent over rows by deadlifting the DBs (or barbell) to just below the knee. From here, keeping the torso position set and the chest lifted - you will pull the elbows back and bring the dumbbells to just below the chest or pull the barbell to your lower chest. Keep the belly tight. Bring the dumbbells back to just below the knee with the arms straight at the bottom. No kipping or pulling your CHEST down!

Set up for the shoulder press with the DBs on the shoulders with elbows high. Keep the rib cage down and belly tight. Press straight up until your elbows are locked out with biceps by the

ears. Bring the dumbbells all the way down to the shoulders each time.

For the Pull Overs, lay back on the bench with the crown of your head just over the edge. Hold the DB above your chest with a micro-bend at the elbow. Use both hands to hold one head of the DB. Slowly lower the DB over your head toward the floor. The DB should get as close to the floor as possible without overarching your back. Try to pin your front ribcage down to your hips throughout the entire movement. Raise the DB back up into the air over your chest to complete the rep.

For the Dumbbell Front Raise both arms move together. Place one hand on each side of the DB. Allow a slight bend in the elbow and avoid using any "kipping" or bouncing to move the weight. You will raise your arms up in front of you with wrists facing down until arms are parallel to the ground.

Finisher:

Accumulate 3 minutes of Overhead Plate Walk in as Few Sets as Possible.

Score: Total Time to Get to 3 Min of Overhead Walk - so the 3 Min + any Time Spent Resting.

Men Use: 45-55# Plate

Women Use: 25-35# Plate

COACHES NOTES

Hold the plate overhead with arms straight and biceps by the ears. Keep your belly tight and avoid overarching your back.

Then just walk for 3 minutes. If you can't go outside you can walk in small circles or even march in place. We want some kind of lower body movement here to encourage more core stabilization!