

SUNS OUT GUNS OUT 6/6/21

PART 1

4 Sets

Max Pull Ups (10+)

Max Push Ups (15+)

Rest 2 minutes after each set of Push Ups

**Please choose a pull up style that doesn't allow you to get more than 20 reps each time. Go STRICT if you can!

COACHES NOTES

For the first part you go max pull ups right into max push ups. Then rest 2 minutes and repeat for 4 total sets.

Use bands, ring rows or bent over rows instead of pull ups to make sure you get at least 10 reps in the first round. We want to see straight arms in the bottom and chin over the bar or chest contact with the rings, bar or DBs at the top.

Go to your knees or elevate your hands to keep a rigid body position, full range of motion, and get at least 15 reps in the first round.

STRICT PULL UPS

Keep your whole body engaged and avoid using any momentum or swing. Grip the bar slightly wider than shoulder width and draw your shoulders down away from your ears. Arms should be

completely straight. Squeeze your belly, your butt and your legs to create a tight position. Pull your body up until your chin is above the bar. Lower with control until arms are straight.

PUSH UP

We want to see a rigid body position with shoulders above or beyond the wrists and hands just wider than shoulder width. Squeeze your butt, your thighs and your belly. No sagging hips or snaking.

Keep your elbows within 45 degrees to the body as you lower your chest and thighs to make contact with the floor. Stay engaged. Press back up to the the top until arms are totally straight. Use one of the customizations below in order to maintain that strong plank position in your body throughout the movement.

PART 2

6 Min Alternating Tabata

(Tabata = 20 seconds of work followed by 10 seconds of rest)

Alternating DB Curls

Alternating Tricep Extensions

COACHES NOTES

The second part is also going back and forth between movements. So, 20 seconds of alternating curls, 10 seconds rest, then 20 seconds of alternating tricep extensions, 10 seconds rest. You will do a total of 6 rounds of each movement. Choose light weights to get lots of rest!

Both of these movements will alternate one arm at a time. You can be standing or seated.

For the tricep extensions, keep your upper arm vertical with biceps by the ears the whole time.

BICEP CURLS

Start with straight arms at the bottom then bend at the elbow. Bring the 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.

TRICEP EXTENSION

Dumbbell will be behind the head. Hold it by the head of the dumbbell. Keep the biceps by the ears, belly tight as you lock the elbows. Control the lower back down.