

# SUNS OUT GUNS OUT 7/11/21

## Part 1

3-5 Rounds

10 Pull Ups (any style)

10 Bent Over Rows

### COACHES NOTES

Sets **MUST** be **UNBROKEN**. So customize the movements and rest as needed between sets. Go as heavy as possible on the bent over rows while maintaining proper form and finishing all 10 reps without breaking.

### MOVEMENT NOTES

You will choose a style of pull up that you can do 10 unbroken but that's very difficult. So, if you can do 10 kipping pretty easy, but 10 strict is not happening - you could try something like, 5 strict into 5 kipping. You may also choose something like, banded strict, jump with moderately slow lower, slow ring rows. Something difficult for a set of 10.

For the bent over rows - you will start with the bar slightly off of the ground, with a flat back, and a slight bend in the knee. You will pull the bar to the sternum using your back. Elbows should go back and not **OUT** for the most part. Control the lower.

## Part 2

Bicep Curl Super Set Time!

Sets 1 - 4 may be broken up  
Set 5 must be unbroken

Set 1 -  
(warm up set)  
12 Reps Each Arm Alternating Dumbbell Curls  
12 Reps Each Arm Alternating Hammer Curls

Set 2 -  
(heavier than Set 1)  
12 Reps Each Arm Alternating Dumbbell Curls  
12 Reps Each Arm Alternating Hammer Curls

Set 3 -  
(heavier than Set 2)  
10 Reps Each Arm Alternating Dumbbell Curls  
10 Reps Each Arm Alternating Hammer Curls

Set 4 -  
(heavier than Set 3)  
8 Reps Each Arm Alternating Dumbbell Curls  
8 Reps Each Arm Alternating Hammer Curls

Set 5 -  
(unbroken - super light burnout)  
25 Reps Each Arm Alternating Dumbbell Curls  
25 Reps Each Arm Alternating Hammer Curls

Score is the weight you use for Set 4

#### COACHES NOTES

A lot of us may not have any idea what weight to start with on this one.

First set is a warm up set. Pick something very conservative and see how it goes.

Second set should be heavier but still manageable.

Third set should be very hard. You can break these up if you need to - but keep the break only between the 2 movements.

Fourth set should almost feel like an 8 rep max - followed by an 8 rep max - ha ha!

Final set is just for the BURN! Should be unbroken except if you need to shake it out for a second because of grip issues. SUPER LIGHT!

You go through this whole thing ONLY ONCE. Rest about 2 min between each set.

#### ALTERNATING DUMBBELL CURL

Hold a dumbbell in each hand with your palms facing out in front of you. Keep your upper arms/elbows tight to your body and just bend one elbow to curl the DB up to your shoulder. Lower back down the same way with control until the elbow locks out. Then repeat on the opposite arm.

#### ALTERNATING HAMMER CURL

Hold a dumbbell in each hand with your palms facing the sides of your body (thumbs forward). Keep your upper arms/elbows tight to your body and just bend one elbow to curl the DB up to your shoulder. Lower back down the same way with control until the elbow locks out. Then repeat on the opposite arm.