

SUNS OUT GUNS OUT 7/18/21

WORKOUT

Part 1

3-5 Rounds

10-15 Dumbbell Bench Press
10-15 Dumbbell Front Raise
Max Supine Rows (Ring or Bar)

Rest 2-3 Min Between Rounds

Score is weight used for the bench press

COACHES NOTES

For the dumbbell bench press, choose a weight that you can definitely get 10 reps but 15 will be challenging. You may customize with barbell bench if you do not have appropriate dumbbells.

Go immediately from there into the front raises. You may do this with a barbell, a plate, or the dumbbells. Keep the belly tight and allow a slight bend in the elbow. Bring the weight to 90 degrees.

Immediately after your front raises you will do a max set supine rows. Choose an angle that will allow you to get at least 10 - but no more than like 25 or so.

DB BENCH PRESS

Lying face up on the bench, start with the dumbbells outside your chest, elbows about 45 degrees out from your torso. Draw your

shoulder blades down into the bench and keep them pulled back even as you press up. Keep your elbows below your wrists and press straight up until your arms are fully extended and perpendicular to the floor. Lower the DBs with control back to your chest.

DB FRONT RAISE

Both arms move together for these. 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.

SUPINE ROW

Set the bar in the rack low enough that you'll be at a challenging angle, ideally your body is close to horizontal when your arms are extended. Position yourself under the bar with arms straight, shoulders slightly behind the bar. Keep a rigid body position with knees, hips and shoulders in a straight line. Pull your body up to make chest contact with the bar and lower back to straight arms.

Part 2

3-5 Rounds

10-15 Dips (Stationary, Ring, or Bench)

10-15 Shoulder Press

10-15 Shrugs

Rest 2-3 Min Between Rounds

COACHES NOTES

Dip on what you've got. You may even do bench dips if necessary and can add weight on the lap if you need to make it more

difficult. Make sure the shoulder gets past the elbow at the bottom and lock out completely at the top.

Go immediately into the shoulder press. For the shoulder press you may use barbell or dumbbells. Choose a weight that will allow you to get 10 for sure, but 15 will be difficult. Keep the belly tight and get the bar all the way overhead! (Not pressed out in front of you!)

Go immediately into the shrugs! Shrugs may be done with a bar or with dumbbells! Who doesn't love shrugs.

DIP

Start at the top of the rings with your elbows fully locked out, palms turned forward slightly, and shoulders pressed away from the ears. Lower your torso down, keeping your elbows back and tight to your sides. Make sure your shoulder is lower than your elbow at the bottom. Then press into the rings, keeping them close to your sides. Lock out fully at the top.

SHOULDER PRESS

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.

SHRUG

Hold a heavy pair of dumbbells at your sides. Stand tall and keep your belly, butt, and thighs squeezed tight. Shrug your shoulders up and toward your ears, making sure to keep your elbows locked out. Then relax.

