

SUNS OUT GUNS OUT 8/15/21

WORKOUT

Part 1:

3 Sets

10-15 Ring Rows

10-15 Hammer Curls

Rest 1 min after the Curls

COACHES NOTES

For the ring rows, you can also use a TRX or supine barbell rows using a racked barbell. For both of these movements, avoid using momentum.

RING/TRX ROW

Keep your belly tight and shoulders drawn back and down. Ideally your body is horizontal with your feet elevated on a bench or box. Otherwise, choose an angle that is challenging but that you can maintain a rigid body position. Make sure you extend your arms fully at the beginning of each rep.

HAMMER CURL

Hold a dumbbell in each hand with your palms facing your sides. Keep your upper arms/elbows tight to your body and just bend the elbow to curl the DBs up to your shoulder. Lower back down the same way with control.

Part 2:

3 Sets

10-15 Supinated Grip Bent Rows

10-15 Barbell Curls

Rest 1 min after the Curls

COACHES NOTES

You can definitely sub dumbbells for these movements. Try turning your palms out a bit in the rows if you do.

SUPINATED GRIP BENT OVER ROW

Deadlift the bar to just below the knee with a supinated grip - which means palms face forward. From here, keeping the torso position set and the chest lifted - you will pull the elbows back and bring the bar to just below the chest. Keep the belly tight. Bring the bar back to just below the knee with the arm straight at the bottom. No kipping or pulling your CHEST down!

BARBELL CURL

Hold the bar at your waist with your palms facing out in front of you. Keep your upper arms/elbows tight to your body, shoulders slightly retracted and just bend the elbow to curl the bar up to your shoulder. Lower back down the same way with control.

Part 3:

3 Sets

10-15 Bent Over Rows

10-15 Rev Grip Curls

Rest 1 min after the Curls

COACHES NOTES

Both movements will use an overhand grip on this one. So on the curls, your palms will be facing away from you at the top of the curl.

BENT OVER ROW

Set up by deadlifting the bar to just below the knee. From here, keeping the torso position set and the chest lifted - pull the elbows back and bring the bar to just below the chest. Do not allow your shoulders to shrug. Keep them drawn down and away from the ears. Keep the belly tight. Bring the bar back to just below the knee with the arm straight at the bottom. No kipping or pulling your CHEST down!

REVERSE GRIP CURL

Hold the bar or dumbbells at your waist with your palms facing toward you. Keep your upper arms/elbows tight to your body, shoulders slightly retracted and just bend the elbow to curl the bar/DBs up to your shoulder. Your palms should be forward at the top of the curl. Lower back down the same way with control.