

SUNS OUT GUNS OUT 8/22/21

WORKOUT

Part 1

100 Shoulder Press

Every time you break do 15 V-Ups

Goal: Choose an appropriate weight to keep sets of 15-20 reps.

COACHES NOTES

Goal is to do this in as few sets as possible. Pick something that you can do at least 15 with each time.

On the shoulder press, make sure you avoid overextending or leaning back! Keep the belly tight and lower the weight with the elbows in front each time to avoid crashing into your collar bone. Come to complete lock out at the top with the biceps by the ears and the weight over the middle of your body!

Can be done with barbell or dumbbells.

Part 2 (Tricep Pump)

1 Round ONLY

Max Reps Skull Crusher
into
Max Reps Rolling Tricep Extension
into
Max Reps Bench Press

Score: Weight Used

COACHES NOTES

For this one you are looking for a weight that you can get at least 10-15 skull crushers before you have to switch to the next movement. (Weight will change from skull crushers to rolling tricep extension but you'll use the same weight on the bench press as you did the rolling tricep extensions!)

On the skull crushers you will lie flat on your back either on the ground, a box, or bench with the arms extended over the chest. The elbow and shoulder stay in a line and the only movement comes from the elbow joint. Lower under control and fire up!

On the rolling tricep extension, start lying on the floor or bench with a dumbbell in each hand, elbows bent with the back dumbbell head resting on each shoulder. From here, "roll" the dumbbells down by lowering your elbows to your sides then pressing your elbows to lockout over your chest. See demo!

You will then use the same weight and rep it out on the bench press until failure!