

SUNS OUT GUNS OUT 8/8/21

WORKOUT

Part 1

4 Round Superset

(rest 30 seconds to 1 minute between movements)

10-12 Bent Over Barbell Row

10-12 DB Bench Press

10-12 Pull Ups

8-10 Ring Dips/Foot Elevated Parallette Dips

Rest 3 minutes before Part 2

COACHES NOTES

Both parts should take less than 40 minutes but less than 30 is probably moving too fast. Superset is 4 rounds of the first 4 movements, THEN 3 minute rest before starting the Tabata.

Movements should be slow and controlled with a 1 second pause on both ends. You can move faster during the push up/ring row finisher!

BENT OVER ROW

Keep the elbows tight 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!

DB BENCH PRESS

Choose a weight that you can definitely get 10 reps. You may substitute a barbell bench if you do not have appropriate dumbbells.

PULL UP

We recommend strict pull ups for this one so use a band if you need to but control the descent and be sure to avoid the bounce out of the bottom.

Whatever you choose make sure that you start all of the way at the bottom and either get the chin over or pull the chest all of the way up at the top!

RING DIP

Keep your elbows in tight and shoulders slightly in front of your hands for the dips. Choose a variation that you can get the reps for each set, adjust on the fly if you need to.

PART 2

8 Minute Alternating "Tabata"

20 Seconds Push Ups

10 Seconds Rest

20 Seconds Ring Rows

10 Seconds Rest

Repeat this cycle for 8 Total Minutes

Score: Total REPS from All Rounds / both movements combined

COACHES NOTES

Tabata is max effort, whatever you got left in the tank, use it! This will be:

20 seconds max Push Ups / 10 seconds rest

:20 max Ring Rows / :10 rest

:20 max Push Ups / :10 rest

:20 max Ring Rows / :10 rest

...

Keep going for 8 minutes at which point you've done 8 rounds of each movement.

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 top until arms are totally straight. If 12-15 aren't going to happen after the first set - go to the knees or elevated push ups!

RING/TRX ROW

Grab the handles or rings and lie back until your elbows lock out completely. Just remember that the more parallel your body is to the ground - the more difficult these become. You can step forward to make them more challenging or backward to make them more accessible. Keep the body rigid and belly tight - and pull all of the way to your chest at the top. Keep your elbows close to your sides and lock them all the way out at the bottom each time.