

# SUNS OUT GUNS OUT 9/12/21

## WORKOUT

### Part 1

**Every 2 Minutes for 10 Minutes**

10 Close Grip DB Bench Press

then...

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### Part 2

**3 Rounds**

**(Rest 30s to 1 Min Between Movements)**

10-12 Dumbbell Flys

10-12 Skull Crushers

12-15 Wide Hands Out Push Ups

12-15 Diamond Push Ups

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## COACHES NOTES

Movements should be slow and controlled with 1 second pauses on both ends so keep that in mind when choosing your weights. Stay engaged the whole time.

## CLOSE GRIP DB BENCH PRESS

Lie down on the bench with the dumbbells on your chest, palms facing toward each other, elbows tight to the body. Draw your shoulder blades down into the bench and keep them pulled back even as you press up. Keep the DBs closer than shoulder width apart and press straight up until your arms are fully extended and perpendicular to the floor. Lower the DBs with control back to your chest.

## DUMBBELL FLYS

Lie face up on the bench with arms extended straight up in the air. Keep your belly tight, avoid arching your back as you lower your arms out wide. You can keep a very slight bend in your elbows. Return the DBs back to your starting position.

## SKULL CRUSHER

Keep the shoulders back and down and bend only from the elbow - bringing the bar or dumbbells close to your "skull". Really extend the elbow hard at the top!

## WIDE GRIP PUSH UP

Take your hands out a good bit wider than shoulder width. Maintain a rigid plank position. Lower your chest and thighs to the floor. Keep everything tight and press straight back up until your arms are straight.

## DIAMOND PUSH UP

Place your hands together with thumbs and index fingers touching to form a diamond shape.

Do push ups from your knees or elevate your hands if you need to, in order to keep your body tight and get that full range of motion!

