

# SUNS OUT GUNS OUT 9/19/21

## WORKOUT PART 1

### 4 Rounds of:

20 Alternating Single Arm Shoulder Press  
200m Farmer Carry

REST 2 MIN BEFORE PART 2

**Goal: No more than 2-3 breaks per movement per round**

### COACHES NOTES

Choose a weight for the shoulder press that you could do unbroken for the first round and maybe the second. It's OK if you end up breaking those up once or twice after that.

Same goes for the Farmer Carry! You may actually want to break at the halfway point in the first round just to be safe.

### ALTERNATING SINGLE ARM SHOULDER PRESS

You will have a dumbbell in each hand at the shoulders. Feet are between hip and shoulder width apart, even if performed seated. Keep the rib cage down as you press one DB straight up until your arm is fully extended overhead with your bicep next to your ear. Bring the dumbbell all the way down to the shoulder each time then press up with the opposite hand.

20 alternating will end up being 10 reps per side per round.

## FARMER CARRY

You will hold a dumbbell in each hand. Keep your chest up, shoulders back and belly tight. Take rest rather than allowing yourself to fall into a bad position.

For 200m, it should take roughly 2 minutes. If it's much slower or you are breaking a lot, go to a single dumbbell and switch hands at the halfway point.

## **PART 2**

### **4 Rounds of:**

16 Push Up + Renegade Row  
100m Overhead Plate Carry

**Goal: Finish the whole thing under 12 min WITHOUT GETTING SLOPPY.**

## COACHES NOTES

Choose a customization and/or weight that will allow you to get the push up + renegade rows done in 2 minutes or less! Each rep of the renegade row will be push up + row right + row left. You should be knocking out the overhead plate carry in 1-2 "sets" so no more than one break!

## PUSH UP + RENEGADE ROW

For the push up we want to see a rigid body position. No sagging hips or snaking. You will keep the belly tight. Hands are on the dumbbells. Go to the knees if you need to.

Chest and thighs touch the ground at the bottom. Lock out completely at the top.

For the rows you will stay in the plank/top of the push up. You will row one dumbbell to the rib cage by pulling the elbow back. Try to avoid rotating very much. Pull the dumbbell all of the way up for each rep then lower under control.

If you are struggling to maintain a tight plank position as you pull, try lowering the weight or modifying to shoulder taps. You could even do a SUPPORTED single arm DB row by planting one hand against the wall and rowing 1/2 the reps with one arm, then switch and finish with the other.

#### OVERHEAD PLATE CARRY

You will hold the plate directly overhead with straight arms and biceps by the ears.

Keep your shoulders active the whole time by constantly pressing up on the plate as you move.

At the same time, draw the front of your ribcage down toward your hips to avoid overarching your back and losing core stability.