

# SUNS OUT GUNS OUT 9/26/21

## WORKOUT

### Part 1

#### 4 Sets

Max Pull Ups (10+)

Max Push Ups (15+)

Rest 2 minutes after the Push Ups

\*\*Please choose a pull up style that doesn't allow you to get more than 20 reps each time. Go STRICT if you can!

#### COACHES NOTES

For this part you go max pull ups right into max push ups. Then rest 2 minutes and repeat for 4 total sets.

Ideally, you should get 10 or more pull ups in the first round. If you need to, use bands, ring rows or bent over rows instead of pull ups. We want to see straight arms in the bottom and chin over the bar or chest contact with the rings, bar or DBs at the top.

Shoot for at least 15 reps on the push ups in the first round. If you need to on the push ups, go to your knees or elevate your hands to keep a rigid body position and achieve full range of motion.

## **Part 2**

### **6 Min Alternating Tabata**

(Tabata = 20 seconds of work followed by 10 seconds of rest)

Alternating DB Curls

Alternating Tricep Extensions

#### **COACHES NOTES**

This part is also going back and forth between movements. So, 20 seconds of alternating curls, 10 seconds rest, then 20 seconds of alternating tricep extensions, 10 seconds rest. You will do a total of 6 rounds of each movement. Choose light weights to get lots of reps!

Both of these movements will alternating one arm at a time. You can be standing or seated.

For the tricep extensions, keep your upper arm vertical with biceps by the ears the whole time.