

SUNS OUT GUNS OUT 9/5/21

WORKOUT

On a running clock for 24 minutes:

Every 2 min for 6 minutes (0:00-6:00)

10-12 DB Curls (not alternating)

10-12 DB Skull Crushers

Every 2 min for 6 minutes (6:00-12:00)

10-12 Alternating Hammer Curls

10-12 Standing DB Tricep Extensions

Every 2 min for 6 minutes (12:00-18:00)

10-12 Concentration Curls

10-12 Bent Over Tricep Extensions

(one arm at a time)

Rest 2 minutes (18:00-20:00)

4 min AMRAP (20:00-24:00)

Max Chin-Ups

Max Diamond Push Ups

Switch movements each time you break

COACHES NOTES

The pump is real on this one. Definitely feel free to adjust the weight for the different curl and tricep variations. You can note any changes in weight in the comments.

Make sure all the movements are slow and controlled. Pause for 1 second on both ends of each rep. You can move faster during the 4 minute AMRAP but keep the movements strict.

Dumbbell curls will be performed together with palms facing up. Keep the DBs from swinging back behind you on the way down.

On the skull crushers elbow and shoulder stay in a line and the only movement comes from the elbow joint.

Hammer curls will be performed with palms facing each other. Touch one head of the dumbbell to your shoulder and keep your elbows tight to the body the whole time.

For standing tricep extensions, with a dumbbell in each hand, start with biceps by the ears, elbows bent to allow rear head of DB to touch the shoulder. Keep the biceps by the ears and straighten your arms overhead. As with all overhead movements, keep your belly tight!

For concentration curls, you'll be seated and go one arm at a time. Brace yourself by pushing the back of your upper arm into your inner thigh, keep that foot firmly planted so your leg doesn't move. Start with the arm straight and curl your palm up as close to your shoulder as you can. Concentrate on that bicep!

On the bent over tricep extensions, plant one hand and one shin on a bench, DB in the opposite hand. Start with forearm vertical, knuckles down. Keep your elbows in place and extend your arm back until it is straight.

Chin ups you'll have an underhand/palm up grip. You can also do this with TRX/Ring or bar in rack rows.

Diamond push ups your thumbs and index fingers will be touching to ensure a close hand position. You can do these from the knees or even elevated.