

# SUNS OUT GUNS OUT 10/24/21

## WORKOUT

### Part 1

#### 5 Sets

2 Push Press Every 15 Seconds for 1 Min.  
Resting position is Bar/Dumbbells Locked Out Overhead.

Rest 2 Min Between Sets

#### COACHES NOTES

So it will start with 2 push press - then rest overhead until 0:15. Then another 2 Push Press - rest overhead until 0:30. 2 Push Press - rest with bar overhead until 0:45. 2 Push Press - hold bar overhead until the 1:00

Rest 2 Minutes.

Your press is going to be super fatigued! Use that strong leg drive to get the bar overhead. Do not let go of the belly during the overhead hold. Keep the rib cage down!

Start light and add weight each set if possible.

#### PUSH PRESS

Start with the DBs/bar on your shoulders and elbows high. Feet hip to shoulder width apart. Chest up, belly tight. Keep your heels down, let your knees track forward as you dip your hip. Chest

stays lifted. Stand up fast. As the bar pops up off the shoulders, press straight up to lock out.

Finish standing tall, arms straight, biceps by the ears. Squeeze your butt and keep your belly tight.

## **Part 2**

### **3 Sets**

Max Dips

Rest as needed between sets.

#### **COACHES NOTES**

Dips may be ring, stationary, or bench - but should be strict. Use a band to assist if necessary but no kipping.

Make sure to get the shoulder below the elbow at the bottom and completely lock the elbows at the top.

#### **DIP**

Start at the top of the rings (or stationary bar) with your elbows fully locked out, palms turned forward slightly, and shoulders pressed away from the ears. Lower your torso down, keeping your elbows back and tight to your sides. Make sure your shoulder is lower than your elbow at the bottom. Then press into the rings, keeping them close to your sides. Lock out fully at the top.

## **Part 3**

### **3 Sets**

10 Arnold Press

Rest as needed between sets

#### COACHES NOTES

Dumbbells will start at the shoulder with the wrists facing your shoulders. You will press out as you rotate the wrist forward to lockout.

Keep the rib cage down and control the movement.

Finish each rep with the bicep by the ears!

### **Part 4**

#### **4 Sets**

12 Dumbbell Tricep Extension  
(Seated or Standing)

Rest as needed between sets.

#### COACHES NOTES

Hold a single dumbbell behind the head. Hold it by the head of the dumbbell. Keep the biceps by the ears, belly tight as you lock the elbows. Control the lower back down.