

# SUNS OUT GUNS OUT 11/14/21

## WORKOUT

### Part 1 - Back and Bis!

4 Rounds NOT FOR TIME

Max Set of Strict Pull Ups  
As soon as you drop off  
10 Barbell or Dumbbell Bent Over Rows

Rest as needed between Rounds

\*\*\*If you are customizing the pull ups, read the Coaches Notes for rep suggestions - Do NOT go for max reps with a customization!!!

Suggested Weight:

Men: 115-185# - OR - 50-70# DBs\*

Women: 75-125# - OR - 30-50# DBs\*

\*If you go with dumbbells and they feel easy, perform the bent over rows with a 3 second negative

## COACHES NOTES

If you choose the option to do this workout without a customization for the pull ups - you should be able to do a minimum of 5 Strict Pull Ups each time.

Customization options are either 7 - 10 banded strict pull ups - or 7-10 jump up with a slow negative. Do not exceed those numbers. We want to control the soreness.

### MOVEMENT DESCRIPTIONS

For these pull ups - they should be strict - with complete extension of the armpit and elbow at the bottom - chin over the bar at the top. They need to be strict - but that doesn't mean super slow or anything.

As soon as you either can no longer do the regular pull ups - or you complete your 7-10 reps of scaled - you will come over and do either barbell bent over rows or dumbbell bent over rows.

For the bent over row, you will keep the back flat and pull the bar to the chest - just below the nipple. Keep the gaze up slightly and belly tight. Pull the elbows back. These should be difficult but nowhere near failure and no need to break.

## **Part 2 - Chest and Tris!**

4 Rounds NOT FOR TIME

Max Set Dumbbell or Barbell Bench  
straight into

Max Set Regular Push Ups

Rest as needed between Rounds

Suggested Weight

Men: 115-135+# Bench

Women: 55-85#+ Bench

## COACHES NOTES

If you cannot complete at least 8-10 bench reps with those weights (for the first round at least) then scale it down a bit. We also don't want you getting more than 15 per round or so either.

Same for the push ups. If you can't get at least 8-10 - go to the knees.

This is not a "girl" push up - it is a customized push up that will lower the amount of your body weight you are pushing up and allow you to do more reps! That is the POINT of this session.

## MOVEMENT DESCRIPTIONS

For the bench reps the hands should not be too wide. Just outside the shoulders. Keep the butt on the bench and pull the shoulder blades back and down as you unrack the bar. Do NOT go to failure - especially if you do not have a spot! Be smart. Come all of the way down and lock out completely for each rep!

Once you can no longer complete any of those you will move on to the push ups. For both - NO sagging or snaking!