

SUNS OUT GUNS OUT 11/21/21

5 Rounds

1 set of Bicep Curl 21's

15 Shoulder Press

10-15 Diamond Push Ups

Rest 2 minute between rounds

Score: Total Time (This doesn't mean go as fast as possible!)

Score: Shoulder Press Weight

Goal: Each movement unbroken. 18-23 minutes

Coaches Notes

This one is meant to burn! Keep the weight light and set yourself up so that all three movements are performed unbroken for every set and every round. Choose a load on the curls that you can get all 21 reps done without putting the weight down. These are really meant to be done with an empty barbell or go with 10-20lb dumbbells. Remember this is 7 partial curls from the bottom up halfway, 7 partials from halfway to the top, then 7 full-range curls all in one set.

Keep the weight pretty light on the shoulder presses. 15 unbroken reps is a lot. We want the shoulders to be on fire. The movement should be slow and controlled. Don't speed up to try to get them over with!

For the diamond push ups, the close hand position is the most important part. So go to the knees or elevate the hands if you need to in order to get all the reps in.