

SUNS OUT GUNS OUT 11/28/21

20 Bench Press Reps
10 Seated Tricep Extensions

18 Bench Press Reps
10 Seated Tricep Extensions

16 Bench Press Reps
10 Seated Tricep Extensions

14 Bench Press Reps
10 Seated Tricep Extensions

12 Bench Press Reps
10 Seated Tricep Extensions

10 Bench Press Reps
10 Seated Tricep Extensions

8 Bench Press Reps
10 Seated Tricep Extensions

6 Bench Press Reps
10 Seated Tricep Extensions

4 Bench Press Reps
10 Seated Tricep Extensions

2 Bench Press Reps
10 Seated Tricep Extensions

All bench press sets should be performed unbroken and at the same load.

Score: Bench Press Weight

Goal: Complete all sets unbroken in 25-30 minutes.

Coaches Notes

The bench press should be a moderate to light load, somewhere around 50-60% of your 1 rep max if you have that info. Otherwise, choose a load that you can perform a set of 20 unbroken with the last few reps being a challenge but nowhere near possible failure. Rest as much as you need to after each set of tricep extensions.

Use a barbell or dumbbells for the bench press. Use a single heavy dumbbell or two lighter ones for the tricep extensions. You could also use a plate if you don't have DBs.