

SUNS OUT GUNS OUT 12/12/21

4 Rounds

12 Seated Arnold Presses

Rest 1 minute

12 Wide Shoulder Press

Rest 1 minute

3 Rounds

16 Alternating Top Down Lat Raises (8/side)

16 Alternating Top Down Front Raises (8/side)

10 Reverse Flys

Rest 1-2 minutes between rounds

Goal: 22-30 minutes. Get through all three rounds of the raises and flys!

Coaches Notes

You should be able to use the same weight for the Arnold presses and wide shoulder presses. But, if you need to go up or down between sets, totally fine.

For the second part, go lighter than you think you need to! If you don't have a lighter pair of dumbbells for the raises, you can use smaller plates or go with a single DB held in both hands and do 2 sets of front raises.

Keep the non-moving arm parallel to the floor on the top down raises. If it becomes impossible to do that, just switch to alternating raises rather than the top down variation. On the reverse flys, focus on squeezing the shoulder blades together rather than swinging the arms up to move the weight.