

SUNS OUT GUNS OUT 12/19/21

Part 1

Take 10 minutes to get as far as you can:

- 1 Chin Up
- 2 Push Ups
- 2 Chin Ups
- 4 Push Ups
- 3 Chin Ups
- 6 Push Ups
- 4 Chin Up
- 8 Push Ups

...

Rest 2 minutes before part 2

Part 2

4 Rounds of

- 15 Single DB Curls
- 10 Single Arm Bent Over Rows (Right)
- 10 Single Arm Bent Over Rows (Left)
- 10 Single Arm Floor Press (Right)
- 10 Single Arm Floor Press (Left)

Goal: 24 (8 Chin Ups + 16 Push Ups)

Coaches Notes

For the first part, this is not an all out AMRAP. Go slow, and rest between movements. Ideally, you are going unbroken on each movement for as long as possible if not the entire 10 minutes. For today, it would be better to rest

a full minute and get the round of 6 or 8 chin ups unbroken than to rush it and do 3-4 sets of 2 chin ups.

For Part 2, each movement should be unbroken and the rest kept to a minimum between movements. Rest as needed between rounds so that you can move as continuously as possible during the round.