

# SUNS OUT GUNS OUT 12/26/21

## 4 Rounds

12 Tricep Extensions

10 Skull Crushers

8 Pull Overs

1 minute Death Crawl

Rest 2 minutes between rounds

**Goal:** Unbroken sets and unbroken on Death Crawl with 10+ Push Ups

## Coaches Notes

We are really hitting the triceps today. Choose a weight that you can maintain slow and controlled reps in the first three movements. Try to keep the elbows in as fixed a position as possible on the tricep extensions and skull crushers. You can do the tricep extensions seated or standing. Make sure you are keeping the belly tight on the pull overs to avoid overarching the back.

The death crawl is a plank walk with dumbbells plus a push up each time. Even though you will be logging the total number of push ups you get, the goal should be to stay in the plank for the entire minute without breaking. So, don't try to just get a bunch of push ups and then rest and get a bunch more. You can always lower to the knees for the push up portion. And, if you are limited on space, try going forward for a step, then backward or even side to side!