

# SUNS OUT GUNS OUT 12/5/21

## 4 Rounds (Not for time)

15 Reverse Flys

20 Alternating Bent Over Row

15 Slow Reverse Snow Angels

20 Plank Pull Across

Rest 2 minutes between rounds

**Goal:** All sets unbroken. Should take around 30 minutes.

## Coaches Notes

Today we are working on building up some muscle endurance in the shoulders and core while also beefing up those lats and upper back. It's very important that you choose loads that allow you to perform all the reps in each set unbroken and with high quality.

This means that the reverse flys should be super light, like 5-15 pounds. Focus on squeezing the muscles in between your shoulder blades together as you raise the dumbbells out to the sides. For the reverse snow angels, consider starting unweighted. If they are feeling good, try them with some fractional plates or 2-3lb dumbbells if you have them. If not, keep them unweighted and go slower!

Make sure you keep the belly fired up on the alternating bent over rows. Stay active in the non-working arm and shoulder. Squeeze your butt, thighs, and abs on the plank pull across. The shoulder should always be over or even slightly beyond the wrist on the support side.