

SUNS OUT GUNS OUT 1/16/22

PART 1

3 Sets

10-15 Pull Ups

10-15 Shoulder Press

Rest 1 Minute before Part 2

PART 2

3 Sets

15-20 Bent Over Rows

15-20 Push Ups

Rest 1 Minute before Part 3

PART 3

3 Sets

10-15 Upright Rows

10-15 Dips

Goal: 1-2 sets for all movements. Finish around 30 minutes

Coaches Notes

We want you guys doing strict reps for both the pull ups and presses. Customize to a banded pull up or ring / inverted row if you need to. You can use a barbell or dumbbells for the presses. Choose a weight for the bent over rows that allows you to stay super rigid. We don't want you guys jerking up through the chest or using your hips to get these reps done.

On the push ups, we want at least 15 unbroken reps so feel free to customize to knee or elevated push ups! The upright rows should be super

light. Move nice and slow to make sure your shoulders stay in a good position.

For the dips, choose a variation that allows you to do 10 unbroken. You can do rings, parallel bars, banded, toe assisted, or just switch to push ups.