

SUNS OUT GUNS OUT 1/2/22

2 Sets of
10 Bent Over Row

2 Sets of
10 Reverse Grip Bent Over Row

2 Sets of
10 Seated Reverse Flys

2 Sets of
16 Alternating Dumbbell Curls (8/side)

2 Sets of
16 Alternating Hammer Curls (8/side)

1 set of
Bicep Curl 21's

Rest as needed between sets.

Goal: Unbroken sets and T Rex Arms!

Coaches Notes

So basically two sets of everything until we finish off with the 21's at the end. You will likely have to use different weights with the bent over rows than with the reverse flys and then with the curls. We want all sets to be unbroken so adjust the loads accordingly.

Squeeze through the mid and upper back on the bent over rows. This will help you prime your body to engage properly in the seated reverse flys which should be pretty light. Try to avoid using momentum as much as possible on those.

For the curls, keep those elbows in tight and avoid swinging the dumbbells to make it easier.

Rest as much as you need to between sets so that when it's time to work, you can perform well and get that sweet pump!

When you get to the 21's, it should be a real fight. If you feel like you want an extra challenge, you can do a second set but if you approach the other movements in today's session correctly, you really shouldn't have to.