

# SUNS OUT GUNS OUT 1/30/22

## Part 1

3 Supersets

20 Alternating Dumbbell Curls (10 per arm)

10 Tricep Extensions

## Part 2

3 Supersets

10 Curls

20 Alternating Tricep Extensions

## Part 3

3 Supersets

10 Concentration Curls (Right)

10 Concentration Curls (Left)

10 Single Arm Tricep Extensions (Right)

10 Single Arm Tricep Extensions (Left)

## Coaches Notes

3 Parts today, all focus on building the bi's and tri's. Remember, a superset means that you go right into the next movement after finishing the previous one. So, immediately after you finish the curls, start the tricep extensions. Then, rest 1-2 minutes before starting the next set of curls.

It is a lot of curling and extending of the arms today. And, we want all the sets to be unbroken. You may have to drop the weight if possible when you get to the concentration curls. Those are just like they sound - press the back of your arm into your inner thigh and try to really isolate the bicep. If

you don't have lighter dumbbells for those, and the weight is too heavy for sets of 10, take more rest between sets, or reduce the reps to 7-8 per set.

Also, on the alternating and single arm tricep extensions, you will need lighter dumbbells. So, if you don't have them, just go with single dumbbell tricep extensions for all sets.