

SUNS OUT GUNS OUT 1/9/22

4 Sets of
8-10 Bench Press

4 Sets of
10-12 Close Grip Bench Press

4 Supersets of
12-15 Skull Crushers
10-15 In and Out Push Ups

Rest for 1 minute between sets/supersets. Rest for 2 minutes between movements.

Goal: All sets unbroken

Coaches Notes

The way this one works is: You'll do 4 sets of bench, resting 1 minute between sets. Then rest 2 minutes before moving on to your 4 sets of the close grip variation with 1 minute of rest between sets. Rest 2 minutes before starting the supersets. Go right into the in and out push ups after the skull crushers. Then, rest 1 minute before starting the skull crushers on the next superset.

You can use dumbbells or a barbell for the bench press movements. The weight is meant to be the same for both the regular grip and the close grip bench. For the close grip using dumbbells, you'll lower them down to your chest rather than ribs. Make sure you keep the elbows within 45° to the body and the shoulders are drawn down away from the ears.

Go light on the skull crushers. With the addition of the in and out push ups, the triceps are going to be pretty lit up and we don't want you to get sloppy. Use a single dumbbell if you need to.

The in and out push ups alternate between a diamond push up and a wide push up. Each time you lower and push up counts as one rep.