

SUNS OUT GUNS OUT 2/13/22

Part 1

3 Rounds

12 Skull Crushers
1 Set of Bicep Curls 21's
12 Skull Crushers

Rest 2 minutes between rounds

Part 2

8 Rounds

20 Sec Plank Shoulder Taps
Rest 10 Sec
20 Sec 90° Curl Hold
Rest 10 Sec

Coaches Notes

Part 1 of today's session should be 3 pretty spicy rounds. Try to rest as little as possible during the round and enjoy that full 2 minutes of rest between rounds. On the skull crushers, focus on keeping the elbows fixed in position. The upper arms should remain as close to vertical as possible throughout each rep. We want only the elbow joint bending and extending with no movement about the shoulder. Perform these, slow, controlled, and unbroken.

The 21s are 7 partial curls from the bottom to 90°, 7 partial curls from 90° to the top, and 7 full curls all performed in one big unbroken set of 21 total reps. Keep your belly tight, elbows pinned to your sides, and avoid using any kind of momentum or swinging of the arms.

Don't underestimate Part 2! A Tabata round is 20 seconds of work with 10 seconds of rest in between. Alternate between rounds of the shoulder taps and 90° hold. So, it's 20 seconds of shoulder taps, rest 10 seconds, 20 seconds of the 90° hold, rest 10 seconds and repeat that for 8 minutes, so you end up doing 8 rounds of each. Choose a weight on the holds that you can make it for all 20 seconds each time!