

# SUNS OUT GUNS OUT 2/20/22

## Part 1

3 Supersets

10 Bench Press

8 Single Arm Bent Over Row Right

8 Single Arm Bent Over Row Left

## Part 2

3 Supersets

10 Bent Arm Pec Flys

10 Inverted Row

## Part 3

5 Sets of 8 Renegade Rows

## Coaches Notes

Choose a load you can go unbroken on all sets. We recommend keeping the weight the same for all 3 sets of bench press. You can use dumbbells or a barbell for that. On the bent arm pec flys, we want to take the arms out wide while maintaining a generous bend at the elbow. Think of this as a hybrid between a traditional pec fly and wide grip bench press.

Remember that with a superset, you are going right into the second movement immediately after finishing the first movement. After that, rest for 1-2 minutes.

The inverted rows are the only movement that you may need to break up, but we recommend choosing a level of difficulty that you think you can

knock out all 10 reps unbroken in each set. If you do end up breaking, it should be no more than 2 sets.

Rest as much as you need to between sets of 8 renegade rows. Keep in mind, these do include a push up. So, it's push up, row right arm, row left arm for every rep. Keep that rigid plank position and rest as needed between sets of 8.