

# SUNS OUT GUNS OUT 2/27/22

## Part 1

3 Rounds

6-8 Dumbbell Shoulder Press  
10-12 Alternating Shoulder Press  
10-12 Lateral Raises

Rest 3 minutes before Part 2

## Part 2

3 Rounds

6-8 Arnold Presses  
10-12 Alternating Single Arm Arnold Presses  
10-12 Alternating Front Raises

## Coaches Notes

We've got a nasty shoulder smoker for you today. Take your time and rest as needed between sets. You may want to take a little extra rest before you hit the raises, especially in the later rounds as those are going to get pretty challenging.

All sets should be unbroken. You'll need to go with a lighter weight on the lateral and front raises in order to make that happen. Squeeze your butt and keep your belly tight.

On the alternating presses, make sure you are staying upright, avoid leaning to one side as you press. If you catch yourself doing that and are unable to correct it by tightening up around the abdomen, the weight is too heavy, so go a little lighter if you can.