

SUNS OUT GUNS OUT 3/13/22

Part 1

Every 3 Min for 15 Min

12 Wide Floor Presses

15 Tempo Push Ups*

*Tempo is 2 seconds down, 1 second hover, fast push up, 1 second hold at the top

Part 2

6 Rounds

20 second Overhead Plate Hold

Rest 10 seconds

20 second 90° Plate Hold

Rest 10 seconds

Suggestions

Men: 45-55# Plate

Women: 25-35# Plate

Coaches Notes

The floor presses and ideally the push ups should be unbroken. Modify the push ups as needed because the tempo changes things a lot!

The wide grip floor press is basically a wide grip bench press from the floor. Take your elbows out a little wider, 60-90° and lower with control and take a short pause at the bottom each time. Keep your palms facing in the direction of your feet for the entire press.

For the tempo push ups, lower for 2 full seconds, hold at a hover just above the floor for one second then press up explosively. Take a one second pause at the top, then repeat.

For part 2, grab a plate and hold it overhead for the first 20 seconds. Squeeze your butt and your abs. Arms should be straight with biceps by ears.

For the second 20 seconds, hold the plate with your arms at a 90° angle. Keep your upper arms and elbows pinned to your sides and forearms parallel to the floor. Try to relax your shoulders down away from your ears.