

SUNS OUT GUNS OUT 3/6/22

Part 1

3 Rounds

(Rest 30 Sec to 1 Min Between Movements)

10-12 Close Grip Bent Over Row (2 Dumbbells)

8-12 Inverted Row (TRX/Ring works, too)

15-20 Supermans

Part 2

3 Sets of 21s (Palms Up)

7 Bottom Up Half Curls

7 Top Down Half Curls

7 Curls

Rest 1-2 minutes between sets.

Score: Weight Used for Bent Over Row

Coaches Notes

Today we are focusing mostly on building up the back but of course, the biceps are going to assist with these movements and then we are going to burn them out in part 2. So, in the rows, focus on the lats and the muscles between your shoulder blades. Connect to them and try to make them do as much of the work as possible.

We want these movements to be strict, meaning you are not using momentum to assist you through any sticking points. Keep the rows slow and controlled and of course, keep the belly tight.

The supermans should recruit the entire musculature of your back and even the glutes. Lie face down on the ground with arms out over your head. Fire up that posterior before you raise your torso and your legs up off the ground. Avoid bending the knees and try to make a reverse hollow position.

Finally in the 21s, again, we want control and no momentum or swinging of the arms. Rest as needed between sets of 21 but try to maintain smooth and continuous movement throughout each curl variation.