

SUNS OUT GUNS OUT 4/3/22

Part 1

2 Rounds

8-10 Pull Ups

200m Farmer Carry

10-12 Inverted Rows

200m Farmer Carry

Part 2

Bicep 55's (GO LIGHT!)

Coaches Notes

Even though we are logging how long part 1 takes, that does not mean we want you to do this as fast as possible. Take enough rest between farmer carries to allow you to do the pull ups and inverted rows unbroken. Pick a weight on the carries that you can go 200m with no more than 2 breaks. We want you to spend a good amount of time under tension for those so if you are having to take lots of breaks, we are missing out on what's intended here. If you don't have a pull up bar or can't get 8-10 reps with assistance from a band, switch to inverted, plank or inverted rows instead.

Now, part 2 is going to be nasty. This is 55 reps without putting the bar or dumbbells down. You will count "one one thousand" or my personal favorite "one banana, two banana". Do one curl, then hold in the bottom position for a one second count. Then, do 2 curls and hold in the bottom position for 2 seconds. Then 3 curls, 3 second hold, 4 curls, hold for 4 and so on until you get through the round of 10 curls. That will be a total of 55 reps.