

SUNS OUT GUNS OUT 4/10/22

5 Rounds

10 Shoulder Press

5 Clockwise Plate/DB Halos

5 Counterclockwise Plate/DB Halos

10 Overhead Front Raises

5 Lateral to Front Raises

Rest 2 minutes between rounds

Coaches Notes

Today we've got a nasty shoulder smoker. You are going to want to choose your weights carefully and stay a bit more on the conservative side. You'll definitely need to have a couple different pairs of dumbbells or go with single dumbbell versions of some of these movements.

We want your spine to remain neutral for every rep of each movement. So notice if you are leaning forward, backward, or side to side and make the necessary adjustments.