

# SUNS OUT GUNS OUT SERIES1: SESSION 10 5/21/23

**\*Suns out Guns Out is back! Lets build some upper body strength!**

3 Supersets

16 Alternating Bicep Curls (8/side)

12 Tricep Extensions

Then,

3 Supersets

10 Inverted Rows

10 No Push Up Renegade Rows

Rest as needed between supersets.

**Goal:** All movements unbroken.

## Coaches Notes

For the supersets, you want to go right into the second movement after completing the first. Once you've completed a set of both, rest as much as you need to, which should be 1-2 minutes.

Keep the elbows pinned to the body on the curls. You can use one or two dumbbells for the tricep extensions, depending on what you have available.

If you don't have rings or a rack to do inverted rows, go with bent over rows. You can do two arms or single arm. Go with whatever is going to challenge you enough that 10 reps is going to really light up the lats in the last few reps of each set. If doing single arm, it is 10 per side.

Keep a really solid plank position on the no push up renegade rows. This is 10 per arm, alternating. Push down with the support arm as you pull with the other. This will help you keep the whole body engaged.