

SUNS OUT GUNS OUT SERIES1: SESSION 11 5/28/23

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

Part 1

4 Supersets

10-15 Reps Dumbbell Bench

10-15 Reps Dumbbell Pull Over

No Rest between movements.

2 Min Rest between supersets.

Part 2

4 Supersets

10-12 Reps Dumbbell Pec Flys

10-12 Reps Single Arm Dumbbell Bent Over Row Right

10-12 Reps Single Arm Dumbbell Bent Over Row Left

Goal: All sets unbroken

Coaches Notes

For the first superset, choose a weight that you know you can get 10 but 15 will start to get tough. You'll go right into the pull overs after the bench. Then rest 2 minutes after the pull overs before starting the next set of bench.

Remember on the pull overs to keep the ribs pulled down toward the hips to avoid overarching your back. We want you to be moving through a full range of motion in the shoulder, so the hips and spine should not be moving very much.

For part 2, keep a slight bend in the elbow during the pec flys as you lower. We actually want these to be more like a combo of press and fly together. You should feel like the dumbbells are going pretty wide in the bottom. Squeeze into the center of the chest as they come back up to your starting position.

If possible, try to go a little heavier on the bent over rows. If you don't have a heavier option, slow down the movement and spend more time under tension as you perform those 10-12 reps.