

SUNS OUT GUNS OUT SERIES1: SESSION 12 6/4/23

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

4 Rounds

8-10 Arnold Press

10-15 Push Ups

8-10 Seated Press

10-15 Push Ups

8-10 Overhead Lateral Raise

10-15 Push Ups

Rest 2-3 minutes between Rounds

Goal: All sets unbroken

Coaches Notes

We are finishing off this series with a serious shoulder smoker! The idea is to go through the entire round, all sets unbroken with minimal rest between movements. Then, take a nice break before starting the next round to make sure you are recovered sufficiently to make it all the way through the next round. Of course, rest as needed during the round. Just make sure it is between and not during the set.

The push ups will be sneaky with this one. Definitely go to the knees or elevate the hands if you need to. On the seated presses, it may be helpful to bend the knees slightly in order to keep your back nice and straight.

You will likely have to drop the weight on the overhead lateral raises. Try to avoid using momentum. Keep the palms facing out on these and a micro bend at the elbow. If you have any shoulder issues, or they otherwise aren't feeling right, just go with regular lateral raises.