

SUNS OUT GUNS OUT SERIES

2:

SESSION 3

6/25/23

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

Complete:

21 Bench Press

21 Bent Over Row

18 Bench Press

18 Bent Over Row

15 Bench Press

15 Bent Over Row

12 Bench Press

12 Bent Over Row

9 Bench Press

9 Bent Over Row

6 Bench Press

6 Bent Over Row

3 Bench Press

3 Bent Over Row

Coaches Notes

Simple and effective couplet today. All sets should be unbroken and the weight for the bench press should be the same across all sets. You can use a different weight for the bent over rows, but keep that weight the same for all sets as well. Rest as needed between movements and between sets. But, try to rest only enough to allow you to get each set done unbroken and no more.

Focus on good technique for both of these movements. Keep your shoulders/upper back, head, and butt pinned to the bench throughout each rep of the bench press. Feet firmly planted on the floor.

Belly tight, neutral spine including your neck, shoulders drawn down and away from the ears on the bent over rows.