

SUNS OUT GUNS OUT SERIES

2:

SESSION 10

8/13/23

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

Part 1

Every 2 Minutes for 14 Minutes

7 Bench Press

5 Push Ups

3 Dips

Part 2

8 Rounds

20 Sec Plank Up Downs

Rest 10 Sec

20 Sec Floor Seated Tricep Extensions

Rest 10 Sec

Score: Bench Press Weight

Coaches Notes

This could be a sneaky one today. The idea is to go right from one movement into the next. The reps are pretty low for each movement but the stimulus is really going to add up. Remember, you are not trying to go as fast as possible. The bench press, push ups, and dips combined should take about a minute to complete, giving you a minute of rest each time. Choose a load on the bench press that is moderate, the push ups and dips are going to make those reps very challenging as the rounds add up. Choose a variation of push up and dip that you can do unbroken the whole way.

For the Tabata finisher in part 2, we have some extra core work but the triceps are really going to get taxed in both movements. Keep a measured pace in the plank up downs. Shoot for 7-9 reps in each 20 second interval where down and up is one rep. Same with the tricep extensions, it's about keeping control and maintaining tension in the triceps throughout the range of motion. Use one or two dumbbells. We are looking for 8-12 reps in each 20 second window.