

SUNS OUT GUNS OUT SERIES

2:

SESSION 12

8/27/23

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

5 Rounds

10 Shoulder Press

5 Clockwise Plate/DB Halos

5 Counterclockwise Plate/DB Halos

10 Overhead Front Raises

5 Lateral to Front Raises

Rest 2 minutes between rounds

Coaches Notes

You made it to session 12, congratulations!! Remember you can repeat this program over again and challenge yourself with a few pounds heavier weights, and or more difficult movement variations. You could also revisit SOGO series 1 or check out one of the many other extra programs we offer.

Now, today we've got a nasty shoulder smoker. You are going to want to choose your weights carefully and stay a bit more on the conservative side. You'll definitely need to have a couple different pairs of dumbbells or go with single dumbbell versions of some of these movements.

We want your spine to remain neutral for every rep of each movement. So notice if you are leaning forward, backward, or side to side and make the necessary adjustments.