

SUNS OUT GUNS OUT SERIES

2:

SESSION 9

8/6/23

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

Part 1

3 Sets

10-15 Ring Rows

10-15 Hammer Curls

Rest 1 Min after the Curls

Part 2

3 Sets

10-15 Supinated Grip Bent Over Rows

10-15 Bicep Curls

Rest 1 Min after the Curls

*Use a barbell for part 2 if you've got it!

Coaches Notes

Bicep blowout today! We want you to do ring rows today if possible because we want the position of your hands to be about the same for both the ring rows and the hammer curls. But, go with an inverted row with your barbell if you need to. Of course, regular old dumbbell bent over rows are an option as well.

Hammer curls can be very tempting to get a little swing going with the arms, slow down and be intentional with every rep.

Again for part 2, we want the hand position to be about the same for both movements. For that reason, a barbell is preferred but you can easily do this with dumbbells if you need to. Keep the belly tight and the movement slow and controlled in both directions.

These are not supersets but the rest should be kept to a minimum between movements while still allowing for unbroken sets. And, once you've completed a set of both movements, take a full minute of rest before the next set.