

SUNS OUT GUNS OUT SERIES

3:

SESSION 1

9/3/23

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

10 Rounds

3 Strict Pull Up

3 Strict Ring Dip

10 Dumbbell Curl & Press

Suggestions

Men: 30-40# DBs

Women: 20-30# DBs

Goal: Challenge yourself while keeping movement strict and unbroken.

Coaches Notes

You've got a lot of rounds with fairly low reps of the bodyweight movements. Make sure that you customize appropriately to allow for controlled movement and unbroken sets. Even though it's only 3 pull ups and 3 dips, these will become more challenging as the workout progresses, so go with a variation that doesn't feel extremely difficult at the beginning.

For the curl and press, remember to lower with control from overhead back down to the shoulder and then again during the reverse curl motion from the shoulder back down to your starting position.

The goal is to move well here, not finish as fast as possible. Rest as needed between rounds. This workout should take 12-18 minutes.