

# SUNS OUT GUNS OUT SERIES

## 3:

### SESSION 2

### 9/10/23

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

100 Diamond Push Ups

Every minute on the minute starting at 1:00,

8 Alternating Single Arm Bent Over Row

#### **Suggestions**

Men: 40-50# DBs

Women: 25-35# DBs

**Goal:** 10:00-15:00

Coaches Notes

We are scoring this one for time. However, we don't want you to rush the bent over rows. Those should take 15-20 seconds each time. Use the arms and midback to perform the row and avoid jerking the chest up or pulling your torso down to create momentum.

You won't start with bent over rows so you'll have more time in that first minute to get some extra push ups in. Do not go all out in that first minute! We don't want you to be doing singles or failing reps in the remaining minutes.

Choose a variation of the diamond push up that you can get at least 7 reps in each of the 1 minute windows. Ideally these are unbroken or at the most 2 sets.