

SUNS OUT GUNS OUT SERIES

3:

SESSION 3

9/17/23

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

50 Reps of the following complex

Renegade Row + Hammer Curl + Alternating Single Arm Shoulder Press

Suggestions

Men: 30-40# DBs

Women: 20-30# DBs

Goal: Challenge yourself but move well!

Coaches Notes

Make sure you focus on strong and stable body positions before your move the weight today.

Keep your belly tight on the renegade rows, try to keep rotation to a minimum. When you stand up, stand up fully and avoid using momentum to curl the dumbbells up to the shoulders.

When you reverse the movement from the overhead all the way back down to the floor, move with control and find a really solid plank before going back into the next renegade row.

Choose a weight that you can perform at least 3-4 reps at a time the whole way through.