

SUNS OUT GUNS OUT SERIES

3:

SESSION 4

9/24/23

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

4 Rounds

10 Single Arm Floor Press (Right)*

10 Single Arm Floor Press (Left)*

20 Seated Halos**

Rest 2 minutes between rounds

*Performed with dumbbell in opposite arm at full extension.

**1 rep = around and back

Suggestions

Men: 30-40# DBs

Women: 20-30# DBs

Goal: Challenge yourself while keeping movement strict and unbroken.

Coaches Notes

These are going to be a more challenging version of floor press and they will require more stability throughout the entire core and upper body.

While you are pressing with the right arm, hold another dumbbell in your left hand with the arm fully extended toward the ceiling. Then, do the same thing on the other side for the next set of 10 reps.

The slower you move and the more you focus on engaging the working muscles, the more you are going to get out of this session.

For the seated halos, use a bench or box to sit on if possible. Make sure you keep a long, tall spine. Hold the dumbbell by the heads and start and finish each rep with the dumbbell just below the ribs.