

SUNS OUT GUNS OUT SERIES

3:

SESSION 5

10/1/23

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

4 Rounds

10 Single Arm Bent Over Rows (Right)

10 Single Arm Bent Over Rows (Left)

1 Set of Bicep Curl 21's

Rest 2 minutes between rounds

You may need to use different weights for these movements, or use a single dumbbell for the 21's. Go with an empty barbell if you have it.

Suggestions

Men: 20-50# DBs

Women: 15-45# DBs

Goal: Excellent form and focus on mid back in bent over rows.

Coaches Notes

We really want to light up the lats and biceps today.

Focus on slow, controlled movement on the bent over rows. As you pull the weight up, guide it slightly back toward the hips. Try to get the dumbbell as high or just above the hip rather than pulling up to the ribs.

You can use an empty barbell or single dumbbell for the 21's or a pair of lighter dumbbells. Remember, one set is 7 partial curls to a 90 degree elbow bend, 7 partial curls from 90° to the shoulder, then 7 full curls.