

SUNS OUT GUNS OUT SERIES

3:

SESSION 6

10/8/23

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

4 Rounds

20 Alternating Single Arm Shoulder Press

15 Tricep Extensions

10 Lateral Raises

Rest 2 minutes between rounds

Use lighter DBs for the lateral raises or switch to a single dumbbell front raise.

Suggestions

Men: 30-40# DBs

Women: 20-30# DBs

Goal: Challenge yourself but keep it unbroken for all movements.

Coaches Notes

If you don't have lighter dumbbells for the lateral raises, you can always switch to a single dumbbell and do front raises.

20 reps of the alternating shoulder press is 10 per side. Focus on keeping the belly tight so you don't lean to one side as you press.

Use a single dumbbell held with both hands for the tricep extensions. Make sure that your elbows go from less than 90 degrees to full extension on every rep.