

SUNS OUT GUNS OUT SERIES

3:

SESSION 7

10/15/23

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

5 Rounds

10 Single Arm Shoulder Press (Right)

10 Single Arm Shoulder Press (Left)

7-10 Strict Pull Ups

10 Single Dumbbell Front Raise

10-12 Feet Elevated Inverted Row

10 Dumbbell Halo*

*There and back = 1 rep

Rest 1-2 minutes between rounds

Suggestions

Men: 30-40# DB

Women: 20-30# DB

Goal: 25-30 Minutes

Coaches Notes

We are scoring this one for time but that doesn't mean we want you to go as fast as possible. This is more to help you figure out how much weight to use and keep you moving at a steady pace.

Choose a load and movement variations that will allow you to keep all sets unbroken. Rest as needed in between sets to allow for this.

If 10-12 reps of the inverted row is not realistic for you today to perform with feet elevated, keep them on the floor and even step back a little to make the movement more accessible. The first couple rounds should feel very doable. The last two rounds should be very challenging.