

SUNS OUT GUNS OUT SERIES

3:

SESSION 8

10/22/23

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

4 Rounds (24 Minutes Total)

0:00-3:00

12 Dumbbell Bench Press

12-15 Diamond Push Ups

3:00-6:00

12 Dumbbell Bench Press

12-15 Wide Push Ups

Suggestions

Men: 40-50# DBs

Women: 25-35# DBs

Goal: Challenge yourself but keep it all unbroken!

Coaches Notes

We've got a real chest blaster here for you today!

Definitely take the time to warm up properly and do some practice sets of bench press and both push up variations so you are confident with the weight and customizations you choose.

You can go with a barbell bench today too.

Remember to keep your shoulder blades retracted slightly and pinned to the bench during the press.

We are looking for thumbs and index fingers touching in the diamond push ups. Hands wider than shoulders and fingertips point out slightly for the wide push ups.