

SUNS OUT GUNS OUT SERIES

3:

SESSION 9

10/29/23

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

1 set Bicep Curl 55's

5 Rounds

5 Chin Ups

10 Tricep Extensions

then,

1 set Bicep Curl 55's

Suggestions

Men: Empty Barbell or 20# DBs for the 55's / 30-40# DB for Tricep Extensions

Women: Empty (15kg/35lb) Barbell or 15# DBs for the 55's / 20-30# DB for Tricep Extensions

Goal: Make it through unbroken!

Coaches Notes

If you haven't done 55's before in a previous SOGO series, here's how they work:

10 Curls - 10 Seconds Hold (Bottom position or 90° for an extra challenge)

9 Curls - 9 Seconds Hold

8 Curls - 8 Seconds Hold

Keep lowering by one rep and one second of hold until you go all the way down to 1.

It should take about 2 minutes to complete the set.

After the chin ups and tricep extensions, both sides of the arms will be pretty lit up. Rest as much as you need to between rounds and before the last set of 55's until you are confident you can complete the full set, basically being under tension for 2 minutes straight.