

# SUNS OUT GUNS OUT SERIES

## 3:

### SESSION 10

### 11/5/23

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

1 set Push Up 55's

4 Rounds

10 Supinated Grip Bent Over Rows

10 Single Dumbbell Front Raise to Overhead

Rest 2 Minutes, then

2 Sets of Max Strict Pull Ups

Rest 2 minutes between sets

## **Suggestions**

Men: 30-40# DBs

Women: 20-30# DBs

**Goal:** 5-15 Pull Ups

## **Coaches Notes**

Push Up 55's work the same way as the curls:

10 Push Ups - 10 Second Plank on hands

9 Push Ups - 9 Second Plank

8 Push Ups - 8 Second Plank

All the way down to 1

Those push ups are going to get nasty so make sure to customize appropriately.

Challenge yourself on the bent over rows and front raises but don't get sloppy and keep it unbroken. Use a barbell or dumbbells for the bent over rows.

You'll have two minutes to rest before moving on to the pull ups. Set yourself up with a band or even go inverted or ring rows if you need to in

order to get within that 5-15 reps range. If you think you'll get more than 15 reps, you could also go with a weighted pull up!