

SUNS OUT GUNS OUT SERIES

3:

SESSION 10

11/12/23

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

4 Sets of 8-10 Shoulder Press

4 Sets of 10-12 Tricep Extensions

4 Sets of 12-15 Lateral Raise

4 Sets of 8-12 Pike Push Ups

Rest 1-2 minutes between sets and movements

Suggestions

Men: 30-40# DBs / 15-20# for the lat raises

Women: 20-30# DBs / 10-15# for the lat raises

Goal: All sets unbroken!

Coaches Notes

The main lift today is the shoulder press. You could also use your barbell for that. Choose a weight that you are able to maintain a solid pressing position for every rep of every set. If you catch yourself leaning back to complete the press, lower the weight in the next set.

The remaining movements are your accessory work. These should feel pretty moderate and only become really challenging in the last few reps of the last 2 sets. So customize appropriately to achieve that and take sufficient rest between sets and movements, no need to rush it!

If the pike push ups are feeling impossible for that amount of reps, go with a floor seated shoulder press with a much lighter weight than the shoulder presses at the beginning.