

# SUNS OUT GUNS OUT 6/30/19

## **Part 1:**

4 Rounds (or 2 Min)

20 Seconds Max Dynamic Push Ups

10 Seconds Rest

Rest 1 Min

4 Rounds (or 2 Min)

20 Seconds Max Deficit Push Ups

10 Seconds Rest

Rest 1 Min

4 Rounds (or 2 Min)

20 Seconds Max Regular Push Ups

10 Seconds Rest

Score = Total Push Up Reps

Can do all sets from knees if necessary. The dynamic push ups will be a push up with a "jump" of the hands up onto plates! Then a push up on the plates. Then walk the hands back down. Every push up counts as a rep.

For the deficit push ups - all reps will be up on the plates.

The final round is with regular push ups.

Fight to keep a solid torso position. Keep the belly tight to avoid snaking. Make sure the chest touches the ground at the bottom and that you lock out completely at the top.

If you are unable to get at least 3-4 in the 20 seconds at any point. Go to your knees to keep moving!

## **Part 2:**

### **4 - 5 Rounds**

10-12 Seated Reverse Fly

10-12 Single Arm Dumbbell Bent Over Row Right

10-12 Single Arm Dumbbell Bent Over Row Left

You will be able to use a heavier weight for the bent over rows than for the flys. Choose something that will allow you to get at least 8 - but no more than 15.

Score is weight used for single arm rows. For the flys you will sit on the edge of a bench or box. Lean forward slightly by hinging at the hip. You will pull the arms back (almost like wings) with a slight bend in the elbow. Bring the arms roughly parallel to the ground then lower back to your sides. You should not be using a ton of momentum or jerking on the way up or down.

For the bent over row you will do one side at a time. You will lean on the bench or box, or even against the wall or whatever. You will pull the elbow back and the dumbbell toward the rib cage. Make sure to bring all of the way to straight at the bottom of each rep.

### **Dynamic Push Ups-**

<https://www.youtube.com/watch?v=P24SPPc2J2I>

### **Deficit Push Ups-**

<https://www.youtube.com/watch?v=KadL9HpmWSg>

### **Seated Reverse Fly-**

[https://www.youtube.com/watch?v=E0qzxeQ\\_h1o](https://www.youtube.com/watch?v=E0qzxeQ_h1o)

### **Single Arm Dumbbell Bent Over Row-**

<https://www.youtube.com/watch?v=-koP10y1qZI>