

SUNS OUT GUNS OUT 11/03/19

12 sets total

3 sets of 8-10 Z Press

then

3 sets of 12-15 Standing Upright Rows

then

3 sets of 10 Left/10 Right Lying one-arm Lat Raise

then

3 sets of 8-12 Front Raises

Rest as needed between sets and movements.

Do all 3 rounds of each movement before moving on to the next one. Go LIGHT on the lying lat raises and front raises. Each movement should be slow and controlled with a 1 second pause at the top.

For the Z press you will sit on the floor with legs extended in front of you. Sit up very tall with the DBs on the shoulders with elbows high. Keep the rib cage down and belly tight. Press straight up until your elbows are locked out with biceps by the ears. Bring the dumbbells all the way down to the shoulders each time.

For the upright row, stand up tall with a dumbbell in each hand. Keep your chest up and belly tight as you pull the dumbbells up to your chest. They should stay close to your body. Elbows shouldn't really go higher than your shoulders. Lower back to your waist with control.

For the lying lat raise, lay on your side on a bench or the floor with your head supported by your bottom arm. Holding a dumbbell out in front of in your top hand, raise your arm until it is perpendicular to the floor. Keep a slight bend in your elbow the whole time and try to keep your hips from shifting during the lift.

For the Dumbbell Front Raise both arms move together. Allow a slight bend in the elbow and avoid using any "kipping" or bouncing to move the weight. You will raise your arms up in front of you with wrists facing down until arms are parallel to the ground.

Z-Press-

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

Lying one-arm lat raise-

<https://www.youtube.com/watch?v=VqFAWmgNb8I>

Dumbbell Front Raises-

<https://www.youtube.com/watch?v=sOcYIBI85hc>