

SUNS OUT GUNS OUT 12/1/19

Part 1

4 Sets

Max Pull Ups (10+)

Max Push Ups (15+)

Rest 2 minutes after the Push Ups

Score: Total Reps of Both Combined

****Please choose a pull up style that doesn't allow you to get more than 20 reps each time. Go STRICT if you can!**For the first part you go max pull ups right into max push ups. Then rest 2 minutes and repeat for 4 total sets.

Go to your knees or elevate your hands to keep a rigid body position, full range of motion, and get at least 15 reps in the first round.

Use bands, ring rows or bent over rows instead of pull ups to make sure you get at least 10 reps in the first round. We want to see straight arms in the bottom and chin over the bar or chest contact with the rings, bar or DBs at the top.

Part 2

6 Min Alternating Tabata

(Tabata = 20 seconds of work followed by 10 seconds of rest)

Alternating DB Curls

Alternating Tricep Extensions

Score: Just enter weight used

The second part is also going back and forth between movements. So, 20 seconds of alternating curls, 10 seconds rest, then 20 seconds of alternating tricep extensions, 10 seconds rest. You will do a total of 6 rounds of each movement. Choose light weights to get big volume!

Both of these movements will alternating one arm at a time. You can be standing or seated.

For the tricep extensions, keep your upper arm vertical with biceps by the ears the whole time.