

SUNS OUT GUNS OUT 12/22/19

Part 1:

Every 3 Minutes for 4 Rounds (12 minutes):

10 Shoulder Press

10 Upright Row

Score: Enter Weight Used

This workout was written for dumbbells but you can definitely use a barbell if you don't have the appropriate weights on the DBs.

Set up for the strict press 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.

Part 2:

Every 3 Minutes for 4 Rounds (12 Minutes):

12 Front Raises

12 Reverse Flys

Score: Enter Weight Used

Choose a weight you can do all 12 reps in a single set.

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.

For the Reverse Flys, set up with feet hip to shoulder width apart, holding a light dumbbell in each hand. Send your butt back, bend your knees slightly and allow your torso to tip forward to just above parallel. Keep a slight bend at the elbow but let your arms reach straight down keeping your shoulders pulled back. Raise the dumbbells out

to the sides and up until they are in line with your shoulders then lower back down to the starting position. Keep your belly tight the whole time.

Part 3:

3 Rounds: 1 Min on 1 Min off

Kettlebell Swings

Goal: 70+ Reps

Suggested weight:

Men: 50+ #

Women: 35+ #

Choose a weight that will allow you to hold on the the weight for most of the minute. Choose a weight that allows you to hit the goal rather than getting less reps with something heavier.

For the swings you will hold the weight with both hands at the waist. Feet are about shoulder width apart. Heels are down. Hinge forward at the hips and bend the knees slightly. Keep the chest lifted and heels down. Belly tight and arms straight. Pull the weight back through the legs. Stand up HARD and FAST to make the bell weightless and then (keeping the belly tight) guide the weight all of the way overhead! Allow gravity to bring it back down and back between the legs. Don't allow it to pull you forward. Keep those heels down!

Reverse Flys:

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

Front Raises:

<https://www.youtube.com/watch?v=o3ITPKP0QBI>