

SUNS OUT GUNS OUT 2/9/20

Every 5 minutes for 30 minutes, perform:

5 clockwise/5 counter clockwise Plate Halos

10 Upright Rows

20 Push Up + Dumbbell Pass Through

12 Ring Rows/ OR Supine Barbell Rows

Suggested weights:

Halos:

Men: 25-45lb plate

Women: 15-25lb plate

Upright Rows/ Pass Throughs

Men: 25-40lb DBs

Women: 15-25lb DBs

Goal: Perform slow controlled movements moving from one right into the next.

This should give you about 90 seconds to recover between rounds.

For the plate halos, stand holding a plate (or single DB) in front of your face. Rotate the plate around your head one direction 5 times then rotate it 5 more times the other way. Keep your belly tight!

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 push up and pass through you will start in a plank position with your dumbbell just to the outside your right hand. First do a push up, then with your left hand, reach under and grip your dumbbell. Pull it to the left side of your body.

Keep your belly tight and butt down. Do another push up then reach under and across with your right hand and carry the DB back to the right side of your body. Choose a load you can carry the DB all the way across to the outside of your opposite arm each time. One push up + pass through = 1 rep.

For the supine barbell row, set the bar in the rack low enough that you'll be at a challenging angle. Same if you are doing ring rows, find the right angle!

Position yourself under the bar/rings with arms straight, shoulders slightly behind the bar/rings. Keep a rigid body position with knees, hips and shoulders in a straight line. Pull your body up to make chest contact with the bar or rib contact with the rings and lower back to straight arms.

Plate Halos:

<https://www.youtube.com/watch?v=ZG0N6JKNUQU>

Upright Rows:

<https://www.youtube.com/watch?v=yo52COQdlxQ>

Push Up + DB Pass Through:

<https://www.youtube.com/watch?v=Bj2oydrprRU>