

SUNS OUT GUNS OUT 7/5/20

Part 1:

Every 3 Min for 15 Min

12 Wide Floor Presses

15 Tempo Push Ups (Tempo = 21X1)

**Tempo is 2 seconds down, 1 second hover, fast push up, 1 second hold at the top

Goal: Difficult but unbroken sets of 12

**Put in comments if you had to modify or lower the number of push ups per round.

The floor presses and ideally the push ups should be unbroken. Modify the push ups as needed because the tempo changes things a lot!

For the floor press - it is basically a bench press from the floor. Don't slam your elbows down. You will pause for like 1/4 second at the bottom each time!! But, for the wide grip, take your elbows out a little wider, 60-90°. Keep your palms facing in the direction of your feet for the entire press.

For the tempo push ups you will lower for 2 full seconds, hold at a hover just above the floor for one second then press up explosively. Take a one second pause at the top, then repeat.

Part 2:

4 minute Alternating Tabata - or -

4 Complete rounds of:

20 second Overhead Plate Hold

Rest 10 seconds

20 second 90° Plate Hold

Rest 10 seconds

Men use 45-55# Plate

Women use 25-35# Plate

Grab a plate and hold it overhead for the first 20 seconds. Squeeze your butt and your abs. Arms should be straight with biceps by ears.

For the second 20 seconds, hold the plate with your arms at a 90° angle. Keep your upper arms and elbows pinned to your sides and forearms parallel to the floor. Try to relax your shoulders down away from your ears.