

SUNS OUT GUNS OUT 11/1/20

Part 1:

4 sets of:

8 Bench Press Immediately Into
15 Push Ups

Rest 2 Min Between Sets

Goal: Choose a load on the bench you can perform all 8 reps unbroken and a version of the push up you can get all 15 reps unbroken for at least the first couple of sets.

Lying face up on the bench, pull the bar from the rack out over your chest so your arms are vertical. Push your feet down into the floor. Draw your low back, shoulders and the back of your head down into the bench. Lower the bar straight down with control until it touches your chest an inch or two above the sternum. Keep your elbows about 45 degrees from your torso, wrists straight. Press the bar all the way back up until your arms are straight to complete the rep.

For the push ups, keep your body in a rigid plank position. Hands a little wider than shoulder width, elbows pointing back toward your feet. Lower your chest and thighs to the floor. Keep everything tight and press straight back up until your arms are straight.

Part 2:

3 Rounds of:

20 Alternating Dumbbell Bent Over Rows
20 Alternating Single Arm Tricep Extensions

Ideal weight for Men: 30-50# DBs

Idea weight for Women: 20-35# DBs

(Use a different load for the different movements if necessary)

Goal: Rest as needed on the second part but choose a load that you can perform a minimum of 6 reps per arm for each movement.

Set up for the bent over rows by deadlifting the DBs to just below the knee. From here, keeping the torso position set and the chest lifted - Keep one arm straight as you pull the other elbow up along side your body toward the ceiling. Keep your shoulder drawn away from your ear the whole time. Forearm of the rowing arm should remain vertical. Slowly extend that elbow to extend your arm toward the floor and repeat on the other side. For twenty reps, that is 10 on each arm.

Keep the belly tight. No kipping or pulling your CHEST down!

For the single arm tricep extensions, the dumbbells will be vertical with the rear head hovering over each shoulder.

Keep the biceps by the ears, upper arms vertical. Extend one arm at a time until it is fully extended overhead. Keep the belly tight as you lock the elbows. Control the lower back down then repeat with the other arm. Twenty reps will be 10 on each side.