

SUNS OUT GUNS OUT 3/21/21

Bench Press

10 - 8 - 6 - 4 - 2 + Max Reps

Score: Weight used for the set of 2

COACHES NOTES

Rest 2 minutes AND add weight between sets except for the last one. After your set of 2, drop the load to something lighter than your first set and immediately begin another set for max reps. Be careful - don't hit failure if you're lifting alone!!

BENCH PRESS

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.

Every 2 minutes for 10 minutes:

10 Supinated Grip Bent Over Row

15 Seated Tricep Extensions

COACHES NOTES

Choose a load that you can complete the reps unbroken.

Movements should be slow and controlled. It will probably take about a minute to complete all 25 reps, so you'll have about a minute to rest between sets.

BENT OVER ROW

Grip the bar with your palms facing out. You will deadlift the bar to just below the knee. From here, keeping the torso position set and the chest lifted - you will pull the elbows back and bring the bar to just below the chest. Keep the belly tight. Bring the bar back to just below the knee with the arm straight at the bottom. No kipping or pulling your CHEST down!

TRICEP EXTENSION

The dumbbell will start behind the head. Hold it by the upper head. Keep the biceps by the ears, belly tight as you lock the elbows. Control the lower back down.

If you only have lighter dumbbells, you can use two.