

guns out buns out

Do set 1 of each exercise in A before resting and starting the second round of A. After 3 rounds move to B in the same format, then C.

foam roll, stretch, + hip/core warm up encouraged

Circuit	Exercise	Sets/Reps	Notes
A	Tall Kneeling Arnold Press	3 x 12	Core tight
	Tricep Kickback	3 x 12	Pause at top
	Palms Up Bicep Curl	3 x 12	Palms up the whole time
<i>Minimal rest, 3 rounds</i>			
B	Lateral Raise	3 x 10	Squeeze shoulders down away from ears as you lift
	Nose Breakers	3 x 10	Don't break your nose
	Zottman Curls	3 x 10	These suck
<i>Minimal rest, 3 rounds</i>			
C	Spicy Tricep Extensions	3 x 15	Step back, but stay upright
	Rope Bicep Curls	3 x 15	Twist palms up as much as you can
	Shoulder External Rotations	3 x 15 each side	Keep elbow pinned to side