

SUN'S OUT GUNS OUT! WORKOUT PROGRAM

Welcome to your Sun's Out Guns Out Upper Body Training Program!

With this program you will have tank top ready arms in no time.

There are 6 workouts here that target your upper body.

Each workout is broken up into two sets.

Do each exercise in the set 3 times.

Remember to push as hard as you can on every rep and rest when you need.

You should pick a weight that can get you to 10 reps but should be hard to push out 15 reps.

The workouts should be done 3 times a week.

You can mix and match workouts every week.

Just aim for at least 3 workouts a week and you will have tank top arms in no time!!

Good luck!

Sabrina

WORKOUT #1

Exercise	Description	Reps	Weight
Chest Press	Lie on a back with your feet on the floor and a dumbbell in each hand. Push the dumbbells up so that your arms are directly over your shoulders. Lower the dumbbells down and towards your chest.	12-15 reps	Heavy
Shoulder Press	Hold a dumbbell in each hand and stand with your feet planted to the floor and about hip-width apart. Bend your elbows and raise your upper arms to shoulder height so the dumbbells are at ear level. Push the dumbbells up and in until the ends of the dumbbells touch lightly, directly over your head, and then lower the dumbbells back to ear level.	12-15 reps	Medium-Heavy
Push ups	Starting from a plank position with your hands a little wider than your shoulders, engaged your abs, bend your elbows and lower yourself down towards the floor. Your chest should touch the floor. Then push yourself away from the floor by extending your elbows.	12-15 reps	N/A
Set #2			
One Arm Row	Place one leg on the top of a flat bench, bend your torso forward from the waist until your upper body is parallel to the floor, place your right hand on the other end of the bench for support. With a weight in the opposite hand pull the weight up to your side, pointing your elbow towards the ceiling, then lower the weight back down.	12-15 reps on each arm	Heavy
Bicep Curls	Place weights in your hands with palms facing up and your arms to your side. Bend your elbows bringing the weight up towards the upper part of your arm. Then return back to the start position.	12-15 reps	Medium-Heavy
Dips	Sit up straight on a bench or chair with your feet flat on the floor. Place your hands on both sides of the bench just outside of your hips. Your palms should be down, fingertips pointing towards the floor. Without moving your legs, bring your glutes forward off the bench. Lower yourself, when your elbows form a 90 degree angle, push yourself back up to the starting position.	12-15 reps	N/A

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WORKOUT #2

Exercise	Description	Reps	Weight
Bent Over Row	From a standing position, with feet firmly planted on the floor with dumbbells or a bar in your hands. Lean forward at the waist so your chest is almost parallel to the floor engaging your abdominals. Pull the bar up to your lower chest bringing your elbows to your side while engaging your back muscles. Lower weights back to the start position.	12-15 reps	Heavy
Front Raise	With dumbbells in both hands, position dumbbells in front of upper legs with elbows straight or slightly bent. Raise dumbbells forward and upward until the upper arms are above horizontal. Lower and repeat.	12-15 reps	Medium
Triceps Push Ups	Starting from a plank position with your hands right under your shoulders engaging your abs, bend your elbows and lower yourself down towards the floor, keeping your elbows close to your side. Your chest should touch the floor. Then push yourself away from the floor by extending your elbows.	12-15 reps	N/A
Set #2			
Chest Fly	Lie on a back with your feet on the floor and a dumbbell in each hand. facing each other above your chest. Lower the dumbbells down and out to the side and then return back to the start position like you are giving a big hug.	12-15 reps	Heavy
Lat Pull Over	Lie on your back on a bench with one heavy dumbbell in your hands. Your arms should be parallel to the body with elbows slightly bent. Raise the dumbbell towards the ceiling and lower them behind your head, in one motion pull the weights back over your head and lower them until your arms are parallel to your body again.	12-15 reps	Heavy
Skull Crushers	Lie on a back with your feet on the floor. Take a weight or barbell with an overhand grip (palms away from body) and hold it above your body, shoulders, elbows and wrists in straight line. Bend the elbows bringing the weight towards the forehead, keeping the elbows in the same position and not letting them sway outward. Extend elbows back to the starting position.	12-15 reps	Heavy

WORKOUT #3

Exercise	Description	Reps	Weight
T-Raise	With dumbbells in both hands, position dumbbells in front of upper legs with elbows straight or slightly bent. Raise one dumbbell forward and one to the side and upward until the upper arms are above horizontal making a T. Lower and repeat.	12-15 reps	Medium
Bent Over Side Raise	From a standing position, with feet firmly planted on the floor with dumbbells hands. Lean forward at the waist so your chest is almost parallel to the floor engaging your abdominals. Lift the dumbbells straight to the side until both arms are parallel to the floor. Lower weights back to the start position.	12-15 reps	Light-Medium
Alternating Shoulder Press	Hold a dumbbell in each hand and stand with your feet planted to the floor and about hip-width apart. Bend your elbows and raise your upper arms to shoulder height so the dumbbells are at ear level. Alternate pushing the dumbbells directly over your head, and then lower the dumbbells back to ear level.	12-15 reps	Medium-Heavy
Set #2			
Rotating Bicep Curl	Place weights in your hands with palms facing up and your arms to your side. Start with your palms facing towards each other and then bend your elbows bringing the weight up towards the upper part of your arm while rotating palms facing toward each other to palms facing toward the ceiling . Then return back to the start position.	12-15 reps	Medium-Heavy
French Press	Lie on a back with your feet on the floor. Take a weight into your right hand and bring your arm towards the ceiling, shoulders, elbows and wrists in straight line. Bend the elbows bringing the weight towards the opposite shoulder, keeping the elbows in the same position and not letting them sway outward. Extend elbows back to the starting position. Repeat on the opposite arm.	12-15 reps	Medium
Forearm to Hand Plank	Starting from a plank position with your hands right under your shoulders engaging your abs, lower down onto your forearms, then walk up to your hands and repeat.	10 reps on each hand	N/A

WORKOUT #4

Exercise	Description	Reps	Weight
One Arm Chest Press	Lie on a back with your feet on the floor and a dumbbell in each hand. Push the dumbbells up so that your arms are directly over your shoulders. Lower one dumbbell at a time down and towards your chest.	12-15 reps on each arm	Heavy
Hammer Curl	Place weights in your hands with palms facing towards each other and your arms to your side. Bend your elbows bringing the weight up towards the upper part of your arm. Then return back to the start position.	12-15 reps	Heavy-Medium
Walking Side Plank	Starting from a plank position with your hands right under your shoulders engaging your abs, move your right hand towards your left and then move your left hand to the side as if you were walking hand to hand.	10 steps to each side	N/A
Set #2			
Skull Crushers	Lie on a back with your feet on the floor. Take a weight or barbell with an overhand grip (palms away from body) and hold it above your body, shoulders, elbows and wrists in straight line. Bend the elbows bringing the weight towards the forehead, keeping the elbows in the same position and not letting them sway outward. Extend elbows back to the starting position.	12-15 reps	Heavy
Lying Triceps Press	Lie on a back with your feet on the floor and a dumbbell in each hand or a barbell. Push the dumbbells up so that your arms are directly over your shoulders. Lower the dumbbells down and towards your chest but keep your elbows close to your side then return back to the start position.	12-15 reps	Heavy
Dips	Sit up straight on a bench or chair with your feet flat on the floor. Place your hands on both sides of the bench just outside of your hips. Your palms should be down, fingertips pointing towards the floor. Without moving your legs, bring your glutes forward off the bench. Lower yourself, when your elbows form a 90 degree angle, push yourself back up to the starting position.	12-15 reps	N/A



WORKOUT #5

Exercise	Description	Reps	Weight
Bent Over Rear Deltoid Row	From a standing position, with feet firmly planted on the floor with dumbbells or a bar in your hands. Lean forward at the waist so your chest is almost parallel to the floor engaging your abdominals. Pull the bar up to your lower chest bringing your elbows out wide like you were making a T while engaging your back muscles. Lower weights back to the start position.	12-15 reps	Light-Medium
21's	Place weights in your hands with palms facing towards each other and your arms to your side. Bend your elbows bringing the weight up to just do a half rep 7 times, then bring the weight to the top of the rep and do a half rep at the top for 7 reps, then do 7 full reps.	21 reps	Heavy-Medium
Side Raises	With dumbbells in both hands, position dumbbells to the side of upper legs with elbows straight or slightly bent. Raise dumbbells and upward and out to the side until the upper arms are above horizontal. Lower and repeat.	12-15 reps	Medium
Set #2			
Chest Fly	Lie on a back with your feet on the floor and a dumbbell in each hand. facing each other above your chest. Lower the dumbbells down and out to the side and then return back to the start position like you are giving a big hug.	12-15 reps	Heavy-Medium
Walk Out to Push Ups	Starting a standing position. Come into a forward fold and walk your hands out in front of you until you are in a plank position with your hands a little wider than your shoulders, engaged your abs, bend your elbows and lower yourself down towards the floor. Your chest should touch the floor. Then push yourself away from the floor by extending your elbows. Then walk your arms back to forward fold and stand back up.	10-12 reps	N/A
Forearm to Hand Plank	Starting from a plank position with your hands right under your shoulders engaging your abs, lower down onto your forearms, then walk up to your hands and repeat.	10-12 reps	N/A

WORKOUT #6

Exercise	Description	Reps	Weight
Bicep Curls	Place weights in your hands with palms facing up and your arms to your side. Bend your elbows bringing the weight up towards the upper part of your arm. Then return back to the start position.	12-15 reps	Heavy
Arnold Press	Hold a dumbbell in each hand and seated with your feet planted to the floor and about hip-width apart. Bend your elbows and raise your upper arms to shoulder height so the dumbbells are at ear level palms facing toward you. Push the dumbbells up and in until the ends of the dumbbells touch lightly, directly over your head, while rotating so that at the top of the movement your palms are facing away from your body and then lower the dumbbells back to ear level.	12-15 reps	Heavy
Standing Scaption	Standing with dumbbells in both hands, position dumbbells in front in between your legs thumbs facing upward with your arms straight and your elbows slightly bent. Raise dumbbells toward the ceiling and out to the side making a V. Lower and repeat.	12-15 reps	Medium
Pushup with Row	Place a set of weights in your hands in a push up position. Lower yourself to the floor and the push yourself back up to the start position. Once you're back in the starting position, row the dumbbell in your right hand to the side of your chest, by pulling it upward and bending your arm. Pause, then lower the dumbbell back down, and repeat the same movement with your left arm. That's one repetition. Your torso should not rotate as you row.	12-15 reps	Heavy-Medium
Seated Overhead Triceps Extensions	In a seated position, place one dumbbell overhead with both hands under the top of the dumbbell. With elbows overhead, lower forearm behind upper arm by flexing the elbow. Raise dumbbell overhead by extending elbows.	12-15 reps	Heavy
Supermans	Lie facing down on your stomach with arms and legs in a neutral position. Keeping your arms and legs straight and torso stationary, simultaneously lifting your arms and legs up towards the ceiling to form an elongated U shape with your body. Hold for two to five seconds and lower back down to the start position.	15 reps	N/A