

DUMBBELL STRENGTH SERIES 1 SESSION 6 12/31/23

4 Rounds

6 Left/6 Right - 1/2 Hold & Press

15 Slow Goblet Squats

8 Floor Seated Shoulder Press

15 Slow Goblet Squats

12 Alternating Top to Top Press

—Rest 2 minutes between rounds

Suggestions

Men: 25-40# DBs

Women: 15-30# DBs

Coaches Notes

More of a shoulder focus today so get ready. Go light! Remember you can switch to a single dumbbell variation on the presses if you need to. Each overhead movement is unbroken and should take about a minute. That is 5-8 seconds for each rep, except for the alternating top to top press which can be closer to 3-4 seconds per rep. Rest as needed between movements.