

# DUMBBELL STRENGTH SERIES 1 SESSION 10 1/28/24

## **7 Rounds**

6-8 Dumbbell Deadlifts

6-8 Single Dumbbell Bent Arm Front Raise + Press

—Rest as needed between sets and rounds

## **Suggestions**

Men: Deadlifts - 35-50# DBs // Raise + Press - Single 35# DB (or two smaller ones)

Women: Deadlifts - 25-35# DBs // Raise + Press - Single 20-25# DB (or two smaller ones)

**Goal:** Finish in no less than 24 minutes, so go slow!

## **Coaches Notes**

All sets are unbroken. Each set should be performed slow enough that 6-8 reps is at least 1 minute of continuous movement. Try doing this in one minute "on" one minute "off" fashion where you do 1 minute for the deadlifts, rest 1 minute, 1 minute of raise + press, 1 minute of rest. If you are feeling good you can either shorten the rest or lengthen the time under tension by slowing down the movement.