

# DUMBBELL STRENGTH SERIES 1 SESSION 7 1/7/24

## Part 1

4 Rounds

8 Dumbbell Romanian Deadlifts

12 Slow Single-Leg Love Taps

8 Deficit Sumo Dumbbell Deadlift or 2 head touch

12 Slow Single-Leg Love Taps

—Rest 1-2 minutes between rounds. Rest as needed between sets

## Part 2

Finisher: 1 minute ON / 1 minute OFF for 6 minutes (3 rounds)

As many rounds as possible of:

1 Burpee + 3 Air Squats

### **Suggestions**

Men: 35-50# DBs

Women: 25-35# DBs

### **Coaches Notes**

RDLs and Sumo DLs are unbroken, performed slowly. 8 reps should take at least a minute if not longer. The goal for the love taps is to fire up the hip flexors. Perform them slowly on the way up AND down with the leg extended and toes pointed. Each time a leg goes up and over is one rep, so 12 reps is 6 on each leg. They should take :45-1:00. The finisher is max effort intervals. Keep it safe but really go for it!