

DUMBBELL STRENGTH SERIES 1 SESSION 8 1/14/24

Part 1

Every 3 min for 4 Rounds (12 min total):

6-8 Reps Dumbbell Squat

14-16 Reps Alternating Single Arm Dumbbell Floor Press (7-8 per arm)

Part 2

Every 3 min for 4 Rounds (12 min total):

6 Split Squat + Alternating Press (Left Leg)

6 Split Squat + Alternating Press (Right Leg)

Suggestions

Men: 25-50# DBs

Women: 15-35# DBs

*You may need to use different weights for different movements on this one.

Coaches Notes

In each three minute interval, you should be working for at least 2 minutes with no more than 1 minute of rest before the next 3 minute interval. Rest as needed between the two 12 minute blocks. All sets are unbroken and the goal would be for each set to take no less than a minute. That's about 10 seconds per rep for the squat variations and 5 seconds per rep for the alternating floor presses. You can also switch to a single DB version of the floor press or split squat + press if you need to. The sets should still take about a minute to complete.

Squats should be performed as slow, smooth, and continuous movement. Stay active in the non-pressing arm of the alternating floor presses, so the elbow and upper arm are hovering just off the floor. Keep the shoulders pinned to the ground. The first time through, lower your back knee all the way to the ground on the split squat + alternating presses. As you get more comfortable, if you want to add a challenge to this, hover the back knee about 1 inch off the floor during the presses.