

# DUMBBELL STRENGTH SERIES 1 SESSION 9 1/21/24

## **Part 1**

Every 5 min for 4 Rounds (20 min total):

6-8 Rear Foot Elevated Split Squat (Left Leg)

6-8 Rear Foot Elevated Split Squat (Right Leg)

60 Sec Wall Sit w/ Dumbbell Hold

## **Part 2**

Every 2 min for 5 Rounds (10 min total):

6-8 Seated Arnold Presses

## **Part 3**

Tabata (:20 sec ON / :10 sec OFF for 8 rounds)

Alternating Leg Supine Toe Touches (2 Dumbbells)

## **Suggestions**

Men: 25-50# DBs

Women: 15-35# DBs

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

## **Coaches Notes**

Part 1 should be at least 3 minutes of work per round. The split squats should take about a minute per side per round. See if you can go slower and/or get an extra rep in this time compared to session 1!

Each set of 6-8 seated Arnold presses should take about a minute. If that amount time under tension isn't happening try to work for as long as you can each time. Don't rush those reps. These are performed sitting on the floor with legs in front of you. Make sure you sit up straight. Both arms at a time!

If you are feeling at all wobbly on the finisher, go with a single DB!