

# DUMBBELL STRENGTH SERIES 1 SESSION 11 2/4/24

## **4 Rounds**

4 Squat + Lunge Complex\*

6 Slow Lower Push Up + Pull Across

\*1 Complex rep = Dumbbell Squat + Forward Lunge Left + Forward Lunge Right  
+ Dumbbell Squat + Reverse Lunge Left + Reverse Lunge Right

—Rest as needed between movements. There should be little to no rest during the complex. Push up + pull across reps are unbroken.

## **Suggestions**

Men: Single 35-50# DB or Two 25-30# DBs for the complex // 20-35# DB for the pull across

Women: Single 25-35# DB or Two 15-20# DBs for the complex // 10-25# DB for the pull across

## **Coaches Notes**

For the squat + lunge complex, think slow lower, fast return. Lower slowly into the bottom of each movement and pause there in an active hold, hovering the knee 1

inch from the floor in the lunge portions. Then, push back up to your starting position fast but not out of control. Do these with one heavier DB held at the chest or two lighter DBs held on the shoulders.

For the slow push up + pull across, lower slowly in the push up, at least 3 seconds then push back up at regular speed. Reach across your body to grip the dumbbell and slowly pull it over to the other side. You can drag it across the floor if you need to. Try to choose a weight that you can move really slowly.