

DUMBBELL STRENGTH SERIES 1 SESSION 12 2/11/24

Part 1

4 Sets of:

8 Left/8 Right Staggered Stance Deadlift

Part 2

4 Sets of:

8 Left Arm/8 Right Arm Dumbbell Squat + Single Arm Press

Part 3

3 Sets of:

20 Alternating Single Arm Bent Over Row

—Rest as needed between sides and sets

Suggestions

Men:

Deadlift/Bent Over Row - 35-50# DBs

Squat + Press - 25-35# DBs

Women:

Deadlift/Bent Over Row - 25-35# DBs

Squat + Press - 15-25# DBs

Coaches Notes

Each side should take a minute **MINIMUM** on the deadlifts and squat + press. Rest 1-2 minutes once you've performed a set of 8 on both sides.

Depending on the weight of your DBs in the squat + press, you might need to break between sides or you can try to do all 16 reps at once, which would be over 2 1/2 minutes under load. Just make sure you don't rush them. The squat portion should be about 3 seconds down and 3 seconds up. The press can be 2 seconds up and 2 seconds down. If they feel light, go slower! Rest 1-2 minutes after you've completed 8 presses with both arms.

If your low back is pretty lit up after the deadlifts, switch from alternating bent over rows to 3x10/side slow single arm bent over rows with the opposite hand planted on a bench, box, or even the wall. If you've kept your belly tight in the previous movements, it shouldn't be an issue! The rows should be slow and controlled. Pause for 1-2 seconds at the top of the row and focus on really squeezing the lat.