

DUMBBELL STRENGTH SERIES 2 SESSION 1 2/18/24

Part 1

3 Rounds

4 Turkish Get Ups Right Arm

Rest 1 Minute

4 Turkish Get Ups Left Arm

Rest 1 Minute

Part 2

3 Rounds

8 Waiter Split Squats (Right)

Rest 1 Minute

8 Waiter Split Squats (Left)

Rest 1 Minute

Suggestions

Men: 25-40# DBs

Women: 15-30# DBs

Coaches Notes

This session should take about 30 minutes.

The Turkish Get Ups should be performed slowly, making sure that you pause at every step or position along the way. So, don't just rush from the supine position on your back to the lunge and then to standing. Focus only on the next step in the sequence. So, from the weight on your chest to press out. Then, to the forearm, hand plant, hip raise and so on. If you do these properly, you will need to lower the weight down to your chest between reps to rest for a few breaths. 4 reps should take 1:20-2:00.

Each set of 8 waiter split squats should take about a minute. That is a long time to maintain that waiter hold so go light. You can always rest the dumbbell on the shoulder if you need to.