

DUMBBELL STRENGTH SERIES 2 SESSION 2 2/25/24

Part 1

4 Sets

8 Slow Ground to Overhead

Rest 1 minute between sets

Part 2

4 Sets

12 Seated Alternating Shoulder Press (6/side)

Rest 1 minute between sets

Suggestions

Men: 25-40# DBs

Women: 15-30# DBs

Coaches Notes

Today's session is pretty simple, just two movements. We are a bit more upper body focused on this one.

For Part 1, the slow ground to overhead is a deadlift into a hammer curl into a shoulder press. Don't use any momentum to feed power from one part of the movement into the next, this should be performed slowly the whole way up and back down. Try a rep or two in your warm up to figure out the appropriate speed. Each rep should take about 15 seconds to complete, which means 8 reps will take 2 minutes.

For Part 2, you can sit on a box, bench, or the floor for some added core engagement. Sit in a way that you can maintain an upright and neutral spine. Press and lower slowly, at the same speed - about 3 seconds up and 3 seconds down. If the set takes less than a minute, you are going too fast. For an added challenge, hold the non pressing dumbbell slightly away from the shoulder or in a waiter position.