

DUMBBELL STRENGTH SERIES 2 SESSION 3 3/3/24

Part 1

4 Rounds

7 Slow Dumbbell Squats

21 Air Squats

Rest 1-2 minutes between rounds

Part 2

4 Rounds

5 Cossack Squats (Right)

5 Cossack Squats (Left)

20 Alternating Unweighted Side Lunges

Rest 1-2 minutes between Rounds

Suggestions

Men: 25-40# DBs

Women: 15-30# DBs

Coaches Notes

This is going to be pretty potent for the lower body today!

Part 1 - Think slow pace for the dumbbell squats right into a more moderate but still very controlled pace on the air squats. The dumbbell squats should be about 6-8 seconds per rep, if you can make them take a full minute that's great. After the 7th rep, put down the dumbbells but stay where you are and begin the air squats. At no point should you be dropping into the bottom or bouncing back up. There should be tension in the leg muscles the entire time. This may mean even cutting the depth short by about an inch. 21 air squat should take about a minute if you are moving at the appropriate pace. Try to do them unbroken.

Part 2 - Go as far into the Cossack squats as you are able to keep the heel down. Remember you can pivot on the heel of the extending leg so the toes point up in the bottom. Keep the chest up and lead with it on the way up and out. As far as speed, think 3-5 seconds down and 3-5 seconds up. Hold the dumbbell in the inside hand or hold it with both hands at the collarbone. The side lunges should be performed at a more moderate but controlled pace. Again, avoid using momentum or trying to bounce out of the bottom. 20 alternating is 10 per side.