

DUMBBELL STRENGTH SERIES 2 SESSION 4 3/10/24

Part 1

5 Rounds

6 Alternating Plank Row w/3s Pause

8 Tempo Push Ups 33X1

Rest 1 minute between rounds

Part 2

5 Rounds

10 Single Arm Floor Press (Right Arm)

10 Single Arm Floor Press (Left Arm)

20 Alternating Supine Knees to Elbow

Rest 1 minute between rounds

Suggestions

Men: 25-40# DBs

Women: 15-30# DBs

Coaches Notes

Today's focus is on upper body and core.

Part 1 - For the plank rows, raise the dumbbell to the ribs at a controlled speed. Try to hold the dumbbell at the ribs for a full 3 second count then lower slower than you raised. Keep the belly tight, squeeze your butt, and press into the dumbbell with the planted arm to make sure you maintain a solid plank without raising the hips. If it is really uncomfortable to be pressing the opposite palm into the DB handle, just plant on the floor.

The tempo push ups are 3 seconds down, 3 second hold about an inch off the floor, then a fast press back up to the plank position. This is about 7-8 seconds per rep, so 8 reps should take about a minute. Choose a variation that you think you can go unbroken or close to it.

Part 2 - We want 10 reps of the floor press to take a solid minute. You can go 3 seconds up, 3 seconds down or press a little faster and lower a little slower. For the supine knees to elbow, make sure that while one leg is extending out, the knee and elbow are in contact on the opposite side. Go slow, this should be a minute of work if you go unbroken but you may need to break at some point in the middle.