

# DUMBBELL STRENGTH SERIES 2 SESSION 5 3/17/24

## **Part 1**

4 Rounds

8 Single Leg Supported RDL (Right)

8 Single Leg Supported RDL (Left)

Rest 1 minute between rounds

## **Part 2**

3 Rounds

12 Slow Dumbbell Good Mornings

8 2-Head Touch Sumo Deadlifts

Rest 1 minute between rounds

## **Suggestions**

Men: 25-40# DBs

Women: 15-30# DBs

## **Coaches Notes**

We are targeting the glutes, hamstrings, lower back and inner thighs in this session. Make sure you can feel those muscles staying engaged with each of these movements.

Part 1 - Play with your overall position and the height of your back foot on the supported RDLs. The back foot is just for support, not assistance. 8 reps should take about a minute, so 7-8 seconds per rep. Your torso should go as far as parallel to the floor in the bottom position, no further.

Part 2 - Hold a dumbbell at your chest/collarbone on the good mornings. The knees should remain unlocked but in a fixed position throughout each rep. Keep your chest up on the sumo deadlifts. This should almost feel like a wide legged squat. You can go with an even speed on the way down and up for each rep or go with a 1-2 second lift, 5-6 second lower. Don't turn off at the bottom!