

DUMBBELL STRENGTH SERIES 2 SESSION 6 3/24/24

Part 1

3 Rounds

8 Split Squat + Press (Right)

8 Split Squat + Press (Left)

Rest 1 minute between rounds

Part 2

4 Rounds

8 Alternating Bent Over Row w/3s Pause

6-8 Dumbbell Squats

Rest 1 minute between rounds

Suggestions

Men: 25-40# DBs

Women: 15-30# DBs

Coaches Notes

We got ourselves a solid full body session today! Each set of these movements should take about a minute.

Part 1 - For an added challenge on the split squat + press, lower the back knee to a hover but don't let it touch the ground when you go into the press. Lower into the bottom position for about 3 seconds then press up with the "inside" arm. Lower the dumbbell back to the shoulder, then come up out of the split squat. Each rep should take 7-8 seconds.

Part 2 - On the bent over rows, pull the dumbbell up to the ribs with control. Don't use any momentum. After the 3 seconds pause at the top, lower slowly. The slower the better! The dumbbell squats should be a minute of continuous movement. Use that to determine how many reps to do.