

DUMBBELL STRENGTH SERIES 2 SESSION 7 3/31/24

Part 1

3 Rounds (Tempo 3311)

6-8 Reverse Flys

6 Single Arm Bent Over Row (Right)

6 Single Arm Bent Over Row (Left)

Rest 2 minutes between rounds

Part 2

4 Rounds

6 Tuck Tricep Extensions

1 minute Plank Pull Across

Rest 1 minute between rounds

Suggestions

Go SUPER light on the reverse fly's - like 5-10lbs.

For everything else:

Men: 25-40# DBs

Women: 15-30# DBs

Coaches Notes

You will likely need two pairs of dumbbells today, your regular pair and a very light pair, like 5-10lbs. If you don't have that, see if you can find something else you can use for the reverse fly's.

Part 1 - Each of these movements will follow the same tempo - 1 second to raise, 3 second hold at the top, 3 seconds to lower, and 1 second at the starting position before initiating the next rep. The reverse fly's are going to be very difficult, so go light.

Part 2 - The tuck tricep extensions demand a lot from the core. You should be sitting up rather straight, with your feet at a hover. Bend the knees as much as you need to in order to keep the chest up and spine neutral. If this is too much, just perform these with the feet on the floor. Go as slow as you can on the tricep extension. 6 reps should take at least 40 seconds. If you need to break in the middle, that's fine but make sure each rep is at least a 6 count.

For the plank pull across, the goal is to stay in the plank position for a full minute. It doesn't matter how many reps you get. When you pull across, challenge yourself to go as slow as you can. If you are unable to go slow with the weight that you have, go with plank shoulder taps with a 3 second pause.