

DUMBBELL STRENGTH SERIES 2 SESSION 11 4/28/24

Part 1

3 Rounds

5 Cossack Squat + Single Arm Press Left

5 Cossack Squat + Single Arm Press Right

Rest 1 minute between rounds

Part 2

3 Rounds

6-8 Overhead Split Squat (Right)

6-8 Overhead Split Squat (Left)

Rest 1 minute between rounds

Part 3

3 Sets

6 Ground to Squat to Overhead Complex*

*1 Rep = Deadlift + Hammer Curl + Squat + Shoulder Press

Rest 1 minute between sets

Suggestions

Men: 25-40# DBs

Women: 15-30# DBs

Coaches Notes

Each rep of the Cossack squat + press should take 10-12 seconds to complete. Should for a full 3 count for each component of the movement - 3 seconds to the bottom of the Cossack squat, 3 seconds to stand, 3 second press, 3 second lower back to shoulder. You can also speed up the "raising" portions of the lift and slow down the lowering portions.

If you have a good bottom position, you could try pressing from there. Go with a really light weight on these. One trick is to rotate your torso slightly toward the dumbbell side as you press. It is absolutely crucial to keep the chest up and belly tight. If you feel anything in the lower back, or have lower back issues, just go with the regular way - pressing at the top.

Go with one or two dumbbells on the overhead split squats. Go with whatever your shoulders can handle for a minute at a time under tension. Keep the belly tight and imagine you are lifting up out of the waist even as you lower into the bottom of the split squat.

Think of the complex as one big dynamic movement performed at a constant pace. Be prepared for your grip to be challenged. Try to keep your feet fixed in

the same spot the whole time. This may mean squatting with a narrower stance than usual if your mobility and technique allows for it. Otherwise, set up with feet in squat stance and the dumbbells in between them rather than outside for the deadlift portion.