

DUMBBELL STRENGTH SERIES 2 SESSION 12 5/5/24

Part 1

3 Rounds

6 Rear Foot Elevated Split Squat (Right)

6 Rear Foot Elevated Split Squat (Left)

6 Dumbbell Squat w/5s Pause at the Bottom

Rest 2 minutes between rounds

Part 2

5 Rounds

3 Single Leg RDLs (Right)

3 Single Leg RDLs (Left)

Rest as needed between rounds

Suggestions

Men: 25-40# DBs

Women: 15-30# DBs

Coaches Notes

Part 1 - Try to go right from one movement into the next, keeping rest to a minimum within the round. 16-20 inches should be appropriate for elevating the back foot. The back knee should not touch the floor in the bottom. Each round should be 2-3 minutes of active work before the 2 minute rest. Stay active in the pause at the bottom of the dumbbell squat. Consider cutting the depth an inch short to avoid sinking on the way down and/or bouncing on the way up.

Part 2 - The single leg RDLs are meant to be slow and unassisted. By challenging the balance and moving slow we are placing a lot of the demand on the smaller muscles needed for stability. This is great for injury prevention and allowing for more efficient movement under fatigue or when it's time to move bigger weights. See if you can make each round take at least a minute. That's 10 seconds per rep!