

DUMBBELL STRENGTH SERIES 2 SESSION 8 4/7/24

Part 1

3 Rounds (Tempo 5111)

7 2-Head Touch Sumo Deadlifts

7 Split Squats (Right)

7 Split Squats (Left)

Rest 2 minutes between rounds

Part 2

3 Rounds (Tempo 5111)

7 Dumbbell Squats

7 Split Squats (Right)

7 Split Squats (Left)

Rest 2 minutes between rounds

Suggestions

Men: 25-40# DBs

Women: 15-30# DBs

Coaches Notes

We are getting into more "slow lower/moderate up" movements today. Really focus on the lowering portion of each of these movements.

The tempo for each movement is: 5 seconds down, 1 second active hold at the bottom, 1 second up, 1 second at the top.

Part 1 - Keep your chest up on the sumo deadlifts. Remember to angle the toes out and push the knees out on the way up and down. Try hovering your back knee just barely off the floor in the bottom of each split squat.

Part 2 - The dumbbell squats don't need to feel really hard to go slow right off the bat. You will definitely be feeling them in rounds 2 and 3. The idea is that they will shock the muscles so the split squats become more potent.