

DUMBBELL STRENGTH SERIES 2 SESSION 9 4/14/24

4 Rounds Total

6 Split Squat + Alternating Top to Top Press (Right)

6 Split Squat + Alternating Top to Top Press (Left)

Rest 1 minute

8 Dumbbell RDL + Alternating Bent Over Row

Rest 1 minute

Suggestions

Men: 25-40# DBs

Women: 15-30# DBs

Coaches Notes

To clarify, one round = 6 split squats + top to top press on each leg, 1 minute rest, 8 RDL + rows, 1 minute rest. Each set of movements should take about a minute. That's 5 minutes per round including the rest minutes.

For the first movement, ideally you are lowering into the bottom of the split squat with both arms overhead. In the bottom position, lower and raise one arm, then the other. You can also keep the dumbbells at the shoulders to lower to the bottom of the squat, press both arms up and then hit the top to top presses from there.

Lower really slowly in the RDLs. When you get to the bottom of the hinge position, with torso roughly parallel to the floor, row one arm at a time. Go slower on the lowering portion than the pulling portion.