

# DUMBBELL STRENGTH SERIES 1 SESSION 1 11/26/23

## Part 1

4 Sets of:

6-8 Rear Foot Elevated Split Squats (Left)

6-8 Rear Foot Elevated Split Squats (Right)

—Shoot for 1 min of slow continuous movement per leg on these sets.

## Part 2

4 Sets of:

16 Alternating Floor Press (8 Right/8 Left)

—Rest 1 min between sets

## Part 3

Finisher: 5 Minutes of

Sets of 5 Burpee Squat Jumps

—Rest 10-20 seconds between sets

### **Suggestions**

Men: 30-40# DBs

Women: 20-30# DBs

### **Coaches Notes**

This is day 1 so the name of the game is really to just get familiar with spending this much time under tension. You will feel antsy in the first few reps because you are moving so slow. Then, you may be tempted to speed up in the last few reps to escape the burn and get the set over with, don't give in to it!! The weight will start to feel very heavy eventually, so start light!