

# DUMBBELL STRENGTH SERIES 1 SESSION 2 12/3/23

## Part 1

5 Sets of:

7 Sumo Two Head Touch Dumbbell Deadlifts

—Rest 1 min between sets

## Part 2

5 Sets of:

7 Left Arm Bent Over Row w/3 second hold

7 Right Arm Bent Over Row w/3 second hold

—Rest 1 min after you've completed a set with both arms

## Part 3

Finisher: 5 Minutes of

Sets of 5 Double Dumbbell Snatches\* (Ground to Overhead)

—Rest 20-30 seconds between sets

\*No more than 10 sets. These should be very well set up and extremely explosive on the way up. Lower to the shoulder, then the hang, then slowly to the floor.

### **Suggestions**

Men: 35-50# DBs

Women: 25-35# DBs

**Score:** Sumo Deadlift weight

**Score:** Bent Over Row weight

## Coaches Notes

Make sure you are staying braced in the deadlifts. We want to be feeling these in the butt, inner thighs, and hamstrings more than the low back. A set of 7 should take at least a minute each time for both the deadlifts and the bent over rows. Keep in mind that the finisher is about applying your strength to create short bursts of power, not so much conditioning. Don't try to get as many rounds as possible just for the sake of it. Focus on

generating as much power as you can in each rep. If form is slipping, drop to sets of 3.