

DUMBBELL STRENGTH SERIES 1 SESSION 3 12/10/23

Part 1

5 Sets of:

7 Slow Dumbbell Squats

—Rest 1 min between sets

Part 2

5 Sets of:

7 Dumbbell Slow Shoulder Press w/3 second pause at 90°

—Rest 1 min between sets

Part 3

Finisher: 10 min EMOM (Every Minute On The Minute)

Min 1: Wall Sit

Min 2: Plank

Suggestions

Men: Squats - 35-50# DBs // Presses - 20-35# DBs or single 40-50# DB

Women: Squats - 25-35# DBs // Presses - 10-20# DBs or single 20-35# DB

Coaches Notes

On the squats, try to follow a tempo of at least 3 seconds down, 1 second active hold in the bottom, 3 seconds up, 1 second pause at the top. This means 7 reps will take about a minute if not more. Keep the shoulders pulled down away from your ears in the presses, especially in the hold portion. The finisher is a great opportunity to practice patience. It will be helpful to focus on slow breathing. The first time through this program, you may not be able to hold for the full minute each time. That's okay. We'd rather you come out of it early than slip into a bad position just to last the full minute.