

DUMBBELL STRENGTH SERIES 1 SESSION 4 12/17/23

Part 1

Every 3 min for 4 Rounds (12 min total):

6 Supported Single Leg Romanian Deadlift (Left Leg)

6 Supported Single Leg Romanian Deadlift (Right Leg)

Part 2

Every 3 min for 4 Rounds (12 min total):

6 Slow Dumbbell Deadlifts

12 Alternating Bent Over Row

Suggestions

Men: 35-50# DBs

Women: 25-35# DBs

Coaches Notes

It's okay if the knee bends a little more than in a regular RDL with these. We are primarily going for glute activation on these, (you will feel in the hamstrings too) so pay attention as you are moving and make little adjustments as you go to make sure you are feeling it in the right place! 6 reps should take at least a minute for both the RDLs and the regular deadlifts. On The regular deadlifts, if the back is rounding or you are struggling with a full range of motion, try a sumo stance variation. The bent over rows will go a little faster, 12 reps should take about a minute, moving continuously. For the first two parts, you should be moving basically nonstop for about 2 minutes followed by no more than a minute of rest in each set.