

# DUMBBELL STRENGTH SERIES 1 SESSION 5 12/24/23

## Part 1

10 min EMOM (Every Minute On The Minute):

Min 1: 6 Slow Dumbbell Squats

Min 2: Rest

## Part 2

5 Sets of:

6 Cossack Squats Left

6 Cossack Squats Right

—Rest as needed between sides and sets in parts 1 and 2

## Part 3

Finisher: 5 min AMRAP

12 Jumping Lunges

8 Push Ups

### **Suggestions**

Men: Squats - 35-50# DBs // Cossack Squat - Single 35-50# DB

Women: Squats - 25-35# DBs // Cossack Squat - Single 25-35# DB

### **Coaches Notes**

Slow movement is the name of the game here. You want to be under tension for at least a minute during each set of squats and Cossack squats. If you want to increase the challenge in the dumbbell squats, take it to 8 reps in 90 seconds with only 30 seconds of rest in between.

For the finisher, again, the goal is adding explosive power to our session today, not conditioning. Jump vertically as high as you can on each rep of the jumping lunge while still landing softly and safely in the opposing split position. Lower with control each time. If those aren't feeling right, just go to stepping lunges.

For the push ups, we want to stay engaged in the lowering portion of the movement, don't just ride gravity to the floor, resist it a little bit.

Shoot for around 5 rounds max for the finisher. More than that and you are likely missing out on some of the explosive power development of the jumping lunges.