



2 DB Workout #1

Instructions: Complete each exercise 2x/wk. On day 1 do the main exercises (A+B series) for four sets of six reps each (4x6) at a slow eccentric tempo (:4-5 second lowering phase). On day 2 complete A+B series for three sets of thirty seconds each (3x:30) executing as many reps as possible in that time (AMRAP).

Warm up: Shin box sit and reach 1x4 breaths, Side lying windmill 1x6 each, bear lift to downward dog 1x5, ½ kneeling prisoner thoracic twists 1x5 each

A1) 2 DB RDL

A2) 2 DB Overhead Press

A3) 2 DB Bent Over Row

B1) 2 DB Same Side Backward Lunge

B2) 2 DB Floor Press

B3) 2 DB Upright Row

Notes:

*Using the eccentric tempo – during the lowering phase (muscle lengthening) of the movement slowly count 4-5 seconds. Example: the lowering phase of the overhead press is the part where you bring the dumbbells back to your shoulders from up above your head.

*For exercise reference please check on the AMP exercise video database. Not everything is on there, but we are updating it daily.

*If you need a modification please reach out for assistance.