20 MIN BUSY DAY FULL BODY DUMBBELL

No Repeat | Strength · Functional · Athletic | Women Over 40 | Dumbbells

20 MIN	~230 CAL	NO REPEAT	FULL BODY

FORMAT

- 3 No Repeat Circuits x 5 exercises
- Circuits: 40s work / 20s rest
- Finisher: 60s each, no rest between moves
- 20s rest between every block

PENNY'S WEIGHTS

2 x 8kg / 17.5 lbs (all strength moves)
2 x 5kg / 11 lbs (DB Jack to Press)

WARM UP

1. Arm Circles 2. Good Morning + Squat 3. Alt Step Back Lunge + Front Kick 4. Lateral Lunge Shift

CIRCUIT 1: HEAVY COMPOUND STRENGTH | No Repeat · 40s / 20s

EXERCISE	MY WEIGHT / DONE
1. Front Squat	
2. RDL	
3. Bent Over Row	
4. Shoulder Press	
5. Alt Step Back Lunge	

CIRCUIT 2: FUNCTIONAL STRENGTH | No Repeat · 40s / 20s

EXERCISE	MY WEIGHT / DONE
1. Goblet Lateral Lunge	
2. Alt Clean & Press	
3. DB Kickstand RDL (switch halfway)	
4. O'head March *	
5. Standing DB Woodchop *	

CIRCUIT 3: STRENGTH & ATHLETIC | No Repeat · 40s / 20s

EXERCISE	MY WEIGHT / DONE
1. Alt DB Snatch	
2. DB Swings	
3. Thrusters	
4. Bridge Chest Press	
5. Plank DB Pull Through *	

SUPERSET FINISHER | 60s each · no rest between moves

EXERCISE	MY WEIGHT / DONE
1. DB Jack to Press *	
2. Burpees *	☐ Done

Workout Complete · Burn ~230 Calories * modification shown in the video

NOTES