25 MIN LEG DAY & SIT

Strength + Sprint Intervals | Quads · Hamstrings · Glutes | Women Over 40 | Dumbbells

25 MIN	~228 CAL	STRENGTH + SIT	LEG DAY

FORMAT

- 3 Tri-Sets x 2 Rounds: 35s work / 15s rest
- 2 SIT Blocks x 2 Rounds: 20s work / 40s rest
- 30s rest after each tri-set, 60s after SIT 1
- SL Deadlift: full 35s each side

PENNY'S WEIGHTS

2 x 10kg / 22 lbs (all strength moves)

WARM UP

1. Squat Touchdown
2. Lunge with Front Kick
3. Lateral Squat Walk
4. Jog on the Spot

TRI-SET 1: QUAD STRENGTH | 2 Rounds · 35s / 15s

ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE
1. Offset Front Rack Squat *		1. Offset Front Rack Squat *	
2. Alt Goblet Lateral Lunge		2. Alt Goblet Lateral Lunge	
3. DB Wall Sit *		3. DB Wall Sit *	

TRI-SET 2: UNILATERAL + HAMSTRINGS | 2 Rounds · 35s / 15s

ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE
1. Alt Reverse Lunge		1. Alt Reverse Lunge	
2. SL Deadlift (L) *		2. SL Deadlift (L) *	
3. SL Deadlift (R) *		3. SL Deadlift (R) *	

SIT BLOCK 1 | 2 Rounds · 20s all out / 40s rest

ROUND 1	DONE	ROUND 2	DONE
1. High Knees *	☐ Done	1. High Knees *	☐ Done
2. Lateral Squat Jump *	☐ Done	2. Lateral Squat Jump *	☐ Done

TRI-SET 3: GLUTE STRENGTH | 2 Rounds · 35s / 15s

ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE
1. RDL		1. RDL	
2. Good Morning *		2. Good Morning *	
3. Glute Bridge March		3. Glute Bridge March	

SIT BLOCK 2 | 2 Rounds · 20s all out / 40s rest

ROUND 1	DONE	ROUND 2	DONE
1. Mt Climbers *	☐ Done	1. Mt Climbers *	☐ Done
2. Squat Hop Burpee *	☐ Done	2. Squat Hop Burpee *	☐ Done

Workout Complete · Burn ~228 Calories * modification shown in the video

NOTES