

30 MIN DUMBBELL LEG DAY AT HOME



Supersets | Quads · Hamstrings · Glutes · Core | Women Over 40 | Dumbbells + Bench

■ 30+ MIN

■ ~276 CAL

■ 4 SUPERSETS

■ 3 ROUNDS

FORMAT

- Supersets: 3 Rounds · 35s work / 15s rest
- 45s rest between supersets
- Abs Finisher: 3 Rounds · 20s work / 10s rest

PENNY'S WEIGHTS

2 x 10kg / 22 lbs
2 x 12.5kg / 27.5 lbs
1 x 15kg / 32 lbs

WARM UP

1. Squats 2. Lunge with Knee Drive 3. Lateral Lunge 4. Leg Swing (L) 5. Leg Swing (R)

SUPERSET 1 | 3 Rounds × 35s / 15s

ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE	ROUND 3	MY WEIGHT / DONE
1. Heels Elevated Front Squat		1. Heels Elevated Front Squat		1. Heels Elevated Front Squat	
2. SL Deadlift (L)		2. SL Deadlift (L)		2. SL Deadlift (L)	
3. SL Deadlift (R)		3. SL Deadlift (R)		3. SL Deadlift (R)	

SUPERSET 2 | 3 Rounds × 35s / 15s

ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE	ROUND 3	MY WEIGHT / DONE
1. Reverse Lunge		1. Reverse Lunge		1. Reverse Lunge	
2. Stiff Leg Deadlift		2. Stiff Leg Deadlift		2. Stiff Leg Deadlift	

SUPERSET 3 | 3 Rounds × 35s / 15s

ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE	ROUND 3	MY WEIGHT / DONE
1. DB Leg Curl		1. DB Leg Curl		1. DB Leg Curl	
2. DB Hip Thrust		2. DB Hip Thrust		2. DB Hip Thrust	

SUPERSET 4 | 3 Rounds × 35s / 15s

ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE	ROUND 3	MY WEIGHT / DONE
1. Step Ups		1. Step Ups		1. Step Ups	
2. Lateral Power Step Up (L)	Done	2. Lateral Power Step Up (L)	Done	2. Lateral Power Step Up (L)	Done
3. Lateral Power Step Up (R)	Done	3. Lateral Power Step Up (R)	Done	3. Lateral Power Step Up (R)	Done

ABS FINISHER | 3 Rounds × 20s / 10s

ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE	ROUND 3	MY WEIGHT / DONE
1. Alt Toe Touches	Done	1. Alt Toe Touches	Done	1. Alt Toe Touches	Done
2. Plank Hip Twist	Done	2. Plank Hip Twist	Done	2. Plank Hip Twist	Done

Workout Complete — Burn ~276 Calories

NOTES
