

35 MIN KNEE FRIENDLY STRENGTH & CARDIO



Standing Circuit | No Squats, No Lunges | Women Over 40 | Dumbbells

■ 35 MIN		■ ~276 CAL		■ NO SQUATS		■ DUMBBELLS	
FORMAT				PENNY'S WEIGHTS			
■ 4 Blocks x 2 Rounds x 30s work / 15s rest ■ Non-Stop Finisher: 45s work, no rest ■ 1 min rest between blocks				2 x 5kg / 10.5 lbs 2 x 7kg / 15.5 lbs 2 x 10kg / 22 lbs			
WARM UP							
1. Hamstring Sweeper 2. Alt High Knee Pulldown 3. Windmill 4. Goodmorning to Reach							
BLOCK 1: BUILD 2 Rounds x 30s / 15s							
ROUND 1		MY WEIGHT / DONE		ROUND 2		MY WEIGHT / DONE	
1. Sumo Deadlift				1. Sumo Deadlift			
2. Rotational Pendlay Row				2. Rotational Pendlay Row			
3. Heels Elevated RDL				3. Heels Elevated RDL			
4. Curl to Push Press				4. Curl to Push Press			
5. O'head March				5. O'head March			
BLOCK 2: CONDITION 2 Rounds x 30s / 15s							
ROUND 1		MY WEIGHT / DONE		ROUND 2		MY WEIGHT / DONE	
1. Alt Hang Snatch				1. Alt Hang Snatch			
2. Kickstand RDL Swing (L)				2. Kickstand RDL Swing (L)			
3. Kickstand RDL Swing (R)				3. Kickstand RDL Swing (R)			
4. X Body Crunch				4. X Body Crunch			
5. Jack Press				5. Jack Press			
BLOCK 3: ATHLETIC 2 Rounds x 30s / 15s							
ROUND 1		MY WEIGHT / DONE		ROUND 2		MY WEIGHT / DONE	
1. Deadlift High Row				1. Deadlift High Row			
2. Ground-to-Overhead				2. Ground-to-Overhead			
3. DB Knee Repeater				3. DB Knee Repeater			
4. Alt Cross Body Curl				4. Alt Cross Body Curl			
5. DB Skier Swing				5. DB Skier Swing			
BLOCK 4: POWER FINISH 2 Rounds x 30s / 15s							
ROUND 1		MY WEIGHT / DONE		ROUND 2		MY WEIGHT / DONE	
1. Standing Wood-chop				1. Standing Wood-chop			
2. Triangle Abs (L)				2. Triangle Abs (L)			
3. DB Front Press & Twist				3. DB Front Press & Twist			
4. Triangle Abs (R)				4. Triangle Abs (R)			
5. Rotational Push Press				5. Rotational Push Press			
NON-STOP FINISHER 1 Round x 45s, no rest							
EXERCISE				MY WEIGHT / DONE			
1. DB Clean & Press							
2. DB Fast Feet In & Outs							
Workout Complete Burn ~276 Calories							