

35 MIN LOW IMPACT TABATA

Full Body | Perimenopause | No Jumping | Dumbbells + Booty Band



■ 35+ MIN	■ ~261 CAL	■ LOW IMPACT	■ TABATA
-----------	------------	--------------	----------

FORMAT	PENNY'S WEIGHTS
■ 8 Supersets · 3 rounds through each ■ 20s work / 10s rest ■ 30s rest between supersets ■ Finisher: 1 round · 20s / 10s	2 x 7kg / 15.5 lbs 2 x 10kg / 22 lbs Booty band

WARM UP
1. Rainbow Squat 2. Good Morning + Reach 3. Reverse Lunge + Reach 4. Lateral Lunge

8 SUPERSETS 3 Rounds Through Each 20s work / 10s rest			
EXERCISE (a + b = one superset)	ROUND 1	ROUND 2	ROUND 3
1a. Heels Elevated Goblet Squat			
1b. DB Clean to Press			
2a. Stiff Leg Deadlift			
2b. DB Swing			
3a. Bent Over Row			
3b. Thruster			
4a. Alt Reverse Lunge Swing			
4b. Plank DB Taps			
5a. Strict Shoulder Press			
5b. Sumo Deadlift High Pull			
6a. Goblet Lateral Lunge			
6b. Alt DB Snatch			
7a. Cross Body Curl			
7b. Renegade Row			
8a. DB Crunch			
8b. Bicycle Crunch	☐	☐	☐

BOOTY BAND FINISHER 1 Round 20s work / 10s rest	
EXERCISE	DONE
1. Lateral Squat Walk	☐
2. Squat Pulse	☐
3. Lateral Squat Walk	☐
4. Standing Abduction (L)	☐
5. Squat Pulse	☐
6. Standing Abduction (R)	☐
7. Monster Walk / Duck Walk	☐
8. Wall Sit + Abduction	☐

Workout Complete — Burn ~261 Calories

NOTES