# 40 MIN LOWER BODY & GLUTES

Heavy Strength + Glute Builder | Legs · Glutes · Core | Women Over 40 | Dumbbells, Band + Bench

| 40 MIN | ~320 CAL | 4 BLOCKS | GFG LIFTS |
|---|---|---|---|

## FORMAT

- Block 1: 3 straight sets · 40s / 35s / 30s work · 30s rest
- Block 2: 2 rounds · 35s work / 15s rest
- Block 3: 2 rounds · 45s work / 10s rest
- Block 4: 2 rounds · 35s work / 15s rest

## PENNY'S WEIGHTS

2 x 7kg / 15 lbs
2 x 10kg / 22 lbs
2 x 15kg / 32 lbs
Booty band + bench

## WARM UP

1. Squat Touchdown  2. Hamstring Sweeper  3. Leg Swing (L)  4. Leg Swing (R)  5. Lateral Lunge & Reach

## BLOCK 1: HEAVY FOUNDATIONS | 3 Straight Sets | Descending Time

| SET 1 (40s) | MY WEIGHT / DONE | SET 2 (35s) | MY WEIGHT / DONE | SET 3 (30s) | MY WEIGHT / DONE |
|---|---|---|---|---|---|
| 1. DB Front Squat | | 1. DB Front Squat | | 1. DB Front Squat | |
| 2. DB Romanian Deadlift | | 2. DB Romanian Deadlift | | 2. DB Romanian Deadlift | |
| 3. DB Hip Thrust | | 3. DB Hip Thrust | | 3. DB Hip Thrust | |

## BLOCK 2: UNILATERAL STRENGTH | 2 Rounds × 35s / 15s

| ROUND 1 | MY WEIGHT / DONE | ROUND 2 | MY WEIGHT / DONE |
|---|---|---|---|
| 1. DB Bulgarian Split Squat (L) | | 1. DB Bulgarian Split Squat (L) | |
| 2. DB Bulgarian Split Squat (R) | | 2. DB Bulgarian Split Squat (R) | |
| 3. DB Single Leg Bench Squat (L) | | 3. DB Single Leg Bench Squat (L) | |
| 4. DB Single Leg Bench Squat (R) | | 4. DB Single Leg Bench Squat (R) | |
| 5. Alt Goblet Lateral Lunge | | 5. Alt Goblet Lateral Lunge | |

## BLOCK 3: GLUTE BURNOUT | 2 Rounds × 45s / 10s

| ROUND 1 | MY WEIGHT / DONE | ROUND 2 | MY WEIGHT / DONE |
|---|---|---|---|
| 1. Banded Frog Pumps | ☐ Done | 1. Banded Frog Pumps | ☐ Done |
| 2. Banded Donkey Kicks (L) | ☐ Done | 2. Banded Donkey Kicks (L) | ☐ Done |
| 3. Banded Donkey Kicks (R) | ☐ Done | 3. Banded Donkey Kicks (R) | ☐ Done |
| 4. Glute Bridge Iso Hold + Abd Pulses | ☐ Done | 4. Glute Bridge Iso Hold + Abd Pulses | ☐ Done |

## BLOCK 4: WEIGHTED CORE | 2 Rounds × 35s / 15s

| ROUND 1 | MY WEIGHT / DONE | ROUND 2 | MY WEIGHT / DONE |
|---|---|---|---|
| 1. DB Bent Knee Sit-up | | 1. DB Bent Knee Sit-up | |
| 2. DB Windscreen Wipers | | 2. DB Windscreen Wipers | |
| 3. DB Butterfly Crunch | | 3. DB Butterfly Crunch | |
| 4. DB X Body Pike to Plank | | 4. DB X Body Pike to Plank | |

**Workout Complete · Burn ~320 Calories**

## NOTES