# 40 MIN LOW IMPACT NO REPEAT
## STRENGTH & SCULPT WORKOUT

Women Over 40 | Dumbbells + Bench | 60s rest after C1, 30s after C2 | * = modification shown

| 40+ MIN | ~291 CAL | 34 MOVES | NO REPEATS |
|---|---|---|---|

### FORMAT

- Circuit 1 | Heavy Compound Strength: 50s work / 20s rest
- Circuit 2 | Functional Strength: 45s work / 15s rest
- Finisher | Sculpt & Burn: 40s work / 10s rest

### PENNY'S WEIGHTS

2 x 7kg / 15 lbs
2 x 10kg / 22 lbs
Bench or sturdy step

### WARM UP

1. Step Jack 2. Hamstring Sweeper 3. Squat Snap 4. Lateral Lunge + Reach

### CIRCUIT 1: HEAVY COMPOUND STRENGTH | No Repeat | 50s work / 20s rest

| EXERCISES 1 - 6 | MY WEIGHT / DONE | EXERCISES 7 - 12 | MY WEIGHT / DONE |
|---|---|---|---|
| 1. DB Sumo Deadlift | | 7. Goblet Lateral Lunge | |
| 2. Alt Shoulder Press | | 8. Bulgarian Split Squat (L)* | |
| 3. Heels Up Goblet Squat with 2 Sec Hold | | 9. Bulgarian Split Squat (R)* | |
| 4. Alt Sumo DB Row | | 10. X Body Curl | |
| 5. 2 Step Reverse Lunge | | 11. Neutral Grip DB Floor Press | |
| 6. Alt High Row | | 12. Weighted Glute Bridge March | |

### CIRCUIT 2: FUNCTIONAL STRENGTH | No Repeat | 45s work / 15s rest

| EXERCISES 1 - 6 | MY WEIGHT / DONE | EXERCISES 7 - 12 | MY WEIGHT / DONE |
|---|---|---|---|
| 1. FR Lateral to Narrow Step Squat | | 7. SA Kickstand Dead Row (R) | |
| 2. SA Snatch (L) | | 8. Step Up + Knee Drive* | |
| 3. SA Snatch (R) | | 9. Tricep Dips* | ☐ Done |
| 4. Figure 8 Squat | | 10. DB Calf Raise (switch halfway) | |
| 5. SA DB Pushup (switch halfway)* | | 11. Tall Kneeling Alt Wood-chop | |
| 6. SA Kickstand Dead Row (L) | | 12. DB Plank Rotation* | |

### FINISHER: SCULPT & BURN | No Repeat | 40s work / 10s rest

| EXERCISES 1 - 5 | MY WEIGHT / DONE | EXERCISES 6 - 10 | MY WEIGHT / DONE |
|---|---|---|---|
| 1. Half Kneeling Concentration Curl (L) | | 6. DB Side Leg Raise (R) | |
| 2. Half Kneeling Concentration Curl (R) | | 7. DB Side Leg Raise (L) | |
| 3. Hip Thrust O'head Tricep Ext | | 8. DB Fire Hydrant (L) | |
| 4. DB Frog Pumps | | 9. DB Fire Hydrant (R) | |
| 5. DB Kayak | | 10. DB Dead Bug | |

**Workout Complete - Burn ~291 Calories**

### NOTES