45 MIN MUSCLE & METABOLIC

Strength & Conditioning | 6 Tri-Sets | Women Over 40 | Dumbbells

45 MIN	~374 CAL	6 TRI-SETS	3 DUMBBELLS

FORMAT

- Muscle 45s / 15s · Combo 45s / 15s · Burst 30s / 30s
- 2 Rounds per tri-set · 30s between (60s after Tri-Set 3)
- Non-Stop Finisher: 3 Rounds, no rest between moves

PENNY'S WEIGHTS

2 x 7kg / 15 lbs
2 x 10kg / 22 lbs
2 x 15kg / 32 lbs

WARM UP

1. Rainbow Squat
2. Hamstring Sweeper
3. Lateral Lunge & Reach
4. Jog on the Spot

TRI-SET 1: SQUAT | 2 Rounds · Muscle 45/15 · Combo 45/15 · Burst 30/30

ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE
1. Front Squat		1. Front Squat	
2. Rotational Squat to Press		2. Rotational Squat to Press	
3. Skater *	☐ Done	3. Skater *	☐ Done

TRI-SET 2: HINGE | 2 Rounds · Muscle 45/15 · Combo 45/15 · Burst 30/30

ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE
1. Romanian Deadlift		1. Romanian Deadlift	
2. Alt Kickstand RDL to Row		2. Alt Kickstand RDL to Row	
3. Broad Jump Shuffle Back *	☐ Done	3. Broad Jump Shuffle Back *	☐ Done

TRI-SET 3: PUSH | 2 Rounds · Muscle 45/15 · Combo 45/15 · Burst 30/30

ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE
1. Shoulder Press		1. Shoulder Press	
2. Snatch		2. Snatch	
3. 3 Knee Repeater	☐ Done	3. 3 Knee Repeater	☐ Done

TRI-SET 4: PULL | 2 Rounds · Muscle 45/15 · Combo 45/15 · Burst 30/30

ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE
1. Bent Over Row		1. Bent Over Row	
2. Deadlift to Upright Row		2. Deadlift to Upright Row	
3. High Knee Punches *	☐ Done	3. High Knee Punches *	☐ Done

TRI-SET 5: LUNGE | 2 Rounds · Muscle 45/15 · Combo 45/15 · Burst 30/30

ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE
1. Alt Reverse Lunge		1. Alt Reverse Lunge	
2. Dumbbell Swing		2. Dumbbell Swing	
3. Burpee *	☐ Done	3. Burpee *	☐ Done

TRI-SET 6: CORE | 2 Rounds · Muscle 45/15 · Combo 45/15 · Burst 30/30

ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE
1. DB Sit-Up *		1. DB Sit-Up *	
2. DB Russian Twist *		2. DB Russian Twist *	
3. Mt Climbers *	☐ Done	3. Mt Climbers *	☐ Done

NON-STOP FINISHER | 3 Rounds · No rest between moves

ROUND 1	DONE	ROUND 2	DONE	ROUND 3	DONE
1. Pop Squat 20s *	☐ Done	1. Pop Squat 20s *	☐ Done	1. Pop Squat 20s *	☐ Done
2. Squat Hold 10s	☐ Done	2. Squat Hold 10s	☐ Done	2. Squat Hold 10s	☐ Done
3. Sprawl 20s *	☐ Done	3. Sprawl 20s *	☐ Done	3. Sprawl 20s *	☐ Done
4. Plank Hold 10s	☐ Done	4. Plank Hold 10s	☐ Done	4. Plank Hold 10s	☐ Done

Workout Complete — Burn ~374 Calories