

# 60 MIN MUSCLE BUILD 3

## GFG LIFTS

6 Tri-Sets Full Body | Legs · Glutes & Hams · Back · Shoulders · Chest · Arms | Core + Max Out Finisher



| ■ 60+ MIN                                                                                                                                                                                                                                                                                                                            | ■ ~502 CAL           | ■ 6 TRI-SETS                                                                                                                                                  | ■ DUMBBELLS          |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|
| <b>FORMAT</b> <ul style="list-style-type: none"><li>■ 6 Tri-Sets   2 Rounds   40s work / 20s rest</li><li>■ Core Finisher   2 Rounds   35s work / 15s rest</li><li>■ Max Out Finisher   Descending 90/60/30s</li></ul>                                                                                                               |                      | <b>PENNY'S WEIGHTS</b> <ul style="list-style-type: none"><li>2 x 4kg/9lbs</li><li>2 x 6kg/12.5 lbs</li><li>2 x 8kg/17.5 lbs</li><li>2 x 15kg/32 lbs</li></ul> |                      |
| <b>WARM UP</b> <ol style="list-style-type: none"><li>1. Cross Body Arm Swings</li><li>2. Standing Hip Circles</li><li>3. Lunge &amp; Reach</li><li>4. Inchworm</li><li>5. Deep Lunge Rotation (L)</li><li>6. Deep Lunge Rotation (R)</li><li>7. Front Hold DB Squat</li><li>8. Bent Over Row</li><li>9. Alt Shoulder Press</li></ol> |                      |                                                                                                                                                               |                      |
| <b>TRI-SET 1: LEGS   2 Rounds   40s work / 20s rest</b>                                                                                                                                                                                                                                                                              |                      |                                                                                                                                                               |                      |
| <b>ROUND 1</b>                                                                                                                                                                                                                                                                                                                       |                      | <b>ROUND 2</b>                                                                                                                                                |                      |
| MY WEIGHT / DONE                                                                                                                                                                                                                                                                                                                     |                      | MY WEIGHT / DONE                                                                                                                                              |                      |
| 1. 1 & 1/2 Goblet Squat                                                                                                                                                                                                                                                                                                              | <input type="text"/> | 1. 1 & 1/2 Goblet Squat                                                                                                                                       | <input type="text"/> |
| 2. Static Lunge                                                                                                                                                                                                                                                                                                                      | <input type="text"/> | 2. Static Lunge                                                                                                                                               | <input type="text"/> |
| 3. Static Lunge (switch)                                                                                                                                                                                                                                                                                                             | <input type="text"/> | 3. Static Lunge (switch)                                                                                                                                      | <input type="text"/> |
| 4. Alt Lateral Squat                                                                                                                                                                                                                                                                                                                 | <input type="text"/> | 4. Alt Lateral Squat                                                                                                                                          | <input type="text"/> |
| <b>TRI-SET 2: GLUTES &amp; HAMSTRINGS   2 Rounds   40s work / 20s rest</b>                                                                                                                                                                                                                                                           |                      |                                                                                                                                                               |                      |
| <b>ROUND 1</b>                                                                                                                                                                                                                                                                                                                       |                      | <b>ROUND 2</b>                                                                                                                                                |                      |
| MY WEIGHT / DONE                                                                                                                                                                                                                                                                                                                     |                      | MY WEIGHT / DONE                                                                                                                                              |                      |
| 1. 1 & 1/2 RDL                                                                                                                                                                                                                                                                                                                       | <input type="text"/> | 1. 1 & 1/2 RDL                                                                                                                                                | <input type="text"/> |
| 2. Kickstand RDL                                                                                                                                                                                                                                                                                                                     | <input type="text"/> | 2. Kickstand RDL                                                                                                                                              | <input type="text"/> |
| 3. Kickstand RDL (switch)                                                                                                                                                                                                                                                                                                            | <input type="text"/> | 3. Kickstand RDL (switch)                                                                                                                                     | <input type="text"/> |
| 4. 1 & 1/2 Glute Bridge                                                                                                                                                                                                                                                                                                              | <input type="text"/> | 4. 1 & 1/2 Glute Bridge                                                                                                                                       | <input type="text"/> |
| <b>TRI-SET 3: BACK   2 Rounds   40s work / 20s rest</b>                                                                                                                                                                                                                                                                              |                      |                                                                                                                                                               |                      |
| <b>ROUND 1</b>                                                                                                                                                                                                                                                                                                                       |                      | <b>ROUND 2</b>                                                                                                                                                |                      |
| MY WEIGHT / DONE                                                                                                                                                                                                                                                                                                                     |                      | MY WEIGHT / DONE                                                                                                                                              |                      |
| 1. Pendlay Row                                                                                                                                                                                                                                                                                                                       | <input type="text"/> | 1. Pendlay Row                                                                                                                                                | <input type="text"/> |
| 2. 1 & 1/2 Upright Row                                                                                                                                                                                                                                                                                                               | <input type="text"/> | 2. 1 & 1/2 Upright Row                                                                                                                                        | <input type="text"/> |
| 3. Rear Delt Fly w/ Pause                                                                                                                                                                                                                                                                                                            | <input type="text"/> | 3. Rear Delt Fly w/ Pause                                                                                                                                     | <input type="text"/> |
| <b>TRI-SET 4: SHOULDERS   2 Rounds   40s work / 20s rest</b>                                                                                                                                                                                                                                                                         |                      |                                                                                                                                                               |                      |
| <b>ROUND 1</b>                                                                                                                                                                                                                                                                                                                       |                      | <b>ROUND 2</b>                                                                                                                                                |                      |
| MY WEIGHT / DONE                                                                                                                                                                                                                                                                                                                     |                      | MY WEIGHT / DONE                                                                                                                                              |                      |
| 1. 1 & 1/2 Shoulder Press                                                                                                                                                                                                                                                                                                            | <input type="text"/> | 1. 1 & 1/2 Shoulder Press                                                                                                                                     | <input type="text"/> |
| 2. Alt Lat Raise Iso Hold                                                                                                                                                                                                                                                                                                            | <input type="text"/> | 2. Alt Lat Raise Iso Hold                                                                                                                                     | <input type="text"/> |
| 3. Alt Front Raise                                                                                                                                                                                                                                                                                                                   | <input type="text"/> | 3. Alt Front Raise                                                                                                                                            | <input type="text"/> |
| <b>TRI-SET 5: CHEST   2 Rounds   40s work / 20s rest</b>                                                                                                                                                                                                                                                                             |                      |                                                                                                                                                               |                      |
| <b>ROUND 1</b>                                                                                                                                                                                                                                                                                                                       |                      | <b>ROUND 2</b>                                                                                                                                                |                      |
| MY WEIGHT / DONE                                                                                                                                                                                                                                                                                                                     |                      | MY WEIGHT / DONE                                                                                                                                              |                      |
| 1. 1 & 1/2 Floor Press                                                                                                                                                                                                                                                                                                               | <input type="text"/> | 1. 1 & 1/2 Floor Press                                                                                                                                        | <input type="text"/> |
| 2. Bridge Hex Press                                                                                                                                                                                                                                                                                                                  | <input type="text"/> | 2. Bridge Hex Press                                                                                                                                           | <input type="text"/> |
| 3. Constant Tension Chest Fly                                                                                                                                                                                                                                                                                                        | <input type="text"/> | 3. Constant Tension Chest Fly                                                                                                                                 | <input type="text"/> |

60 MIN MUSCLE BUILD 3 (continued)

| TRI-SET 6: ARMS   2 Rounds   40s work / 20s rest |  |                      |                        |                      |
|--------------------------------------------------|--|----------------------|------------------------|----------------------|
| ROUND 1                                          |  | MY WEIGHT / DONE     | ROUND 2                | MY WEIGHT / DONE     |
| 1. 1 & 1/2 Hammer Curl                           |  | <input type="text"/> | 1. 1 & 1/2 Hammer Curl | <input type="text"/> |
| 2. Zottman Curl                                  |  | <input type="text"/> | 2. Zottman Curl        | <input type="text"/> |
| 3. Overhead Tri Ext                              |  | <input type="text"/> | 3. Overhead Tri Ext    | <input type="text"/> |

| BLOCK 2: CORE CIRCUIT   2 Rounds x 35s work / 15s rest |  |                               |                         |                               |
|--------------------------------------------------------|--|-------------------------------|-------------------------|-------------------------------|
| ROUND 1                                                |  | MY WEIGHT / DONE              | ROUND 2                 | MY WEIGHT / DONE              |
| 1. Alt X Body Crunch                                   |  | <input type="checkbox"/> Done | 1. Alt X Body Crunch    | <input type="checkbox"/> Done |
| 2. Side Crunch (R)                                     |  | <input type="checkbox"/> Done | 2. Side Crunch (R)      | <input type="checkbox"/> Done |
| 3. Side Crunch (L)                                     |  | <input type="checkbox"/> Done | 3. Side Crunch (L)      | <input type="checkbox"/> Done |
| 4. Side Plank (R)                                      |  | <input type="checkbox"/> Done | 4. Side Plank (R)       | <input type="checkbox"/> Done |
| 5. Side Plank (L)                                      |  | <input type="checkbox"/> Done | 5. Side Plank (L)       | <input type="checkbox"/> Done |
| 6. Zipper Plank                                        |  | <input type="checkbox"/> Done | 6. Zipper Plank         | <input type="checkbox"/> Done |
| 7. High Plank Rotations                                |  | <input type="checkbox"/> Done | 7. High Plank Rotations | <input type="checkbox"/> Done |

| BLOCK 3: MAX OUT FINISHER   1 Round, Descending Time Scheme |                               |
|-------------------------------------------------------------|-------------------------------|
| EXERCISE                                                    | MY WEIGHT / DONE              |
| 1. Double Pulse Thruster (90s)                              |                               |
| 2. Kneeling Double Pumpers (60s)                            | <input type="checkbox"/> Done |
| 3. Wall Sit + Overhead Hold (30s)                           |                               |

Workout Complete — Burn ~502 Calories

NOTES