

60 MIN MUSCLE BUILDING WORKOUT 2

GARAGE FITNESS GIRL LIFTS

Full Body | Compound Lifts · Accessory · Weighted Core | Women Over 40 | Dumbbells



■ 60+ MIN	■ ~501 CAL	■ 3 BLOCKS	■ COMPOUND LIFTS
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FORMAT

- Block 1: 4 Tri-Sets x 3 Rounds, 35s work / 15s rest, 30s between tri-sets
- Block 2: Accessory Circuit x 2 Rounds, 45s work / 15s rest
- Block 3: Core Finisher x 2 Rounds, 35s work / 15s rest

PENNY'S WEIGHTS

6kg / 12.5 lbs
10kg / 22 lbs
15kg / 32 lbs

WARM UP

1. Crisscross Arms 2. X Body Speed Walk 3. Lunge with Front Kick 4. Lateral Lunge Reach 5. Plank Walk Out Sh Tap 6. RDL 7. Shoulder Press 8. Front Squat

TRI-SET 1 | 3 Rounds x 35s / 15s | 30s rest after

ROUND 1	WEIGHT / DONE	ROUND 2	WEIGHT / DONE	ROUND 3	WEIGHT / DONE
1. RDL		1. RDL		1. RDL	
2. SA Push Press (L/R)		2. SA Push Press (L/R)		2. SA Push Press (L/R)	

TRI-SET 2 | 3 Rounds x 35s / 15s | 30s rest after

ROUND 1	WEIGHT / DONE	ROUND 2	WEIGHT / DONE	ROUND 3	WEIGHT / DONE
1. Goblet Squat Twist		1. Goblet Squat Twist		1. Goblet Squat Twist	
2. Snatch to Lunge		2. Snatch to Lunge		2. Snatch to Lunge	
3. Pushup DB Pull Through		3. Pushup DB Pull Through		3. Pushup DB Pull Through	

TRI-SET 3 | 3 Rounds x 35s / 15s | 30s rest after

ROUND 1	WEIGHT / DONE	ROUND 2	WEIGHT / DONE	ROUND 3	WEIGHT / DONE
1. SL Deadlift Row (L/R)		1. SL Deadlift Row (L/R)		1. SL Deadlift Row (L/R)	
2. Sumo Deadlift Sprawl		2. Sumo Deadlift Sprawl		2. Sumo Deadlift Sprawl	

TRI-SET 4 | 3 Rounds x 35s / 15s | 1 min rest after

ROUND 1	WEIGHT / DONE	ROUND 2	WEIGHT / DONE	ROUND 3	WEIGHT / DONE
1. DB Pullover		1. DB Pullover		1. DB Pullover	
2. DB Hip Thrust		2. DB Hip Thrust		2. DB Hip Thrust	
3. Dips	☐ Done	3. Dips	☐ Done	3. Dips	☐ Done

BLOCK 2: ACCESSORY CIRCUIT | 2 Rounds x 45s / 15s | 30s rest

ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE
1. Hammer Curl		1. Hammer Curl	
2. Alt Lateral Raise		2. Alt Lateral Raise	
3. SA Fly (R/L)		3. SA Fly (R/L)	
4. Half Kneeling Bicep Curl		4. Half Kneeling Bicep Curl	

BLOCK 3: CORE FINISHER | 2 Rounds x 35s / 15s

ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE
1. Heel Taps	☐ Done	1. Heel Taps	☐ Done
2. Side Plank Hip Dip (L/R)	☐ Done	2. Side Plank Hip Dip (L/R)	☐ Done
3. Reverse Crunch	☐ Done	3. Reverse Crunch	☐ Done
4. X Body Climbers	☐ Done	4. X Body Climbers	☐ Done

Workout Complete — Burn ~501 Calories