

60 MIN MUSCLE BUILDING WORKOUT

GARAGE FITNESS GIRL LIFTS

For Women Over 40 | Dumbbells Only



■ 60+ MIN	■ ~470 CAL	■ 3 BLOCKS	■ COMPOUND LIFTS
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FORMAT

- Block 1: 4 Tri-Sets x 3 Rounds, 35s work/15s rest, 30s between
- 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

2 x 6kg / 12.5 lbs
2 x 10kg / 22 lbs
1 x 20kg / 45 lbs

WARM UP

1. Arm Circles
2. Windmill
3. Hamstring Sweeper
4. Good Morning to Squat
5. Inchworm

TRI-SET 1 | 3 Rounds | 35s Work / 15s Rest

ROUND 1	WT / DONE	ROUND 2	WT / DONE	ROUND 3	WT / DONE
1. Sumo Deadlift		1. Sumo Deadlift		1. Sumo Deadlift	
2. DB Clean & Press		2. DB Clean & Press		2. DB Clean & Press	
3. Z Arnold Press		3. Z Arnold Press		3. Z Arnold Press	

TRI-SET 2 | 3 Rounds | 35s Work / 15s Rest

ROUND 1	WT / DONE	ROUND 2	WT / DONE	ROUND 3	WT / DONE
1. Supported Row & Rotate (L/R)		1. Supported Row & Rotate (L/R)		1. Supported Row & Rotate (L/R)	
2. Step Up Knee Drive		2. Step Up Knee Drive		2. Step Up Knee Drive	

TRI-SET 3 | 3 Rounds | 35s Work / 15s Rest

ROUND 1	WT / DONE	ROUND 2	WT / DONE	ROUND 3	WT / DONE
1. Kickstand Deadlift (L/R)		1. Kickstand Deadlift (L/R)		1. Kickstand Deadlift (L/R)	
2. Broad Jump Shuffle Back	Done	2. Broad Jump Shuffle Back	Done	2. Broad Jump Shuffle Back	Done

TRI-SET 4 | 3 Rounds | 35s Work / 15s Rest

ROUND 1	WT / DONE	ROUND 2	WT / DONE	ROUND 3	WT / DONE
1. SA Chest Press (R/L)		1. SA Chest Press (R/L)		1. SA Chest Press (R/L)	
2. 1 1/2 Glute Bridge		2. 1 1/2 Glute Bridge		2. 1 1/2 Glute Bridge	

BLOCK 2: ACCESSORY CIRCUIT | 2 Rounds | 45s Work / 15s Rest

ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE
1. X Body Curl to Hammer Curl		1. X Body Curl to Hammer Curl	
2. Sword Draws		2. Sword Draws	
3. Concentration Curl (R then L)		3. Concentration Curl (R then L)	
4. Skull Crusher		4. Skull Crusher	

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

ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE
1. O'head March		1. O'head March	
2. Side Bend (R then L)		2. Side Bend (R then L)	
3. Plank DB Pull Through		3. Plank DB Pull Through	
4. DB Straight Leg Sit-up & Reach		4. DB Straight Leg Sit-up & Reach	

Workout Complete — Burn ~470 Calories