60 MIN MUSCLE BUILD 5

Heavy Lifts + Athletic Muscle Builder | Women Over 40 | Dumbbells + Optional Bench

60+ MIN	~463 CAL	4 BLOCKS	SPLIT INTO 2 DAYS

FORMAT

- Block 1: 3 straight sets · 50s / 40s / 30s work · 30s rest · heavier each set
- Block 2: 3 supersets × 3 rounds · 40s work / 20s rest
- Block 3: accessory circuit × 2 rounds · 40s work / 20s rest
- Block 4: core circuit × 2 rounds · 35s work / 15s rest
- Short on time? Stop after Block 1, do Blocks 2 to 4 another day

PENNY'S WEIGHTS

2 x 6kg / 12.5 lbs
2 x 8kg / 17.5 lbs
2 x 10kg / 22 lbs
2 x 12.5kg / 27.5 lbs
2 x 15kg / 32 lbs

WARM UP

1. Arm Swings 2. Standing Hip Circles 3. Good Morning to Squat 4. Alt Reverse Lunge Twist 5. Leg Swing (L then R) 6. Inchworm 7. Suitcase Squat 8. Alt Arnold Press 9. RDL

BLOCK 1: HEAVY COMPOUND STRENGTH | 3 Straight Sets | 30s rest between sets

EXERCISE	SET 1 · 50s	SET 2 · 40s	SET 3 · 30s
1. DB Romanian Deadlift			
2. Neutral Grip Chest Press			
3. Heels Up Goblet Squat			
4. Chest Supported DB Row			
5. 1 1/2 Hip Thrust			

PART 2 · Splitting it over two days? Do the warm up first, then start here

BLOCK 2: ATHLETIC STRENGTH SUPERSETS | 3 Rounds | 40s work / 20s rest

EXERCISE	ROUND 1	ROUND 2	ROUND 3
1a. Snatch to Lunge (L then R)			
1b. Arnold Press			
2a. Lateral Step Up (L then R)			
2b. Alt Sumo Deadlift High Row			
3a. Hike Swing			
3b. Pullover to Leg Extension			

BLOCK 3: ACCESSORY MUSCLE BUILDER | 2 Rounds | 40s work / 20s rest

ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE
1. Alt Lateral Raise		1. Alt Lateral Raise	
2. DB Iso Hold Bicep Curl (L then R)		2. DB Iso Hold Bicep Curl (L then R)	
3. Alt Front Raise		3. Alt Front Raise	
4. Sword Draw		4. Sword Draw	

BLOCK 4: CORE FINISHER | 2 Rounds | 35s work / 15s rest

ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE
1. DB Crunch		1. DB Crunch	
2. Plank DB Pull Through		2. Plank DB Pull Through	
3. Side Plank Hip Dips (R then L)	☐ Done	3. Side Plank Hip Dips (R then L)	☐ Done
4. Modified Hollow Hold	☐ Done	4. Modified Hollow Hold	☐ Done

Workout Complete — Burn ~463 Calories

NOTES