60 MIN MUSCLE BUILD 6

Strength & Hypertrophy Pairs | GFG Lifts | Dumbbells + Bench

60+ MIN	~483 CAL	5 PAIRS x 3 ROUNDS	3 BLOCKS

FORMAT

- Block 1: heavy lift 30s / 30s + hypertrophy 40s / 20s | 3 rounds per pair
- Block 2: 3-round ladder | 40s/20s, 30s/15s, 20s/30s
- Block 3: weighted core | 2 rounds | 40s / 20s
- Split it: Part 1 = warm up + Block 1 | Part 2 = Blocks 2 + 3

PENNY'S WEIGHTS

2 x 10kg / 22 lbs
2 x 8kg / 17.5 lbs
2 x 4kg / 9.5 lbs

WARM UP

1. Arm Circles 2. Good Morning to Squat 3. Alt Reverse Lunge 4. Trunk Rotation 5. Inchworm 6. Leg Swing (L)
7. Leg Swing (R) 8. Front Hold DB Squat 9. DB Shoulder Press 10. DB Bentover Row

BLOCK 1: STRENGTH & HYPERTROPHY PAIRS | 3 Rounds per pair

PAIR	ROUND 1	ROUND 2	ROUND 3
QUAD STRENGTH			*30s rest after*
1a DB Sumo Squat			
1b DB Heels Elevated Squat (2 sec pause)			
CHEST + TRICEPS			*30s rest after*
2a DB Bench Chest Press			
2b Seated O'head Triceps Ext			
BACK + BICEPS			*1 min rest after*
3a Chest Supported Row			
3b DB Zottman Curl			
GLUTES + HAMSTRINGS			*30s rest after*
4a Heavy DB Sumo Deadlift			
4b SL Glute Bridge (L then R)			
SHOULDERS + REAR DELTS			*1 min rest after*
5a Seated Arnold Press			
5b DB Rear Delt Fly with Pause			

BLOCK 2: ATHLETIC STRENGTH LADDER | 3 Rounds, time drops each round

EXERCISE	40s / 20s	30s / 15s	20s / 30s
1a Bench Dips	☐ Done	☐ Done	☐ Done
1b DB Swings			
2a Incline Push-Ups	☐ Done	☐ Done	☐ Done
2b DB Clean & Press			

BLOCK 3: WEIGHTED CORE FINISHER | 2 Rounds × 40s / 20s

EXERCISE	ROUND 1	ROUND 2
1 Half Kneeling DB Woodchop (L)		
2 Half Kneeling DB Woodchop (R)		
3 DB Wood-chop		
4 DB Scissor Kick		
5 Plank DB Touch		

Workout Complete — Burn ~483 Calories