

# 60 MINUTE MUSCLE BUILD 4

GFG Lifts | Full Body Strength | Women Over 40 | Dumbbells + Bench



■ 60+ MIN

■ ~462 CAL

■ 6 TRI-SETS

■ 2 ROUNDS EACH

## FORMAT

- Tri-Sets: 40s work / 20s rest · 30s between rounds
- Core Circuit: 35s work / 15s rest · 2 rounds
- Finisher: 90s / 60s / 30s · 1 round

## PENNY'S WEIGHTS

2 x 5kg / 10.5 lbs  
2 x 8kg / 17.5 lbs  
2 x 12.5kg / 27.5 lbs

## WARM UP

1. Arm Circles
2. Standing Hip Circles
3. Lateral Lunge
4. Frankenstein Kicks
5. Inchworm
6. Quadruped Knee to Elbow (L & R)
7. RDL
8. Alt Shoulder Press
9. Suitcase Squat

## TRI-SET 1: LEGS | 2 Rounds x 40s / 20s

| ROUND 1                        | MY WEIGHT / DONE              | ROUND 2                        | MY WEIGHT / DONE              |
|--------------------------------|-------------------------------|--------------------------------|-------------------------------|
| 1. Suitcase Squat              | <input type="text"/>          | 1. Suitcase Squat              | <input type="text"/>          |
| 2. SL Bench Squat (L then R)   | <input type="text"/>          | 2. SL Bench Squat (L then R)   | <input type="text"/>          |
| 3. Wall Sit with Leg Extension | <input type="checkbox"/> Done | 3. Wall Sit with Leg Extension | <input type="checkbox"/> Done |

## TRI-SET 2: SHOULDERS | 2 Rounds x 40s / 20s

| ROUND 1                         | MY WEIGHT / DONE     | ROUND 2                         | MY WEIGHT / DONE     |
|---------------------------------|----------------------|---------------------------------|----------------------|
| 1. SA Shoulder Press (L then R) | <input type="text"/> | 1. SA Shoulder Press (L then R) | <input type="text"/> |
| 2. Seated 1 & 1/2 Lateral Raise | <input type="text"/> | 2. Seated 1 & 1/2 Lateral Raise | <input type="text"/> |
| 3. Front Press & Twist          | <input type="text"/> | 3. Front Press & Twist          | <input type="text"/> |

## TRI-SET 3: LEGS | 2 Rounds x 40s / 20s

| ROUND 1                         | MY WEIGHT / DONE     | ROUND 2                         | MY WEIGHT / DONE     |
|---------------------------------|----------------------|---------------------------------|----------------------|
| 1. SL Glute Focused Step Up (L) | <input type="text"/> | 1. SL Glute Focused Step Up (L) | <input type="text"/> |
| 2. SL Glute Focused Step Up (R) | <input type="text"/> | 2. SL Glute Focused Step Up (R) | <input type="text"/> |
| 3. RDL to Reverse Lunge         | <input type="text"/> | 3. RDL to Reverse Lunge         | <input type="text"/> |

## TRI-SET 4: BACK | 2 Rounds x 40s / 20s

| ROUND 1                        | MY WEIGHT / DONE     | ROUND 2                        | MY WEIGHT / DONE     |
|--------------------------------|----------------------|--------------------------------|----------------------|
| 1. SA Supported Row (R then L) | <input type="text"/> | 1. SA Supported Row (R then L) | <input type="text"/> |
| 2. Dumbbell Pullover           | <input type="text"/> | 2. Dumbbell Pullover           | <input type="text"/> |
| 3. Seated Reverse Fly          | <input type="text"/> | 3. Seated Reverse Fly          | <input type="text"/> |

Tri-Sets 5 & 6, Core Circuit and Finisher on page 2

## NOTES

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# 60 MINUTE MUSCLE BUILD 4 (continued)



GFG Lifts | Full Body Strength | Women Over 40 | Dumbbells + Bench

|           |            |              |                 |
|-----------|------------|--------------|-----------------|
| ■ 60+ MIN | ■ ~462 CAL | ■ 6 TRI-SETS | ■ 2 ROUNDS EACH |
|-----------|------------|--------------|-----------------|

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## TRI-SET 5: GLUTES & HAMSTRINGS | 2 Rounds x 40s / 20s

| ROUND 1                  | MY WEIGHT / DONE     | ROUND 2                  | MY WEIGHT / DONE     |
|--------------------------|----------------------|--------------------------|----------------------|
| 1. SL Hip Thrust (L)     | <input type="text"/> | 1. SL Hip Thrust (L)     | <input type="text"/> |
| 2. SL Hip Thrust (R)     | <input type="text"/> | 2. SL Hip Thrust (R)     | <input type="text"/> |
| 3. Heels Up Glute Bridge | <input type="text"/> | 3. Heels Up Glute Bridge | <input type="text"/> |

## TRI-SET 6: CHEST & ARMS | 2 Rounds x 40s / 20s

| ROUND 1                   | MY WEIGHT / DONE              | ROUND 2                   | MY WEIGHT / DONE              |
|---------------------------|-------------------------------|---------------------------|-------------------------------|
| 1. Incline Push-Up        | <input type="checkbox"/> Done | 1. Incline Push-Up        | <input type="checkbox"/> Done |
| 2. Lying Tri Ext to Press | <input type="text"/>          | 2. Lying Tri Ext to Press | <input type="text"/>          |
| 3. X Body Curl            | <input type="text"/>          | 3. X Body Curl            | <input type="text"/>          |

## CORE CIRCUIT | 2 Rounds x 35s / 15s

| ROUND 1                      | MY WEIGHT / DONE              | ROUND 2                      | MY WEIGHT / DONE              |
|------------------------------|-------------------------------|------------------------------|-------------------------------|
| 1. Toe Taps                  | <input type="checkbox"/> Done | 1. Toe Taps                  | <input type="checkbox"/> Done |
| 2. Leg Lowers                | <input type="checkbox"/> Done | 2. Leg Lowers                | <input type="checkbox"/> Done |
| 3. Knee to Elbow (L)         | <input type="checkbox"/> Done | 3. Knee to Elbow (L)         | <input type="checkbox"/> Done |
| 4. Knee to Elbow (R)         | <input type="checkbox"/> Done | 4. Knee to Elbow (R)         | <input type="checkbox"/> Done |
| 5. In & Out Abs              | <input type="checkbox"/> Done | 5. In & Out Abs              | <input type="checkbox"/> Done |
| 6. Reverse Crunch            | <input type="checkbox"/> Done | 6. Reverse Crunch            | <input type="checkbox"/> Done |
| 7. Heels Up Bent Knee Sit-Up | <input type="checkbox"/> Done | 7. Heels Up Bent Knee Sit-Up | <input type="checkbox"/> Done |

## UPPER BODY MELTDOWN FINISHER | 1 Round | Descending Time

| ROUND 1                 | MY WEIGHT / DONE     |
|-------------------------|----------------------|
| 1. Curl to Press (90s)  | <input type="text"/> |
| 2. Alt Bicep Curl (60s) | <input type="text"/> |
| 3. Iso Hold Curl (30s)  | <input type="text"/> |

Workout Complete - Burn ~462 Calories

## NOTES

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