

1 HOUR FULL BODY STRENGTH WORKOUT

For Women Over 40 | Dumbbells + Mat



■ 60+ MIN	■ ~445 CAL	■ 3 BLOCKS	■ PROGRESSIVE
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FORMAT	PENNY'S WEIGHTS
Block 1: Straight Sets — 50s work / 20s rest	2 x 10kg / 22 lbs
Block 2: Circuits — 2 rounds / 45s work / 15s rest	2 x 7kg / 15.5 lbs
Block 3: Core Finisher — 2 rounds / 30s work / 15s rest	2 x 5kg / 10.5 lbs

BLOCK 1 — STRAIGHT SETS | 50s work / 20s rest | One pass through each exercise

Group 1 — Deadlifts	
EXERCISE	MY WEIGHT
Deadlift	
1 1/2 Deadlift	
Kickstand Deadlift	
* 30 secs rest	

Group 4 — Rows	
EXERCISE	MY WEIGHT
Rotating Bentover Row	
Row Hold + Rotating Row (L)	
Row Hold + Rotating Row (R)	
* 30 secs rest	

Group 2 — Shoulders	
EXERCISE	MY WEIGHT
Alt Shoulder Press	
Arnold Press	
Clean to Push Press	
* 30 secs rest	

Group 5 — Lunges	
EXERCISE	MY WEIGHT
Goblet Reverse Lunge	
Reverse Lunge to Side Squat (L)	
Reverse Lunge to Side Squat (R)	
* 30 secs rest	

Group 3 — Goblet Squats	
EXERCISE	MY WEIGHT
Goblet Squat	
1 1/2 Goblet Squat	
Goblet Squat Clean	
* 30 secs rest	

Group 6 — Chest	
EXERCISE	MY WEIGHT
Rotational Chest Press	
Hex Press	
Hold Up Bridge Chest Press	
* 30 secs rest	

Group 7 — Glutes	
EXERCISE	MY WEIGHT
Glute Bridge	
Frog Pumps	
SL Glute Bridge	

* 1 MIN REST before Block 2

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BLOCK 2 — CIRCUITS | 2 Rounds | 45s work / 15s rest

ROUND 1	MY WEIGHT	ROUND 2	MY WEIGHT
Standing Alt Hammer Curl		Standing Alt Hammer Curl	
Squat to Curl		Squat to Curl	
Alt Rear Delt Fly		Alt Rear Delt Fly	
Tall Kneeling Pallof Press		Tall Kneeling Pallof Press	
Half Kneeling Windmill (L)		Half Kneeling Windmill (L)	
Half Kneeling Windmill (R)		Half Kneeling Windmill (R)	
Bridge Tricep Extension		Bridge Tricep Extension	
Chest Fly with Leg Lower		Chest Fly with Leg Lower	

* 1 MIN REST before Block 3

BLOCK 3 — CORE FINISHER | 2 Rounds | 30s work / 15s rest | Bodyweight

ROUND 1	DONE	ROUND 2	DONE
Knee to Elbow Crunch	Done	Knee to Elbow Crunch	Done
Side V Crunch (R) side	Done	Side V Crunch (R) side	Done
Side V Crunch (L) side	Done	Side V Crunch (L) side	Done
Crisscross Scissors	Done	Crisscross Scissors	Done
Plank with Arm Reach	Done	Plank with Arm Reach	Done
Plank Knee to Elbow with Leg Lift	Done	Plank Knee to Elbow with Leg Lift	Done

■ Workout Complete — Burn ~445 Calories

NOTES