

30 MIN FULL BODY BARBELL



Superset Format | Full Body Strength | Women Over 40 | Barbell + Optional Dumbbells

■ 30 MIN	■ ~226 CAL	■ 6 SUPERSETS	■ PYRAMID FINISH
FORMAT ■ Supersets: 40s work / 15s rest ■ 2 rounds of each superset, then move on ■ Finisher: 40s / 30s / 20s · 10s rest		PENNY'S WEIGHTS Barbell 15kg / 32.5 lbs Dumbbells on hand for swaps Go lighter or heavier to suit you	
WARM UP 1. Arm Circles 2. Good Morning to Squat 3. Lateral Lunge & Reach 4. Windmill			
SUPERSET 1 2 Rounds 40s work / 15s rest			
ROUND 1 MY WEIGHT / DONE 1. Double Pulse Back Squat 2. Push Press		ROUND 2 MY WEIGHT / DONE 1. Double Pulse Back Squat 2. Push Press	
SUPERSET 2 2 Rounds 40s work / 15s rest			
ROUND 1 MY WEIGHT / DONE 1. Reverse Lunge 2. Bentover Row		ROUND 2 MY WEIGHT / DONE 1. Reverse Lunge 2. Bentover Row	
SUPERSET 3 2 Rounds 40s work / 15s rest			
ROUND 1 MY WEIGHT / DONE 1. Good Morning 2. Upright Row		ROUND 2 MY WEIGHT / DONE 1. Good Morning 2. Upright Row	
SUPERSET 4 2 Rounds 40s work / 15s rest			
ROUND 1 MY WEIGHT / DONE 1. 1 1/2 Sumo Deadlift 2. Bridge Chest Press		ROUND 2 MY WEIGHT / DONE 1. 1 1/2 Sumo Deadlift 2. Bridge Chest Press	
SUPERSET 5 2 Rounds 40s work / 15s rest			
ROUND 1 MY WEIGHT / DONE 1. Single-Leg RDL 2. Bicep Curl		ROUND 2 MY WEIGHT / DONE 1. Single-Leg RDL 2. Bicep Curl	
SUPERSET 6 2 Rounds 40s work / 15s rest			
ROUND 1 MY WEIGHT / DONE 1. Glute Bridge 2. Lying Tricep Extension		ROUND 2 MY WEIGHT / DONE 1. Glute Bridge 2. Lying Tricep Extension	
PYRAMID FINISHER 3 Rounds 40s / 30s / 20s · 10s rest			
40 SECONDS MY WEIGHT / DONE 1. Hang Clean & Press 2. Butterfly Sit-ups	30 SECONDS MY WEIGHT / DONE 1. Hang Clean & Press 2. Butterfly Sit-ups	20 SECONDS MY WEIGHT / DONE 1. Hang Clean & Press 2. Butterfly Sit-ups	MY WEIGHT / DONE Done
Workout Complete — Burn ~226 Calories			