

35 MIN PERIMENOPAUSE STRENGTH



Low Impact Supersets | Full Body · Balance · Deep Core | Women Over 40 | Dumbbells

■ 35+ MIN		■ ~277 CAL		■ 6 SUPERSETS		■ LOW IMPACT	
FORMAT				PENNY'S WEIGHTS			
■ Supersets: 45s work / 15s rest ■ 2 Rounds each · 15s between supersets ■ Deep Core Finisher: 2 Rounds · 30s / 10s				2 x 6kg / 12.5 lbs 2 x 8kg / 17.5 lbs 2 x 10kg / 22 lbs			
WARM UP							
1. Squat + Reach 2. Alternating Reverse Lunge + Reach 3. Good Morning + Reach 4. Plank Walkout							
SUPERSET 1 & 2 2 Rounds each · 45s work / 15s rest							
ROUND 1		MY WEIGHT / DONE		ROUND 2		MY WEIGHT / DONE	
1. Sumo Squat				1. Sumo Squat			
2. Alt Shoulder Press				2. Alt Shoulder Press			
3. Kickstand Deadlift Knee Drive (L)				3. Kickstand Deadlift Knee Drive (L)			
4. Kickstand Deadlift Knee Drive (R)				4. Kickstand Deadlift Knee Drive (R)			
SUPERSET 3 & 4 2 Rounds each · 45s work / 15s rest							
ROUND 1		MY WEIGHT / DONE		ROUND 2		MY WEIGHT / DONE	
1. Rotating Row				1. Rotating Row			
2. Wall Sit + Bicep Curl				2. Wall Sit + Bicep Curl			
3. Chest Press				3. Chest Press			
4. SL Hip Thrust (L)				4. SL Hip Thrust (L)			
5. SL Hip Thrust (R)				5. SL Hip Thrust (R)			
SUPERSET 5 & 6 2 Rounds each · 45s work / 15s rest							
ROUND 1		MY WEIGHT / DONE		ROUND 2		MY WEIGHT / DONE	
1. One DB Front Raise				1. One DB Front Raise			
2. Reverse Lunge Swing				2. Reverse Lunge Swing			
3. Chest Fly Leg Lowers				3. Chest Fly Leg Lowers			
4. Side-Lying Clamshell (L)				4. Side-Lying Clamshell (L)			
5. Side-Lying Clamshell (R)				5. Side-Lying Clamshell (R)			
DEEP CORE FINISHER 2 Rounds · 30s work / 10s rest							
ROUND 1		MY WEIGHT / DONE		ROUND 2		MY WEIGHT / DONE	
1. Bear Hover Hold		Done		1. Bear Hover Hold		Done	
2. Bird Dog (R to L)		Done		2. Bird Dog (R to L)		Done	
3. Bird Dog (L to R)		Done		3. Bird Dog (L to R)		Done	
4. Modified Hollow Hold		Done		4. Modified Hollow Hold		Done	
5. Plank Hand Walk		Done		5. Plank Hand Walk		Done	
Workout Complete · Burn ~277 Calories							

NOTES