

40 MIN STRENGTH & SPRINT INTERVALS

Full Body Strength Blocks + SIT Bursts | Women Over 40 | Dumbbells + Mat



■ 40+ MIN		■ ~256 CAL		■ STRENGTH + SIT		■ 3 BLOCKS			
FORMAT				PENNY'S WEIGHTS					
■ Strength: 60s work / 20s rest, 1 round ■ SIT Burst: 30s work / 30s rest, 5 rounds ■ 20s rest before each SIT, 1 min between blocks ■ Unilateral moves switch sides at 30s				2 x 7kg / 15.5 lbs 2 x 10kg / 22 lbs 2 x 12.5kg / 27.5 lbs					
BLOCK 1: LOWER BODY + ABS 1 Round x 60s / 20s									
EXERCISE				MY WEIGHT / DONE					
1. Sumo Squat									
2. SL Deadlift (switch at 30s)									
3. Static Split Lunge (switch at 30s)									
4. Weighted Glute Bridge									
5. Single, Single, Double Leg Lowers				Done					
SIT BURST 1: SQUAT HOP BURPEE 5 Rounds x 30s / 30s Low impact: step back, no hop									
ROUND 1		ROUND 2		ROUND 3		ROUND 4		ROUND 5	
★ 1.	Done	★ 2.	Done	★ 3.	Done	★ 4.	Done	★ 5.	Done
BLOCK 2: UPPER BODY + ABS 1 Round x 60s / 20s									
EXERCISE				MY WEIGHT / DONE					
1. Deadlift to Row									
2. Snatch (switch at 30s)									
3. Kneeling Curl to Arnold Press									
4. Push-Up Shoulder Tap								Done	
5. Bird Dog Crunch (switch at 30s)								Done	
SIT BURST 2: MOUNTAIN CLIMBERS 5 Rounds x 30s / 30s Low impact: slow step-ins									
ROUND 1		ROUND 2		ROUND 3		ROUND 4		ROUND 5	
★ 1.	Done	★ 2.	Done	★ 3.	Done	★ 4.	Done	★ 5.	Done
BLOCK 3: FULL BODY 1 Round x 60s / 20s									
EXERCISE				MY WEIGHT					
1. Kickstand Deadlift Swing (switch at 30s)									
2. Split Stance Push Press									
3. Lateral Lunge + Hammer Curl (switch at 30s)									
4. Bear Plank Row In and Outs									
5. DB Getups and Press									
SIT BURST 3: BURPEE 5 Rounds x 30s / 30s Low impact: walk out, walk in, no hop									
ROUND 1		ROUND 2		ROUND 3		ROUND 4		ROUND 5	
★ 1.	Done	★ 2.	Done	★ 3.	Done	★ 4.	Done	★ 5.	Done
Workout Complete — Burn ~256 Calories									
NOTES									