

ATHLETIC STRENGTH & CONDITIONING

Strength · Balance · Stability · Speed · Agility | Women Over 40 | Dumbbells



■ 40 MIN ■ ~285 CAL ■ 5 BLOCKS ■ 2 ROUNDS

FORMAT	PENNY'S WEIGHTS
<ul style="list-style-type: none"> ■ 5 Blocks · 2 Rounds each ■ Strength: 45s work / 15s rest ■ Cardio: 30s work / 15s rest ■ Finisher: 20s / 10s · 2 Rounds 	2 x 7kg / 15.5 lbs 2 x 10kg / 22 lbs

BLOCK 1 · 2 ROUNDS			
ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE
🏹 1. Suitcase Squat 10kg		🏹 1. Suitcase Squat 10kg	
🏹 2. SL Deadlift Knee Drive (L / R) 7kg		🏹 2. SL Deadlift Knee Drive (L / R) 7kg	
★ 3. 3 Skater Hop Jump	Done	★ 3. 3 Skater Hop Jump	Done

BLOCK 2 · 2 ROUNDS			
ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE
🏹 1. Rotating Bentover Row 7kg		🏹 1. Rotating Bentover Row 7kg	
🏹 2. Balancing SA Press (L / R) 7kg		🏹 2. Balancing SA Press (L / R) 7kg	
★ 3. Commando Plank Sprawl	Done	★ 3. Commando Plank Sprawl	Done

BLOCK 3 · 2 ROUNDS			
ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE
🏹 1. RDL 10kg		🏹 1. RDL 10kg	
🏹 2. Staggered Squat Pulse (L / R) 7kg		🏹 2. Staggered Squat Pulse (L / R) 7kg	
★ 3. Pausing High Knees	Done	★ 3. Pausing High Knees	Done

BLOCK 4 · 2 ROUNDS			
ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE
🏹 1. Alt Thruster 7kg		🏹 1. Alt Thruster 7kg	
🏹 2. SA Row to Snatch (L / R) 7kg		🏹 2. SA Row to Snatch (L / R) 7kg	
★ 3. Bear Hold Shoulder Tap	Done	★ 3. Bear Hold Shoulder Tap	Done

BLOCK 5 · 2 ROUNDS			
ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE
🏹 1. Glute Bridge + 2 sec pause 10kg		🏹 1. Glute Bridge + 2 sec pause 10kg	
🏹 2. SL Glute Bridge Drive (L / R) 10kg		🏹 2. SL Glute Bridge Drive (L / R) 10kg	
★ 3. Russian Dancer	Done	★ 3. Russian Dancer	Done

FINISHER · 2 ROUNDS · 20s / 10s			
ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE
★ 1. Burpee	Done	★ 1. Burpee	Done
★ 2. Mt Climbers	Done	★ 2. Mt Climbers	Done
3. Pushups	Done	3. Pushups	Done
🏹 4. Weighted Sit-up 7kg		🏹 4. Weighted Sit-up 7kg	

Workout Complete · Burn ~285 Calories