

BARBELL LOWER BODY WORKOUT



Barbell Strength for Women 40+ | Dumbbell Alternatives Included

■ 30+ MIN

■ ~235 CAL

■ 3 BLOCKS

■ BARBELL + BENCH

FORMAT

- Block 1: 2 Sets · 50s work / 20s rest
- Block 2: 1 Set · 45s work / 15s rest
- Block 3: 2 Sets · 30s work / 15s rest

PENNY'S WEIGHTS

Block 1: 20kg / 45 lbs
Block 2: 15kg / 32 lbs
Block 3: Bodyweight

WARM UP

1. Squat Touchdown
2. Hamstring Sweeper
3. Reverse Lunge & Twist
4. Lateral Squat Walk

BLOCK 1 — BILATERAL STRENGTH | 2 Sets x 50s / 20s | 20kg/45 lbs

SET 1	MY WEIGHT / DONE	SET 2	MY WEIGHT / DONE
1. Front Squat		1. Front Squat	
2. Sumo Deadlift		2. Sumo Deadlift	
3. Good Morning to Squat		3. Good Morning to Squat	
4. Curtsy Lunge		4. Curtsy Lunge	
5. Heels Elevated Glute Bridge		5. Heels Elevated Glute Bridge	

BLOCK 2 — UNILATERAL STRENGTH | 1 Set x 45s / 15s | 15kg/32 lbs

EXERCISE	MY WEIGHT / DONE
1. Staggered Squat (L)	
2. Staggered Squat (R)	
3. Lunge with Calf Raise (L)	
4. Lunge with Calf Raise (R)	
5. Hinge Deadlift (L)	
6. Hinge Deadlift (R)	
7. Lateral Step Up (L)	
8. Lateral Step Up (R)	

BLOCK 3 — CORE FINISHER | 2 Sets x 30s / 15s | Bodyweight

SET 1	MY WEIGHT / DONE	SET 2	MY WEIGHT / DONE
1. Single, Single, Double Leg Lowers	Done	1. Single, Single, Double Leg Lowers	Done
2. Heel Taps	Done	2. Heel Taps	Done
3. Corkscrew Reverse Crunch	Done	3. Corkscrew Reverse Crunch	Done
4. Bent Knee X Body Crunch	Done	4. Bent Knee X Body Crunch	Done

Workout Complete — Burn ~235 Calories

NOTES
