

# 25 MIN BARBELL STRENGTH & SIT



Full Body | Strength + Sprint Intervals | Women Over 40 | Barbell or Dumbbells

■ 25+ MIN

■ ~198 CAL

■ STRENGTH + SIT

■ BARBELL

## FORMAT

- Strength Blocks: 2 Rounds · 45s work / 15s rest
- SIT Blocks: 4 Rounds · 20s hard / 40s recovery
- Max Out Finisher: 2 Rounds · 30s work / 15s rest

## PENNY'S WEIGHTS

20kg / 45 lbs Barbell  
Dumbbell alternative for every move

## WARM UP

1. Cross Arm Swings
2. Good Morning to Squat
3. Hamstring Sweeper
4. Jog on the Spot

## BLOCK 1: FULL BODY STRENGTH | 2 Rounds × 45s / 15s

| ROUND 1                         | MY WEIGHT / DONE     | ROUND 2                         | MY WEIGHT / DONE     |
|---------------------------------|----------------------|---------------------------------|----------------------|
| 1. Sumo Deadlift                | <input type="text"/> | 1. Sumo Deadlift                | <input type="text"/> |
| 2. Alt Front Rack Reverse Lunge | <input type="text"/> | 2. Alt Front Rack Reverse Lunge | <input type="text"/> |
| 3. Underhand Row                | <input type="text"/> | 3. Underhand Row                | <input type="text"/> |

## SIT 1 | 4 Rounds × 20s hard / 40s recovery

| ROUNDS 1-2                       | MY WEIGHT / DONE              | ROUNDS 3-4                       | MY WEIGHT / DONE              |
|----------------------------------|-------------------------------|----------------------------------|-------------------------------|
| 1. Fast Feet In & Outs · Round 1 | <input type="checkbox"/> Done | 3. Fast Feet In & Outs · Round 3 | <input type="checkbox"/> Done |
| 2. Fast Feet In & Outs · Round 2 | <input type="checkbox"/> Done | 4. Fast Feet In & Outs · Round 4 | <input type="checkbox"/> Done |

## BLOCK 2: FULL BODY STRENGTH | 2 Rounds × 45s / 15s

| ROUND 1                    | MY WEIGHT / DONE     | ROUND 2                    | MY WEIGHT / DONE     |
|----------------------------|----------------------|----------------------------|----------------------|
| 1. Back Squat              | <input type="text"/> | 1. Back Squat              | <input type="text"/> |
| 2. Single Leg Deadlift (L) | <input type="text"/> | 2. Single Leg Deadlift (L) | <input type="text"/> |
| 3. Single Leg Deadlift (R) | <input type="text"/> | 3. Single Leg Deadlift (R) | <input type="text"/> |
| 4. Upright Row             | <input type="text"/> | 4. Upright Row             | <input type="text"/> |

## SIT 2 | 4 Rounds × 20s hard / 40s recovery

| ROUNDS 1-2                    | MY WEIGHT / DONE              | ROUNDS 3-4                    | MY WEIGHT / DONE              |
|-------------------------------|-------------------------------|-------------------------------|-------------------------------|
| 1. High Knee Sprint · Round 1 | <input type="checkbox"/> Done | 3. High Knee Sprint · Round 3 | <input type="checkbox"/> Done |
| 2. High Knee Sprint · Round 2 | <input type="checkbox"/> Done | 4. High Knee Sprint · Round 4 | <input type="checkbox"/> Done |

## MAX OUT FINISHER | 2 Rounds × 30s / 15s

| ROUND 1                   | MY WEIGHT / DONE     | ROUND 2                   | MY WEIGHT / DONE     |
|---------------------------|----------------------|---------------------------|----------------------|
| 1. Clean & Press Thruster | <input type="text"/> | 1. Clean & Press Thruster | <input type="text"/> |
| 2. Sprawl to Row          | <input type="text"/> | 2. Sprawl to Row          | <input type="text"/> |

Workout Complete — Burn ~198 Calories

## NOTES