

25 MIN BARBELL TABATA METCON



Tabata Format | Full Body Strength and Conditioning | Women Over 40 | Barbell or Dumbbells

■ 25+ MIN	■ ~233 CAL	■ TABATA	■ BARBELL
-----------	------------	----------	-----------

FORMAT

- Tabata: 20s work / 10s rest
- 4 Circuits · 5 Exercises · 2 Rounds each
- Rest: 30s | 1 min | 30s between circuits

PENNY'S WEIGHTS

20kg / 45 lbs Barbell
Dumbbell alternative for every move

WARM UP

1. Knee Hugs
2. Good Morning to Squat
3. Lateral Lunge Reach
4. Fwd and Back Leg Swings

CIRCUIT 1: SQUAT + PUSH | 2 Rounds x 20s / 10s

ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE
1. Front Squat		1. Front Squat	
2. Push Press		2. Push Press	
3. Alt Reverse Lunge		3. Alt Reverse Lunge	
4. HR Push-Ups	Done	4. HR Push-Ups	Done
★ 5. Mt Climbers	Done	★ 5. Mt Climbers	Done

CIRCUIT 2: HINGE + PULL | 2 Rounds x 20s / 10s

ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE
1. Romanian Deadlift		1. Romanian Deadlift	
2. Bentover Row		2. Bentover Row	
3. Hang Clean		3. Hang Clean	
★ 4. Plank Jack Shoulder Taps	Done	★ 4. Plank Jack Shoulder Taps	Done
★ 5. Jump Squat	Done	★ 5. Jump Squat	Done

CIRCUIT 3: ATHLETIC | 2 Rounds x 20s / 10s

ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE
1. Lunge to Knee Drive (L)		1. Lunge to Knee Drive (L)	
2. Lunge to Knee Drive (R)		2. Lunge to Knee Drive (R)	
3. Clean and Press		3. Clean and Press	
★ 4. Skater Jumps	Done	★ 4. Skater Jumps	Done
★ 5. Burpees	Done	★ 5. Burpees	Done

CIRCUIT 4: FINAL PUSH | 2 Rounds x 20s / 10s

ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE
1. Sumo Deadlift High Pull		1. Sumo Deadlift High Pull	
2. Thruster		2. Thruster	
3. Alt Lateral Lunge		3. Alt Lateral Lunge	
★ 4. Fast Feet In and Outs	Done	★ 4. Fast Feet In and Outs	Done
★ 5. Broad Jump Shuffle Back	Done	★ 5. Broad Jump Shuffle Back	Done

Workout Complete — Burn ~233 Calories

NOTES
