

46TH BIRTHDAY NO REPEAT



Full Body · Strength + Cardio · Women Over 40 · Dumbbells Only

■ 45+ MIN	■ ~330 CAL	■ NO REPEAT	■ DUMBBELLS
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FORMAT

- 2 No-Repeat Circuits | 40s work / 15s rest
- Core Finisher | 40s work / 15s rest
- 1 min rest between circuits · 30s before finisher

PENNY'S WEIGHTS

- 2 x 5kg / 10.5 lbs
- 2 x 7kg / 15.5 lbs
- 2 x 10kg / 22 lbs

WARM UP

1. Crisscross Step Jack
2. Squat Touchdown
3. X Body Speed Walk
4. Jog on the Spot

CIRCUIT 1 — LIGHT & PUMPY | No Repeat | 40s / 15s

MY WEIGHT / DONE		MY WEIGHT / DONE	
1. Lateral Raise		10. Arms Up Row	
2. Tricep Kickbacks		11. Push-up	Done
3. Cross-Body Curls		12. Dips	
4. 3 Shuffle Jumping Lunges	Done	13. Plank Jacks	Done
5. Mountain Climbers	Done	14. Sprawl	Done
6. Chest Flys		15. Curl to Press	
7. Half Kneeling Hammer Curls		16. Arnold Press	
8. Kneel to Stand to Jump Squat	Done	17. Lateral High Knee Run	Done
9. Skater Touchdown	Done	18. 2 Knee Repeater	Done

CIRCUIT 2 — HEAVY & POWER | No Repeat | 40s / 15s

MY WEIGHT / DONE		MY WEIGHT / DONE	
1. 1 1/2 Goblet Squat		11. Wall Sit Leg Extension	Done
2. Staggered Squat (L)		12. Frog Pumps	
3. Staggered Squat (R)		13. Heels Up Glute Bridge	
4. In and Out Squat Jumps	Done	14. Squat Hop Burpee	
5. Clapping Leg Kicks	Done	15. Broad Jump Shuffle Back	Done
6. Sumo RDL		16. Thrusters	
7. Alt SL Deadlift		17. Snatch	
8. Renegade Row		18. Devils Press	
9. Burpees	Done	19. Toe Taps + Punches	Done
10. DB Swing		20. Running Man	Done

CORE FINISHER | No Repeat | 40s / 15s

MY WEIGHT / DONE		MY WEIGHT / DONE	
1. Crunches	Done	4. Bird Dog (L to R)	Done
2. Toe Touches	Done	5. Bird Dog (R to L)	Done
3. Plank Shoulder Tap	Done	6. Plank Hold (1 min)	Done

Workout Complete · Burn ~330 Calories · Happy Birthday!

NOTES
