

45 MIN FLOOR STRENGTH WORKOUT

For Women Over 40 | Dumbbells + Mat



■ 45+ MIN	■ ~200 CAL	■ 6 TRI-SETS	■ 2 ROUNDS EACH
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FORMAT	PENNY'S WEIGHTS
40s work / 15s rest 2 rounds per tri-set Cardio Finisher: 20s work / 10s rest 2 rounds 1 min rest after Tri-Set 3	2 x 12.5kg / 27.5 lbs 2 x 8kg / 17.5 lbs 2 x 5kg / 10.5 lbs

TRI-SET 1 2 Rounds 40s work / 15s rest			
ROUND 1	MY WEIGHT	ROUND 2	MY WEIGHT
Floor Chest Press	Floor Chest Press
4 Point Row	4 Point Row
Glute Bridge	Glute Bridge
* 30 secs rest			

TRI-SET 2 2 Rounds 40s work / 15s rest			
ROUND 1	MY WEIGHT	ROUND 2	MY WEIGHT
Half Kneeling Curl to Press	Half Kneeling Curl to Press
Pullover to Leg Lower	Pullover to Leg Lower
Bicycle Crunch	Bicycle Crunch
* 30 secs rest			

TRI-SET 3 2 Rounds 40s work / 15s rest			
ROUND 1	MY WEIGHT	ROUND 2	MY WEIGHT
Skull Crushers	Skull Crushers
Renegade Row & Rotation	Renegade Row & Rotation
Donkey Kick (L then R)	Donkey Kick (L then R)
* 1 MIN REST			

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WORKOUT (continued)

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TRI-SET 4 | 2 Rounds | 40s work / 15s rest

ROUND 1	MY WEIGHT	ROUND 2	MY WEIGHT
Wide to Close Push-Up	Wide to Close Push-Up
Half Kneeling Hinge Curl	Half Kneeling Hinge Curl
Frog Pumps	Frog Pumps
* 30 secs rest			

TRI-SET 5 | 2 Rounds | 40s work / 15s rest

ROUND 1	MY WEIGHT	ROUND 2	MY WEIGHT
Seated Snatch	Seated Snatch
Russian Twist	Russian Twist
Scissor Kicks	Scissor Kicks
* 30 secs rest			

TRI-SET 6 | 2 Rounds | 40s work / 15s rest

ROUND 1	MY WEIGHT	ROUND 2	MY WEIGHT
Kneeling Hip Thrust + O'head Tri Ext	Kneeling Hip Thrust + O'head Tri Ext
Plank Punch	Plank Punch
Fire Hydrant (L then R)	Fire Hydrant (L then R)
* 20 secs rest			

■ CARDIO BURST FINISHER | 2 Rounds | 20s work / 10s rest

X Body Mountain Climbers	Plank Jacks
Butterfly Sit-Up & Punch	Heel Taps

■ Workout Complete — Burn ~200 Calories

NOTES
