

30 MIN STRENGTH & SIT WORKOUT



Strength Clusters + SIT Finishers | Strength · Cardio · Core | Women Over 40 | Dumbbells

■ 30+ MIN	■ ~263 CAL	■ STRENGTH + SIT	■ 3 BLOCKS
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FORMAT	PENNY USED
<ul style="list-style-type: none"> ■ Strength Clusters: 40s work / 20s rest · 2 rounds ■ SIT Finishers: 20s work / 40s rest · 2 rounds ■ Core Finisher: 30s work / 10s rest · 2 rounds 	<ul style="list-style-type: none"> 2 x 4kg / 9 lbs 2 x 8kg / 17.5 lbs 2 x 15kg / 32 lbs

STRENGTH CLUSTER 1 2 Rounds x 40s / 20s			
ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE
1. DB X Hold Squat		1. DB X Hold Squat	
2. RDL		2. RDL	
3. Push Press Combo		3. Push Press Combo	

SIT FINISHER 1 2 Rounds x 20s / 40s			
ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE
1. Running Man	Done	1. Running Man	Done

STRENGTH CLUSTER 2 2 Rounds x 40s / 20s			
ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE
1. 1½ Sumo Squat		1. 1½ Sumo Squat	
2. Pushup to DB Drag		2. Pushup to DB Drag	
3. Pendlay Row		3. Pendlay Row	

SIT FINISHER 2 2 Rounds x 20s / 40s			
ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE
1. Frogger	Done	1. Frogger	Done

STRENGTH CLUSTER 3 2 Rounds x 40s / 20s			
ROUND 1 (L)	MY WEIGHT / DONE	ROUND 2 (R)	MY WEIGHT / DONE
1. Lunge Combo (L)		1. Lunge Combo (R)	
2. Deadlift to High Pull		2. Deadlift to High Pull	
3. Half Sweeper		3. Half Sweeper	

SIT FINISHER 3 2 Rounds x 20s / 40s			
ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE
1. Burpee	Done	1. Burpee	Done

CORE FINISHER 2 Rounds x 30s / 10s Bodyweight			
ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE
1. Bear Plank Shoulder Taps	Done	1. Bear Plank Shoulder Taps	Done
2. Plank DB Pull Through	Done	2. Plank DB Pull Through	Done
3. Deadbug Pullover	Done	3. Deadbug Pullover	Done
4. Heel Tap Crunches	Done	4. Heel Tap Crunches	Done

Workout Complete — Burn ~263 Calories

NOTES
