

20 MIN STRENGTH & SIT EXPRESS

Member Exclusive · Strength + Sprint Intervals · Women 40+

20

MINUTES

145

CALORIES

3

ROUNDS

**7kg + 10kg
Dumbbells**

EQUIPMENT

A clever ladder — three rounds where the work interval gets shorter each time, but the moves level up to match. Strength exercises progress across each round, with a SIT burst between each block to spike your heart rate. 20 minutes, maximum effect.

FORMAT

Round 1: 3 Sets · 50s work / 20s rest

Round 2: 3 Sets · 40s work / 15s rest

Round 3: 3 Sets · 30s work / 15s rest

SIT Bursts: 3 rounds · 20s work / 40s rest

EQUIPMENT

- 2 x Dumbbells (7kg/15.5 lbs + 10kg/22 lbs)
- Floor mat
- Water bottle

WARM UP | 3 MINUTES

Good Morning to Squat	30 secs
Inchworm	30 secs
Reverse Lunge & Reach	30 secs
Jog on the spot	30 secs

ROUND 1 — BILATERAL STRENGTH · 3 Sets · 50 secs work / 20 secs rest · 10kg/22 lbs

SET 1

Sumo Deadlift 50 secs work · 20 secs rest
MY WEIGHT:

SA Row (L) side 50 secs work · 20 secs rest
MY WEIGHT:

SA Row (R) side 50 secs work · 20 secs rest
MY WEIGHT:

Reverse Lunge 50 secs work · 20 secs rest
MY WEIGHT:

SET 2

Sumo Deadlift 50 secs work · 20 secs rest
MY WEIGHT:

SA Row (L) side 50 secs work · 20 secs rest
MY WEIGHT:

SA Row (R) side 50 secs work · 20 secs rest
MY WEIGHT:

Reverse Lunge 50 secs work · 20 secs rest
MY WEIGHT:

SET 3	
Sumo Deadlift	50 secs work · 20 secs rest MY WEIGHT:
SA Row (L) side	50 secs work · 20 secs rest MY WEIGHT:
SA Row (R) side	50 secs work · 20 secs rest MY WEIGHT:
Reverse Lunge	50 secs work · 20 secs rest MY WEIGHT:
■ SIT BURST 3 rounds x 20 secs work / 40 secs rest	
Running Man · Set 1	20 secs work · 40 secs rest
Running Man · Set 2	20 secs work · 40 secs rest
Running Man · Set 3	20 secs work · 40 secs rest
ROUND 2 — PROGRESSED STRENGTH · 3 Sets · 40 secs work / 15 secs rest · 7kg/15.5 lbs	
SET 1	
Sumo Deadlift High Pull	40 secs work · 15 secs rest MY WEIGHT:
Alt Row & Hold	40 secs work · 15 secs rest MY WEIGHT:
Reverse Lunge to Knee Drive	40 secs work · 15 secs rest MY WEIGHT:
SET 2	
Sumo Deadlift High Pull	40 secs work · 15 secs rest MY WEIGHT:
Alt Row & Hold	40 secs work · 15 secs rest MY WEIGHT:
Reverse Lunge to Knee Drive	40 secs work · 15 secs rest MY WEIGHT:
SET 3	
Sumo Deadlift High Pull	40 secs work · 15 secs rest MY WEIGHT:
Alt Row & Hold	40 secs work · 15 secs rest MY WEIGHT:
Reverse Lunge to Knee Drive	40 secs work · 15 secs rest MY WEIGHT:
■ SIT BURST 3 rounds x 20 secs work / 40 secs rest	
Lateral Squat Hop · Set 1	20 secs work · 40 secs rest
Lateral Squat Hop · Set 2	20 secs work · 40 secs rest
Lateral Squat Hop · Set 3	20 secs work · 40 secs rest
ROUND 3 — ADVANCED STRENGTH · 3 Sets · 30 secs work / 15 secs rest · 7kg/15.5 lbs	
SET 1	
Walking Sumo Deadlift High Pull	30 secs work · 15 secs rest MY WEIGHT:
Man Maker	30 secs work · 15 secs rest MY WEIGHT:

OH Reverse Lunge	30 secs work · 15 secs rest MY WEIGHT:
SET 2	
Walking Sumo Deadlift High Pull	30 secs work · 15 secs rest MY WEIGHT:
Man Maker	30 secs work · 15 secs rest MY WEIGHT:
OH Reverse Lunge	30 secs work · 15 secs rest MY WEIGHT:
SET 3	
Walking Sumo Deadlift High Pull	30 secs work · 15 secs rest MY WEIGHT:
Man Maker	30 secs work · 15 secs rest MY WEIGHT:
OH Reverse Lunge	30 secs work · 15 secs rest MY WEIGHT:
■ SIT BURST 3 rounds x 20 secs work / 40 secs rest	
Squat Hop Burpee · Set 1	20 secs work · 40 secs rest
Squat Hop Burpee · Set 2	20 secs work · 40 secs rest
Squat Hop Burpee · Set 3	20 secs work · 40 secs rest
COOL DOWN 90 SECONDS	
• Low Lunge Hip Flexor Hold	
• Chest & Shoulder Stretch	
• Seated Forward Fold	