

KNEE FRIENDLY FAT LOSS



Switchback Format | Full Body | Women Over 40 | Dumbbells

■ ~40 MIN	■ 3 CIRCUITS	■ SWITCHBACK	■ KNEE FRIENDLY
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FORMAT

- Strength Circuits: 40s work / 15s rest, 2 rounds
- Round 2 reverses the order (Switchback)
- Abs Finisher: 40s work / 15s rest, 1 round

PENNY'S WEIGHTS

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

WARM UP

1. X Body Speed Walk
2. Windmill
3. Butt Kicks
4. Hamstring Sweeper

CIRCUIT 1 | 2 Rounds x 40s / 15s | Switchback

ROUND 1	MY WEIGHT / DONE	ROUND 2 (reverse)	MY WEIGHT / DONE
1. Sumo Deadlift		5. Alt Woodchop	
2. DB Swing		4. Curl to Press	
3. Snatch		3. Snatch	
4. Curl to Press		2. DB Swing	
5. Alt Woodchop		1. Sumo Deadlift	

CIRCUIT 2 | 2 Rounds x 40s / 15s | Switchback

ROUND 1	MY WEIGHT / DONE	ROUND 2 (reverse)	MY WEIGHT / DONE
1. Alt Kickstand Deadlift to Row		5. Overhead March Combo	
2. Press to Tri Extension		4. Skier Swing	
3. RDL to Upright Row		3. RDL to Upright Row	
4. Skier Swing		2. Press to Tri Extension	
5. Overhead March Combo		1. Alt Kickstand Deadlift to Row	

CIRCUIT 3 | 2 Rounds x 40s / 15s | Switchback

ROUND 1	MY WEIGHT / DONE	ROUND 2 (reverse)	MY WEIGHT / DONE
1. DB G2O		5. DB Bent Knee Sit Up	
2. Renegade Row, Push-Up, Row		4. Tri Extension Glute Bridge	
3. Half Kneeling Arnold Press		3. Half Kneeling Arnold Press	
4. Tri Extension Glute Bridge		2. Renegade Row, Push-Up, Row	
5. DB Bent Knee Sit Up		1. DB G2O	

ABS FINISHER | 1 Round x 40s / 15s

ABS FINISHER	MY WEIGHT / DONE
1. Plank	Done
2. Side V Crunch (R)	Done
3. Plank Arm Reach	Done
4. Side V Crunch (L)	Done
5. Leg Lower Pulse	Done
6. Plank X Body Leg Lift	Done

Workout Complete — No Squats, No Lunges, All Knees Happy