

KNEE FRIENDLY LEG DAY + BOOTY BAND



No Squats, No Lunges | Glutes + Hamstrings | Women Over 40 | Dumbbells + Mini Band

■ 35+ MIN

■ ~259 CAL

■ KNEE FRIENDLY

■ 2 ROUNDS

FORMAT

- Block 1: 45s work / 15s rest
- Block 2: 35s work / 15s rest
- Block 3: 40s work / 15s rest
- Finisher: 20s work / 10s rest

PENNY'S WEIGHTS

2 x 8kg / 17.5 lbs
2 x 12.5kg / 27.5 lbs
1 x 20kg / 42 lbs
Light mini band

WARM UP

1. Butt Kicks 2. Hamstring Sweeper 3. Lateral Leg Swing (L) 4. Lateral Leg Swing (R) 5. Plank Walk Out

BLOCK 1: STANDING POSTERIOR CHAIN | 2 Rounds x 45s / 15s

ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE
1. RDL	<input type="text"/>	1. RDL	<input type="text"/>
2. Good Morning	<input type="text"/>	2. Good Morning	<input type="text"/>
3. Sumo Deadlift	<input type="text"/>	3. Sumo Deadlift	<input type="text"/>
4. Hinge Swing	<input type="text"/>	4. Hinge Swing	<input type="text"/>

BLOCK 2: STANDING UNILATERAL + BOOTY BAND | 2 Rounds x 35s / 15s

ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE
1. Single Leg Deadlift (L)	<input type="text"/>	1. Single Leg Deadlift (L)	<input type="text"/>
2. Single Leg Deadlift (R)	<input type="text"/>	2. Single Leg Deadlift (R)	<input type="text"/>
3. Standing Abduction (R)	<input type="text"/>	3. Standing Abduction (R)	<input type="text"/>
4. Standing Abduction (L)	<input type="text"/>	4. Standing Abduction (L)	<input type="text"/>
5. Banded Donkey Kick (L)	☐ Done	5. Banded Donkey Kick (L)	☐ Done
6. Banded Donkey Kick (R)	☐ Done	6. Banded Donkey Kick (R)	☐ Done

BLOCK 3: FLOOR GLUTE BURN | 2 Rounds x 40s / 15s

ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE
1. DB Frog Pumps	<input type="text"/>	1. DB Frog Pumps	<input type="text"/>
2. DB Banded Glute Bridge	<input type="text"/>	2. DB Banded Glute Bridge	<input type="text"/>
3. Fire Hydrant Kick (L)	☐ Done	3. Fire Hydrant Kick (L)	☐ Done
4. Fire Hydrant Kick (R)	☐ Done	4. Fire Hydrant Kick (R)	☐ Done

FINISHER | 2 Rounds x 20s / 10s

ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE
1. Banded Glute Bridge Abduction	☐ Done	1. Banded Glute Bridge Abduction	☐ Done
2. Banded Glute Bridge Hold	☐ Done	2. Banded Glute Bridge Hold	☐ Done
3. Reverse Plank Crunch	☐ Done	3. Reverse Plank Crunch	☐ Done
4. Reverse Plank Hold	☐ Done	4. Reverse Plank Hold	☐ Done

Workout Complete — Burn ~259 Calories

NOTES
