

35 MIN NO REPEAT FULL BODY STRENGTH



No Repeat Combo Format | Full Body | Women Over 40 | Dumbbells

■ 35+ MIN		■ ~219 CAL		■ NO REPEAT		■ FULL BODY					
FORMAT				PENNY'S WEIGHTS							
■ 3 No Repeat Circuits, 9 moves each ■ Strength: 45s work / 20s rest ■ 30s rest between circuits ■ Finisher: 30s / 15s, hold plank 60s				5kg / 10.5 lbs 7.5kg / 16.5 lbs 10kg / 22 lbs							
THE CIRCUITS No Repeat 45s work / 20s rest 30s rest between circuits											
CIRCUIT 1		WEIGHT		CIRCUIT 2		WEIGHT		CIRCUIT 3		WEIGHT	
1. Front Squat				1. Thruster				1. Rotational Squat to Press			
2. Deadlift to Upright Row				2. Reverse Lunge to Curl				2. Fwd Lunge + Tricep Ext			
3. Staggered Squat to Press (L)				3. Kickstand RDL to Row (L)				3. SL Glute Bridge + Press (L)			
4. Staggered Squat to Press (R)				4. Kickstand RDL to Row (R)				4. SL Glute Bridge + Press (R)			
5. Lateral Lunge to Front Raise				5. Figure 8 Squat				5. Squat Hold + Halo			
6. Renegade Row to Push-Up				6. Curtsy + Oblique Knee Drive (L)				6. Clam Shell (R)			
7. Half Kneel Conc Curl (L)				7. Curtsy + Oblique Knee Drive (R)				7. Clam Shell (L)			
8. Half Kneel Conc Curl (R)				8. DB Leg Commandos				8. Plank Row with Rotation			
9. X Body Climber to Leg Lift		Done		9. DB Rev Plank March + Leg Lift				9. Plank Jack		Done	
CORE FINISHER 30s work / 15s rest Hold the final plank for 60s											
EXERCISE										DONE	
1. Wall Sit with Leg Extension										Done	
2. Boat Sit Toe Touch										Done	
3. Hamstring Runner										Done	
4. Modified Hollow Hold Pulse										Done	
5. Extended Plank Hold (60 secs)										Done	
Workout Complete · Burn ~219 Calories											
NOTES / MY LOG											