

30 MIN NO REPEAT SWEAT SESSION

Strength into Power | Full Body | Women Over 40 | Dumbbells



■ 30+ MIN

■ ~255 CAL

■ NO REPEAT

■ 3 BLOCKS

FORMAT

- Block 1 Strength: 50s work / 20s rest
- Block 2 Power: 40s work / 15s rest
- Finisher: 90s work
- 1 round of each block

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 Arm Swings
2. Side Lunge & Reach
3. Butt Kick & Squat
4. Lunge Touchdown

BLOCK 1: NO REPEAT FULL BODY STRENGTH | 50s work / 20s rest

EXERCISE	MY WEIGHT / DONE
1. Heels Elevated Goblet Squat	
2. Underhand Grip Dead Row	
3. Kickstand Deadlift (L)	
4. Kickstand Deadlift (R)	
5. Alt Push Press	
6. Side Lunge Upright Row (L)	
7. Side Lunge Upright Row (R)	
8. Alt DB Bicep Curl	
9. O'head Tri Ext Hip Thrust	
10. Straight Leg Situp Switch	
11. DB Leg Lowers	

BLOCK 2: NO REPEAT FULL BODY POWER | 40s work / 15s rest

EXERCISE	MY WEIGHT / DONE
1. Clean & Press	
2. Lunge Knee Drive & Press (L)	
3. Lunge Knee Drive & Press (R)	
4. Deadlift to Squat Clean	
5. Pushup DB Pull Through	
6. Snatch	
7. Curtsy Lunge to Swing (R)	
8. Curtsy Lunge to Swing (L)	
9. Fast Skaters	☐ Done
10. Broad Jump Shuffle Back	☐ Done
11. Mt Climbers	☐ Done
12. Frog Sit-ups	☐ Done
13. DB Wood-chop	
14. DB Alt Toe Touch	

BLOCK 3: FULL BODY FINISHER | 90s work

EXERCISE	MY WEIGHT / DONE
1. Devils Press	

Workout Complete — Burn ~255 Calories