45 MIN UPPER BODY PUSH PULL

STRENGTH WAVES

GFG Lifts | Chest · Shoulders · Back · Arms · Core | Women Over 40 | Dumbbells + Bench

35+ MIN	~261 CAL	5 BLOCKS	PUSH + PULL

FORMAT

- Heavy blocks: 3 straight sets · 50s / 40s / 30s work, heavier each set
- Accessories: 2 rounds · 40s work / 20s rest
- Core finisher: 3 rounds · 20s work / 10s rest

PENNY'S WEIGHTS

2 x 4kg / 9 lbs · 2 x 8kg / 17.5 lbs
2 x 10kg / 22 lbs · 2 x 12.5kg / 27.5 lbs
2 x 15kg / 32 lbs

WARM UP

1. Arm Circles 2. Trunk Rotation 3. Good Morning plus Reach 4. Inchworm

BLOCK 1: HEAVY PUSH | 3 Straight Sets | 50s / 40s / 30s

EXERCISE	SET 1 (50s) MY WEIGHT	SET 2 (40s) MY WEIGHT	SET 3 (30s) MY WEIGHT
1. Shoulder Press			
2. DB Chest Press			

BLOCK 2: PUSH ACCESSORIES | 2 Rounds × 40s / 20s

ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE
1. O'head Tricep Ext		1. O'head Tricep Ext	
2. Bench Dips	☐ Done	2. Bench Dips	☐ Done
3. Lateral Raise with Pause		3. Lateral Raise with Pause	
4. DB Pushup Pull Through		4. DB Pushup Pull Through	

BLOCK 3: HEAVY PULL | 3 Straight Sets | 50s / 40s / 30s

EXERCISE	SET 1 (50s) MY WEIGHT	SET 2 (40s) MY WEIGHT	SET 3 (30s) MY WEIGHT
1. SA Row (R then L)			
2. DB Pullover			

BLOCK 4: PULL ACCESSORIES | 2 Rounds × 40s / 20s

ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE
1. Cross Body Curl		1. Cross Body Curl	
2. Hammer Curl		2. Hammer Curl	
3. Seated Reverse Fly		3. Seated Reverse Fly	
4. Renegade Row		4. Renegade Row	

BLOCK 5: CORE FINISHER | 3 Rounds × 20s / 10s

EXERCISE	ROUND 1 DONE	ROUND 2 DONE	ROUND 3 DONE
1. Mountain Climbers	☐ Done	☐ Done	☐ Done
2. Bicycle Crunch	☐ Done	☐ Done	☐ Done

Workout Complete | Burn ~261 Calories

NOTES