

45 MIN FULL BODY NO REPEAT

DUMBBELL STRENGTH BUILDER

For Women Over 40 | Dumbbells Only



■ 45+ MIN	■ ~390 CAL	■ NO REPEAT	■ 3 BLOCKS
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FORMAT

- Circuits 1 & 2: 40s work / 20s rest
- 1 min rest between Circuit 1 & 2
- Metabolic Finisher: 60s work / 20s rest

PENNY'S WEIGHTS

2 x 6kg / 13 lbs
2 x 8kg / 17.5 lbs
2 x 10kg / 22 lbs

CIRCUIT 1: BUILD | 40s Work / 20s Rest

EXERCISE	MY WEIGHT / DONE
1. 1½ Sumo Deadlift	
2. Heels Elevated Goblet Squat	
3. Tripod Row & Rotation (L then R)	
4. Double Arnold Press	
5. Mixed Rack Reverse Lunge (L then R)	
6. Press to O'head Tricep Extension	
7. Bridge Alt Chest Press	
8. Half Kneeling Bicep Curl	
9. DB Pullover to Leg Lower	
10. DB Single Leg Glute Bridge (L then R)	
11. Plank DB Pull Through	
12. Side Plank Hip Dips (L then R)	☐ Done

CIRCUIT 2: SCULPT + STRENGTH | 40s Work / 20s Rest

EXERCISE	MY WEIGHT / DONE
1. 1½ Stiff Leg Deadlift	
2. SA DB Rack Squat (L then R)	
3. Alternating Piston Press	
4. Kickstand Deadlift Row (L then R)	
5. Alt Bicep Curl	
6. Curtsy Lunge + Curl	
7. Lateral Lunge to Front Raise	
8. Squat Hold + Halo	
9. Renegade Row to Push-Up	
10. Tall Kneeling Alt Wood-chop	
11. Straight Arm DB Sit-Up	
12. Frog Pumps	
13. Bird Dog Elbow to Knee Crunch (L then R)	☐ Done
14. Ankle Tap Crunch	☐ Done

METABOLIC FINISHER | 60s Work / 20s Rest

EXERCISE	MY WEIGHT / DONE
1. Hang Snatch	
2. DB Squat Swing	
3. Duck Walk	☐ Done
4. DB Sprawl No Jump	
5. Plank Opp Arm Leg Raise	☐ Done