

25 MIN UPPER BODY & ABS

STRENGTH AND SIT

Arms · Shoulders · Abs | Women Over 40 | Dumbbells



■ 25 MIN	■ ~180 CAL	■ 3 TRI-SETS	■ 2 SIT BLOCKS
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FORMAT ■ Tri-Sets: 2 Rounds x 30s work / 15s rest ■ SIT Blocks: 30s work / 30s rest	PENNY'S WEIGHTS 2 x 8kg / 17.5 lbs 2 x 10kg / 22 lbs 2 x 15kg / 32 lbs
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TRI-SET 1: ARMS + SHOULDERS			
ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE
1. Bicep Curls		1. Bicep Curls	
2. Alt Neutral Grip Front Raise		2. Alt Neutral Grip Front Raise	
3. Plank Core Rotations	☐ Done	3. Plank Core Rotations	☐ Done

TRI-SET 2: SHOULDERS + TRICEPS			
ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE
1. Shoulder Press		1. Shoulder Press	
2. Bench Tricep Dips	☐ Done	2. Bench Tricep Dips	☐ Done
3. DB Side Bends (L)		3. DB Side Bends (L)	
4. DB Side Bends (R)		4. DB Side Bends (R)	

TRI-SET 3: BICEPS + BACK + CORE			
ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE
1. Hammer Curls		1. Hammer Curls	
2. Bench Supported DB Row	☐ Done	2. Bench Supported DB Row	☐ Done
3. DB Russian Twist		3. DB Russian Twist	

SIT BLOCK 1			
ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE
1. High Knees + Punch	☐ Done	1. High Knees + Punch	☐ Done
2. Mountain Climbers	☐ Done	2. Mountain Climbers	☐ Done

SIT BLOCK 2			
ROUND 1	MY WEIGHT / DONE	ROUND 2	MY WEIGHT / DONE
1. Switch Burpees	☐ Done	1. Switch Burpees	☐ Done
2. Plank Jacks	☐ Done	2. Plank Jacks	☐ Done

Workout Complete — Burn ~180 Calories

NOTES