

BEST WORKOUT PLAN FOR WOMEN OVER 40

The training approach that builds strength, improves body composition, and fits a real schedule — designed specifically for women in their 40s, 50s, and beyond.



**FREE GUIDE —
INSTANT PDF DOWNLOAD**



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YOUR PROGRAM ROADMAP

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**STRONGER
LEANER
CONFIDENT**
AT ANY AGE.

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WHAT ACTUALLY WORKS

LIFT HEAVY. WIN.

The biggest mistake women over 40 make is doing more cardio when results slow down. Strength training is what changes body composition after 40 — cardio is the supplement, not the solution. This guide is built around what actually works for women in perimenopause and menopause: progressive resistance training, high protein, adequate sleep, and smart recovery.



WHY STRENGTH TRAINING FIRST

After 40, women lose 1–2% of muscle mass per year without resistance training — accelerating to around 3% per year after menopause. Less muscle means slower metabolism, less fat burned at rest, worse insulin sensitivity, and lower daily energy. Estrogen decline also reduces its protective effect on bone density and muscle retention. Lifting 3x per week directly fights this trend — at any age.



WHY CARDIO ALONE FAILS

Cardio burns calories short-term but does not address muscle loss — the real reason progress slows after 40. Excessive cardio can increase cortisol, encourage more belly-fat storage, and often raises appetite more than strength training. The women who truly transform their bodies after 40 lift weights consistently. Cardio supports the work — it is not the work.

WHAT CHANGES AFTER 40 — THE BIOLOGY

1 Estrogen Decline Accelerates Fat Storage

Lower estrogen shifts fat storage from hips and thighs toward the midsection, increasing visceral fat. This raises metabolic risk and makes it harder to maintain a lean physique. Resistance training improves insulin sensitivity and helps preserve lean mass, keeping your metabolism stronger.

2 Muscle Loss Accelerates Without Resistance Training

After 40, muscle loss speeds up — even if your scale weight stays the same. This leads to a higher body fat percentage, less definition, and lower strength. Resistance training is the key tool to reverse this process and build a stronger, leaner, more capable body.

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WHAT CHANGES AFTER 40 — THE BIOLOGY



3 BONE DENSITY DECREASES — LIFTING REBUILDS IT

Women lose 1–3% of bone density per year in the first 5 years after menopause. Resistance training — specifically heavy compound movements — is one of only two interventions proven to increase bone density in postmenopausal women (the other is hormone therapy). This is a long-term health benefit that goes far beyond aesthetics.

4 RECOVERY TAKES LONGER — BUT RESULTS ARE FULLY ACHIEVABLE

Recovery capacity decreases after 40 due to lower estrogen, slower protein synthesis rates, and higher baseline cortisol. The adjustment: 3 sessions per week instead of 5–6, full recovery days between sessions, and higher protein intake. Women who adapt their training to biology — rather than fighting it — produce better results than those who train harder without adjustment.



GET A CUSTOM PLAN BUILT FOR YOU

Open the Workout Generator. Enter your goal and equipment. Get a program designed specifically for you.

[BUILD MY PLAN](#)

THE PROGRAM

3-DAY
STRENGTH
TEMPLATE

Three sessions per week, built around the movements that matter most for women over 40. Full-body focus with emphasis on glutes, back, and core — the three most undertrained areas for women, and the three that produce the most visible change in body composition and posture. Use a weight that makes the last 2 reps of each set genuinely challenging.

**A LOWER BODY + PULL — Glutes, Hamstrings, Upper Back, Core**

1	Barbell Hip Thrust or Dumbbell Glute Bridge	4 × 10–12 reps
2	Romanian Deadlift	3 × 10–12 reps
3	Lat Pulldown or Resistance Band Row	3 × 10–12 reps
4	Face Pull (shoulder health + posture)	3 × 15–20 reps
5	Single-Leg Hip Thrust	3 × 10 each side
6	Dead Bug or Pallof Press	3 × 10 reps

B UPPER BODY + SQUAT — Chest, Shoulders, Quads, Core

1	Goblet Squat or Box Squat	4 × 10–12 reps
2	Dumbbell Bench Press or Push-Up	3 × 10–12 reps
3	Dumbbell Shoulder Press	3 × 10–12 reps
4	Dumbbell Row (each arm)	3 × 10 each side
5	Reverse Lunge with Dumbbells	3 × 10 each side
6	Plank or Dead Bug	3 × 35–45 sec

C FULL BODY + CARRY — Total Body Conditioning and Stability

1	Bulgarian Split Squat or Step-Up	3 × 10 each side
2	Cable Row or Band Pull-Apart	3 × 12–15 reps
3	Dumbbell Romanian Deadlift (single leg)	3 × 10 each side
4	Suitcase Carry or Farmer Carry	3 × 30–40 sec
5	Push-Up Variation or Cable Chest Press	3 × 10–12 reps
6	Glute Kickback or Cable Abduction	3 × 15 each side

TRAINING EXECUTION GUIDE



How to perform, load, and progress your program for maximum results.

1. TRAINING PRINCIPLES

 <p>STIMULUS Challenge your muscles with the right load (last 2 reps should be hard).</p>	 <p>PROGRESSION Gradually increase weight, reps, or sets over time.</p>	 <p>CONSISTENCY 3 focused sessions per week done consistently.</p>	 <p>RECOVERY Adapt, recover, and come back stronger. Progress happens outside the gym.</p>	 <p>NUTRITION Support your training with adequate protein, calories, and hydration.</p>
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2. HOW TO CHOOSE YOUR WEIGHT



- ✓ Choose a weight that allows you to complete the target reps with good form.
- ✓ The last 2 reps should be challenging but not sloppy.
- ✓ If you can do 3+ more reps with ease, the weight is too light.
- ✓ If you can't complete the target reps, the weight is too heavy.

RATE OF PERCEIVED EXERTION

6-7	Too Easy
8	Moderate
9	Challenging
10	Very Hard (Last rep max effort)

YOU WANT: 8-9

3. REST TIMES

GOAL	REST TIME
 Strength / Muscle Building	60-90 seconds
 Hypertrophy (Size)	60-90 seconds
 Muscular Endurance	30-60 seconds
 Conditioning / Circuits	15-30 seconds

4. FORM FIRST

- ✓ Control every rep. No momentum.
- ✓ Full range of motion on every rep.
- ✓ Engage your core and maintain proper posture.
- ✓ Quality always beats quantity.
- ✓ When in doubt, use a lighter weight until your form is perfect.



5. PROGRESSIVE OVERLOAD CHECKLIST

- ✓ Add reps within the target range
- ✓ Increase weight slightly
- ✓ Add a set when reps become easy
- ✓ Improve your mind-muscle connection
- ✓ Track your workouts

PROGRESSION + RESULTS

HOW TO KEEP GETTING STRONGER

Progressive overload is the engine of results for women at every age. Without increasing the challenge over time, results stall. The double progression method is safe, sustainable, and gives you clear evidence of progress — even when the scale is inconsistent.



THE DOUBLE PROGRESSION METHOD

1  **CHOOSE YOUR REP RANGE AND STARTING WEIGHT**

Pick a weight where you can complete the bottom of the rep range (for example 10 reps) with about 2 reps still in reserve. It should feel challenging but not impossible. Starting too heavy creates compensation patterns and injury risk; starting conservative leaves room to progress.

2  **ADD ONE REP PER SET EACH SESSION**

Each session, try to get one more rep per set. Work up until you hit the top of the rep range on all sets, for example 3 sets of 12. This usually takes 2–4 weeks. When all sets are at the top of the range, add weight next session and reset.

3  **ADD WEIGHT AND RESTART**

For upper body add 2.5–5 lb. For lower body add 5–10 lb. Reset to the bottom of the rep range and repeat the cycle. This creates measurable gains for 12–24 months without the common plateau cycle.

WHAT RESULTS ACTUALLY LOOK LIKE — AND WHEN

TIMELINE	WHAT YOU'LL NOTICE	WHAT'S HAPPENING INTERNALLY
 Weeks 1–3	Energy improves. Sleep quality better. Scale may not move yet.	Neuromuscular adaptation, cortisol regulating, protein synthesis up
 Weeks 4–8	Clothes fit differently — waist and hips. Strength measurably up.	Muscle mass increasing, fat mobilization accelerating
 Weeks 9–16	Body composition visibly changed. Posture improved. Others notice.	Significant fat loss + lean mass gain, hormonal environment shifting
 After 16 Weeks	The program is a habit. Challenge becomes progressing, not starting.	Metabolic rate elevated, bone density improving, long-term adaptation

NUTRITION

EAT TO SUPPORT THE WORK



Women over 40 do not need to eat less — they need to eat more of the right thing. Specifically protein. Chronic under-eating suppresses metabolism, accelerates muscle loss, increases cortisol, and makes training feel harder. The nutritional approach that produces results after 40 is built on protein first, adequate calories, and smart carb timing.

DAILY PROTEIN TARGETS FOR WOMEN OVER 40

BODYWEIGHT	MINIMUM DAILY	OPTIMAL TARGET	MEALS TO HIT TARGET
120 lb	85g	105–120g	3–4 meals × 27–35g
135 lb	95g	120–135g	3–4 meals × 30–40g
150 lb	105g	135–150g	4 meals × 34–38g
165 lb	115g	148–165g	4 meals × 37–42g
180 lb	125g	162–180g	4 meals × 40–45g
200 lb	140g	180–200g	4–5 meals × 40–45g

Distribute protein across 3–4 meals. Every meal should be anchored with protein — this single change improves body composition more than almost any other nutritional adjustment.

CALORIE SETUP FOR WOMEN OVER 40

GOAL: FAT LOSS + MUSCLE RETENTION

- **Calories:** Maintenance minus 300–400 per day.
- **Protein:** Hit your full target every day — non-negotiable.
- **Carbs:** Reduce on rest days by 20–30%.
- **Fat:** Keep moderate — supports hormone production after 40.
- **Duration:** 8–12 weeks, then maintenance phase.
- Never go below 1,300 calories without medical supervision.

GOAL: BUILD MUSCLE + RECOMPOSE

- **Calories:** Maintenance + 150–250 per day (small surplus).
- **Protein:** Full target — same as fat loss phase.
- **Carbs:** Prioritize around training sessions.
- **Fat:** 0.35–0.45g per lb of bodyweight.
- **Duration:** 12–16 weeks before reassessing.
- Expect slower scale movement, faster body composition change, significant strength gains, improved posture, and better energy.

PROTEIN & CALORIE TARGETS

FUEL YOUR TRAINING. DRIVE RESULTS.

Hitting the right protein and calorie targets is non-negotiable for preserving muscle, boosting metabolism, and changing your body composition after 40.



1. PROTEIN TARGETS

Protein is the foundation for muscle maintenance, recovery, and fat loss.



DAILY TARGET

0.7–1.0g
PER POUND OF
BODY WEIGHT

EXAMPLES

- 130 lb woman: 90–130g protein/day
- 150 lb woman: 105–150g protein/day
- 170 lb woman: 120–170g protein/day
- 200 lb woman: 140–200g protein/day

- ✓ Distribute protein across 3–4 meals.
- ✓ Aim for 25–40g of high-quality protein per meal.
- ✓ Include 20–30g post-workout to optimize recovery.
- ✓ Consistency every day > perfection some days.

BEST PROTEIN SOURCES



PRO TIP

High protein preserves muscle while you lose fat, keeps you full longer, and supports hormone balance and recovery.

2. CALORIE TARGETS

Calories drive results. Too many = fat gain.
Too few = muscle loss, low energy, and stalled progress.

CALORIE TARGET RANGE

Start here, then adjust based on progress.

GOAL	CALORIE TARGET	GUIDELINE	WHAT TO EXPECT
FAT LOSS	-300 to -500 calories from maintenance	Create a small deficit. Focus on protein, lifting, and steps.	Lose 0.5–1.0 lb per week. Waist shrinks, strength holds.
MAINTENANCE	Maintenance calories	Eat at maintenance while building strength and consistency.	Body composition improves. Strength and energy increase.
MUSCLE GAIN (RECOMPOSITION)	+150 to +250 calories above maintenance	Small surplus with high protein and progressive training.	Build lean muscle. Minimal fat gain.
POST-MENOPAUSE FOCUS	Individualized	Focus on protein, nutrient density and strength training.	Better body composition, bone health, and energy.

HOW TO FIND YOUR MAINTENANCE CALORIES



1. Estimate your TDEE (Total Daily Energy Expenditure). Use an online TDEE calculator.
2. Track your intake for 7–10 days.
3. If your weight is stable, that's your maintenance.
4. Adjust from there based on your goal.

CALORIE ADJUSTMENT GUIDE

- ✓ No weight loss after 2–3 weeks? Reduce by 100–150 calories.
- ✓ Losing too fast (>1 lb/week)? Add 100–150 calories.
- ✓ No energy or strength drop? Add 100–150 calories.
- ✓ Feeling sluggish or bloated? Check food quality, sodium, and sleep.



YOUR NUTRITION IS YOUR RESULTS MULTIPLIER.
Train hard. Eat right. Recover well. Repeat.



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RECOVERY

SLEEP, STRESS & HORMONES

Results after 40 are produced by consistency over months — not intensity over weeks. Recovery is what allows the training and nutrition work to pay off. When sleep is poor and stress stays high, cortisol rises, recovery slows, cravings increase, and progress becomes harder.



RECOVERY ESSENTIALS FOR WOMEN OVER 40

1 SLEEP —
7–9 HOURS,
EVERY NIGHT



Lower estrogen can disrupt sleep quality after 40. Consistently sleeping under 7 hours raises cortisol, lowers recovery quality, and makes fat loss harder. Protect sleep like a training variable.

2 WALK 7,000–
10,000 STEPS
DAILY



Daily walking improves circulation, helps manage stress, supports calorie burn, and adds activity with almost no recovery cost. It is one of the most underused fat-loss tools for women over 40.

3 PROTEIN ON
REST DAYS =
PROTEIN ON
TRAINING DAYS



Muscle repair happens on rest days. Hit your protein target 7 days per week so every session produces a better recovery and body-composition return.

4 DELOAD
EVERY 6–8
WEEKS



Use the same exercises with about 50–60% of your normal working weight for one week. A deload resets fatigue, helps regulate cortisol, and sets up stronger progress in the next training block.

STRESS + HORMONE SUPPORT



- ✓ Keep a consistent sleep and wake time
- ✓ Use a cool, dark room and reduce evening caffeine
- ✓ On high-stress or high-symptom days, train at 60–70% effort instead of skipping completely
- ✓ Magnesium glycinate before bed may support sleep quality
- ✓ Consistency beats all-out intensity



RECOVER WELL. TRAIN BETTER.

The stronger your recovery system, the stronger your body becomes after 40.

CARDIO: THE RIGHT ROLE

Cardio is a tool, not the goal. Use it to support your strength training, improve heart health, manage body composition, and boost energy.



1. WHY CARDIO MATTERS (ESPECIALLY AFTER 40)

 <p>SUPPORTS HEART HEALTH Improves circulation, lowers blood pressure and resting heart rate.</p>	 <p>AIDS FAT LOSS Creates a calorie deficit and improves metabolic efficiency.</p>	 <p>BOOSTS MOOD & ENERGY Reduces stress and improves mental clarity and focus.</p>	 <p>SUPPORTS BONE & JOINT HEALTH Weight-bearing cardio helps maintain bone density and mobility.</p>	 <p>IMPROVES SLEEP QUALITY Regular cardio helps you fall asleep faster and sleep deeper.</p>
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2. THE BEST CARDIO FOR WOMEN OVER 40

 <p>LOW-INTENSITY STEADY STATE (LISS)</p>	<p>Walking, incline walking, cycling, elliptical. Great for fat loss, recovery, and stress relief.</p>	<p>30-60 MINUTES</p>
 <p>ZONE 2 CARDIO</p>	<p>Moderate intensity (you can talk, but not sing). Builds endurance and supports metabolic health.</p>	<p>30-45 MINUTES</p>
 <p>HIIT (HIGH-INTENSITY INTERVAL TRAINING)</p>	<p>Short bursts of intense effort followed by rest. Time-efficient and great for fitness.</p>	<p>10-20 MINUTES</p>
 <p>HIKING / OUTDOOR ACTIVITIES</p>	<p>Incline walks, hiking, stairs, sports. Fun, functional, and mentally refreshing.</p>	<p>60+ MINUTES</p>

4. CARDIO GUIDELINES FOR BEST RESULTS

- ✔ Always prioritize strength training.
- ✔ Cardio should support your goals, not replace your workouts.
- ✔ Do LISS or Zone 2 cardio on rest days or after strength training.
- ✔ Do HIIT 1-2x per week for maximum benefit without overtraining.
- ✔ Listen to your body. More isn't always better.

3. HOW MUCH CARDIO?

The right amount depends on your goals. Use this as a starting guide.

GOAL	CARDIO RECOMMENDATION
Fat Loss	3-5 sessions per week (mix of LISS + HIIT)
Improve Fitness	2-4 sessions per week (Zone 2 + HIIT)
Maintain Health	2-3 sessions per week (LISS or Zone 2)
Active Recovery	Light cardio 1-2 sessions per week

5. CARDIO DO'S & DON'TS

- | | |
|--|--|
| <p>DO</p> <ul style="list-style-type: none"> ✔ Be consistent. ✔ Keep intensity appropriate. ✔ Stay hydrated and fueled. ✔ Choose activities you enjoy. ✔ Track progress over time. | <p>DON'T</p> <ul style="list-style-type: none"> ✘ Do excessive cardio. ✘ Ignore strength training. ✘ Push through pain or fatigue. ✘ Compare your pace to others. ✘ Neglect rest and recovery. |
|--|--|



REMEMBER

Strength training changes your body, Cardio supports it. Together, they create a stronger, leaner, healthier you.

MOBILITY & JOINT HEALTH

MOVE BETTER. FEEL BETTER. STAY STRONG FOR LIFE.

Strong muscles mean little if your joints can't move well. Prioritize mobility and joint health to improve performance, prevent injury, and support your active lifestyle for years to come.



1. WHY MOBILITY & JOINT HEALTH MATTER (ESPECIALLY AFTER 40)



IMPROVE MOVEMENT QUALITY

Better mobility enhances form, balance, and overall movement efficiency.



PREVENT INJURIES

Healthy joints and good mobility reduce the risk of strains, sprains, and chronic pain.



SUPPORT STRENGTH TRAINING

Greater range of motion allows you to lift more effectively and safely.



REDUCE STIFFNESS & PAIN

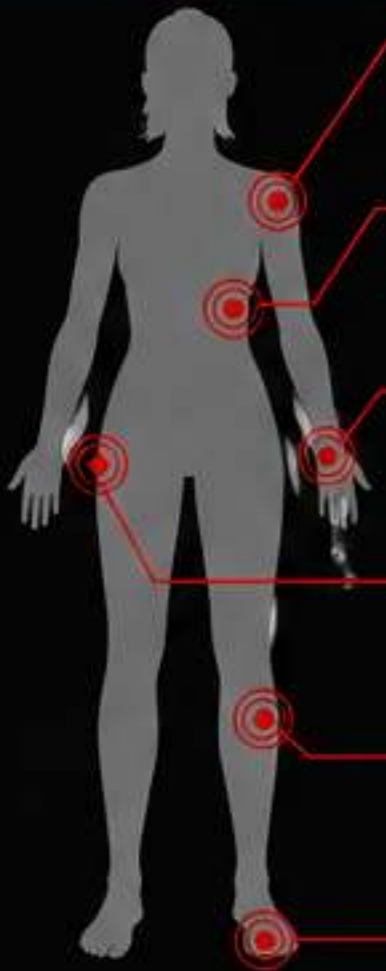
Keep your body moving well to minimize daily aches and discomfort.



STAY ACTIVE LONGER

Maintain independence and enjoy the activities you love.

2. KEY AREAS TO FOCUS ON



- ANKLES & FEET**
Improve balance, stability, and lower body movement.
- HIPS**
Enhance flexibility and reduce lower back strain.
- THORACIC SPINE**
Improve posture, rotation, and upper body mobility.
- SHOULDERS**
Increase range of motion and prevent impingement.
- WRISTS**
Support pushing, pulling, and lifting movements.
- KNEES**
Strengthen and stabilize for pain-free movement.

3. DAILY MOBILITY ROUTINE (10–15 MINUTES)

EXERCISE	FOCUS AREA	DURATION/REPS
 DEEP SQUAT HOLD	Ankles, Hips	60 seconds
 CAT-COW	Spine Mobility	8–10 reps
 HIP FLEXOR STRETCH	Hips	30–60 seconds per side
 THORACIC ROTATION (OPEN BOOK)	Thoracic Spine	8–10 reps per side
 SHOULDER DISLOCATES (WITH BAND)	Shoulders	10–15 reps
 WRIST ROCKS	Wrists	10–15 reps

4. TIPS FOR HEALTHY JOINTS

- ✔ Warm up before every workout.
- ✔ Use full range of motion—never sacrifice form.
- ✔ Progress gradually—don't rush mobility improvements.
- ✔ Strengthen the muscles around your joints.
- ✔ Stay consistent—small daily efforts create big results.
- ✔ Listen to your body and address issues early.

5. NUTRITION & LIFESTYLE SUPPORT

-  Eat anti-inflammatory foods: fatty fish, berries, leafy greens, olive oil, nuts, and seeds.
-  Stay hydrated—water keeps your joints lubricated and functioning well.
-  Get quality sleep—your body repairs and restores during rest.
-  Support joint health with: collagen, vitamin D, calcium, magnesium, and omega-3s.



REMEMBER

Mobility is not optional—it's essential. Take care of your joints today so they can carry you strong tomorrow.

COMMON MISTAKES TO AVOID



Small mistakes = big setbacks.

Avoid these to get better results, stay healthy, and enjoy your training for life.

MISTAKE	WHY IT HURTS YOU	DO THIS INSTEAD
1 NOT EATING ENOUGH 	Undereating leads to low energy, poor recovery, muscle loss, and hormone imbalances.	Eat enough calories and protein to support your training, recovery, and hormones.
2 SKIPPING STRENGTH TRAINING 	Cardio alone won't build or maintain muscle. You'll lose strength, slow your metabolism, and increase injury risk.	Prioritize strength training 2–3x per week. It's the key to a strong, lean, and healthy body over 40.
3 POOR FORM 	Bad form increases injury risk and limits results by not effectively targeting the right muscles.	Use proper form, full range of motion, and control. Lower the weight if needed.
4 DOING TOO MUCH TOO SOON 	Overtraining leads to burnout, fatigue, poor recovery, and plateaus—or even injuries.	Progress gradually. Consistency over intensity wins every time. Listen to your body.
5 NOT RECOVERING 	Poor sleep and recovery increase stress, slow progress, and negatively impact hormones.	Prioritize 7–9 hours of quality sleep, rest days, and stress management.
6 IGNORING PROGRESSIVE OVERLOAD 	Doing the same workouts with the same weights forever leads to plateaus.	Increase weight, reps, sets, or challenge over time to keep improving.
7 TOO MUCH CARDIO 	Excessive cardio can lead to muscle loss, fatigue, and hormone imbalances, especially with under-eating.	Use cardio strategically to support your goals—not replace strength training.
8 NOT TRACKING YOUR PROGRESS 	Without tracking, you can't measure progress or know what to improve.	Track your workouts, nutrition, measurements, and how you feel. Review and adjust.

KEY TAKEAWAYS



Be consistent not perfect.



Focus on progress not perfection.



Trust the process. Results take time.



Take care of your body so it can take care of you.

YOU'RE NOT JUST TRAINING FOR TODAY. YOU'RE BUILDING FOR TOMORROW.

You've got this.



AVOID THE MISTAKES. APPLY THE SOLUTIONS. STAY CONSISTENT. STAY STRONG. STAY UNSTOPPABLE.

BPF VIRTUAL

FREQUENTLY ASKED QUESTIONS

REAL QUESTIONS. STRAIGHT ANSWERS.

You've got questions—we've got answers. Here are the most common questions about training, nutrition, recovery, and getting results after 40.



 <p>1. WILL I GET BULKY? No. Building bulky muscle naturally is very difficult, especially for women. This plan is designed to help you build lean, strong muscle and improve your shape, not bulk up.</p>	 <p>2. HOW LONG WILL IT TAKE TO SEE RESULTS? Most women start noticing changes in strength and energy within 2–4 weeks, and visible changes in their body composition within 6–12 weeks—depending on consistency, nutrition, and effort.</p>
 <p>3. DO I NEED A GYM? No. While a gym is helpful, this plan can be done at home with minimal equipment. Dumbbells, resistance bands, and bodyweight are all you need to get started.</p>	 <p>4. HOW OFTEN SHOULD I WORK OUT? 4–5 days per week is ideal. This plan includes a mix of strength training, cardio, and active recovery. Rest days are essential for progress.</p>
 <p>5. WHAT IF I'M JUST GETTING STARTED? Perfect. Start where you are. Use lighter weights, focus on form, and be consistent. You'll build strength and confidence over time.</p>	 <p>6. IS CARDIO NECESSARY? Cardio is a tool, not a requirement. It helps with fat loss, heart health, and endurance, but it won't replace strength training or proper nutrition.</p>
 <p>7. DO I NEED TO COUNT CALORIES? Tracking calories can be helpful, especially at the beginning. It creates awareness and helps you stay in line with your goals. You can adjust as you learn what works for you.</p>	 <p>8. WHAT'S THE MOST IMPORTANT THING? Consistency. The best plan in the world won't work if you don't show up. Focus on showing up, doing the work, and making good choices most of the time.</p>
 <p>9. HOW MUCH SLEEP DO I NEED? Aim for 7–9 hours per night. Sleep is when your body recovers, rebuilds muscle, balances hormones, and controls hunger.</p>	 <p>10. WHY CAN'T I LOSE WEIGHT LIKE I USED TO? Hormonal changes, slower metabolism, less muscle, and stress all play a role. Focus on strength training, protein intake, sleep, and consistency—they work.</p>
 <p>11. I'M IN MENOPAUSE. WILL THIS PLAN HELP? Yes! Strength training, proper nutrition, stress management, and good sleep can help manage symptoms, improve mood, maintain muscle, and support bone health.</p>	 <p>12. WHAT IF I MISS A WORKOUT? Life happens. Don't stress—just get back on track with your next workout. One missed day won't break your progress. Quitting will.</p>
 <p>13. I HAVE JOINT PAIN. CAN I STILL DO THIS? Yes, with modifications. Focus on proper warm-ups, mobility, low-impact exercises, and good form. Listen to your body and work within your range.</p>	 <p>14. SHOULD I TAKE SUPPLEMENTS? Supplements can help fill gaps, but they're not essential. Focus on real food first. Protein powder, vitamin D, omega-3s, and collagen can be beneficial.</p>
 <p>15. HOW MUCH WATER SHOULD I DRINK? Aim for at least half your body weight in ounces daily. More if you're active or in a hot climate. Hydration supports energy, recovery, and performance.</p>	 <p>16. CAN I DO THIS PLAN IF I'M OVER 60? Absolutely. This plan is scalable and adjustable for any fitness level. It's never too late to get strong, feel better, and improve your health.</p>

STILL HAVE QUESTIONS?

Remember, every woman's journey is unique. Stay patient, stay consistent, and trust the process.

You're not just getting stronger—you're inspiring.



BPF VIRTUAL



KNOWLEDGE BUILDS CONFIDENCE. CONFIDENCE DRIVES ACTION. ACTION CREATES RESULTS.

YOU GOT THIS.

TRACKING YOUR PROGRESS

What gets measured gets improved.



- Measure
- Analyze
- Adjust
- Achieve

1. WHAT TO TRACK

 Strength (weights, reps, sets)	 Body (measurements)	 Body Weight (weekly average)
 Photos (every 4 weeks)	 Energy & Mood (daily check-in)	 Sleep Quality (hours & quality)

2. TAKING BODY MEASUREMENTS

- Shoulders (widest part)
- Bust (around fullest part)
- Waist (narrowest part)
- Hips (widest part)
- Thigh (mid-thigh)
- Arm (relaxed bicep)

3. PROGRESS PHOTO GUIDE

START 4 WEEKS 8 WEEKS 12 WEEKS

Same place • Same time • Same lighting • Same outfit

4. STRENGTH TRACKING EXAMPLE

EXERCISE	WEEK 1	WEEK 4	WEEK 8	WEEK 12
Squat	45 lbs 10 reps	55 lbs 12 reps	65 lbs 10 reps	75 lbs 10 reps
Push Press	25 lbs 8 reps	30 lbs 10 reps	35 lbs 8 reps	40 lbs 8 reps
Deadlift	65 lbs 8 reps	75 lbs 10 reps	95 lbs 8 reps	115 lbs 8 reps
Row	40 lbs 10 reps	50 lbs 12 reps	60 lbs 10 reps	70 lbs 10 reps

5. HOW TO MEASURE NON-SCALE WINS

- ✓ Clothes fit better
- ✓ More energy throughout the day
- ✓ Stronger lifts & better performance
- ✓ Improved posture & balance
- ✓ Better sleep & recovery
- ✓ Less aches & pains
- ✓ Increased confidence
- ✓ Improved mood & focus

Small wins lead to big changes!

6. PROGRESS TRACKER (WEEKLY CHECK-IN)

Workouts Completed	1	2	3	4	5
Strength (Lifts)	1	2	3	4	5
Nutrition (On Plan)	1	2	3	4	5
Sleep (Quality)	1	2	3	4	5
Energy Level	1	2	3	4	5
Stress Level (Low is Best)	1	2	3	4	5
Mood & Motivation	1	2	3	4	5
Total Score: _____ /35					

7. REVIEW, ADJUST, REPEAT

REVIEW
Assess your data weekly/monthly.

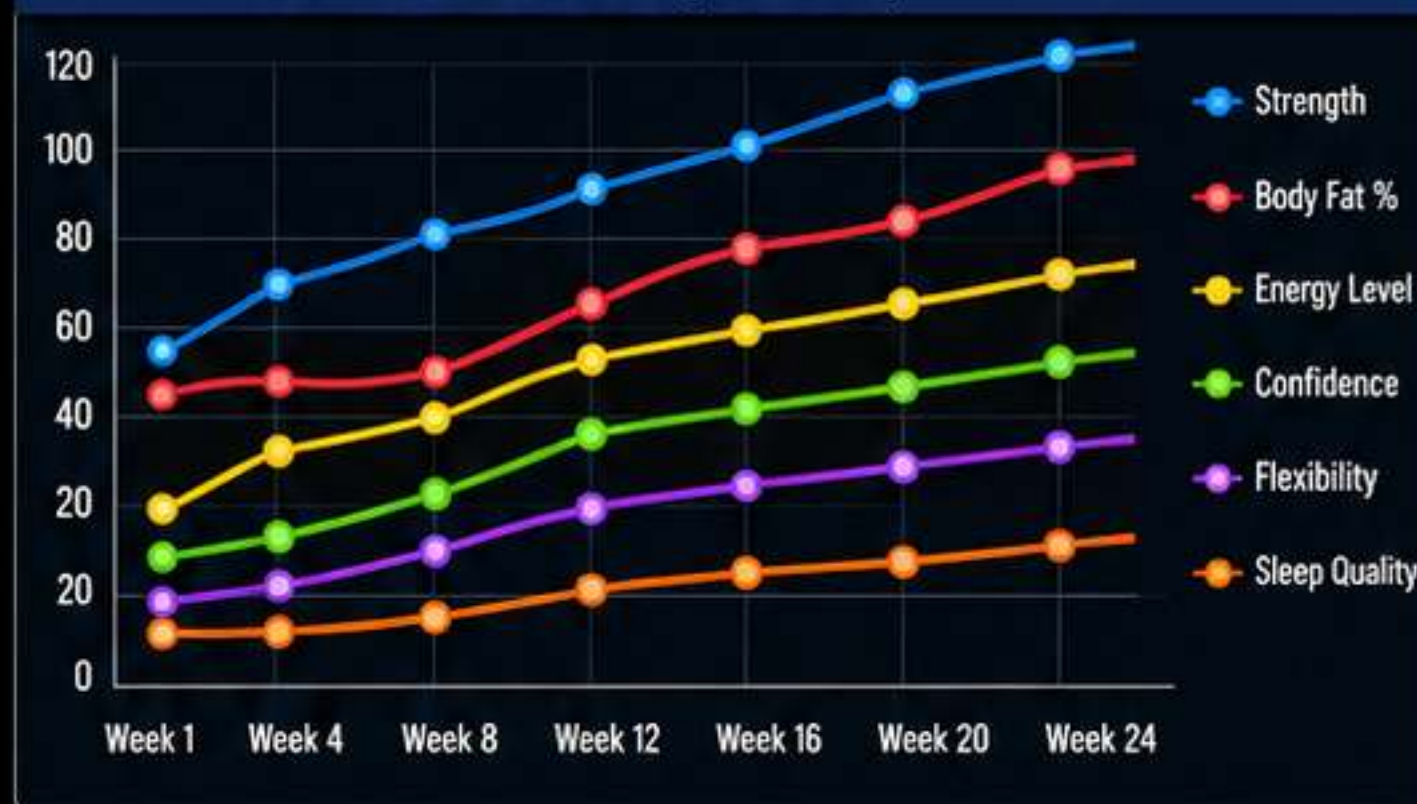
ADJUST
Adjust workouts, nutrition, or recovery.

CELEBRATE
Celebrate your wins—big or small!

STAY CONSISTENT
Keep showing up. Trust the process!

REPEAT THE PROCESS

PROGRESS TIMELINE (EXAMPLE)



YOU DON'T NEED TO BE PERFECT. YOU JUST NEED TO BE **CONSISTENT.**

Measure. Improve. Inspire.



YOUR FIRST WEEK ACTION PLAN

Start strong. Build momentum. Set yourself up for success.

Your first week is about creating consistency, learning the basics, and building confidence. Follow this plan to lay the foundation for long-term results.



7-DAY STARTER PLAN

DAY	FOCUS	WORKOUT	ACTIVITY	NUTRITION FOCUS	CHECKLIST
DAY 1 	Strength (Lower Body)	Full Body Strength Workout A (40–50 min)	8,000–10,000 steps	Hit your protein target. Eat real, whole foods.	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Workout done <input checked="" type="checkbox"/> Steps hit <input checked="" type="checkbox"/> Protein hit <input checked="" type="checkbox"/> Water: 8 glasses
DAY 2 	Active Recovery	Mobility & Core (20–30 min)	15–20 min walk	Focus on veggies, healthy fats, and hydration.	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Workout done <input checked="" type="checkbox"/> Steps hit <input checked="" type="checkbox"/> Protein hit <input checked="" type="checkbox"/> Water: 8 glasses
DAY 3 	Strength (Upper Body)	Full Body Strength Workout B (40–50 min)	8,000–10,000 steps	Don't skip meals. Fuel your training and recovery.	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Workout done <input checked="" type="checkbox"/> Steps hit <input checked="" type="checkbox"/> Protein hit <input checked="" type="checkbox"/> Water: 8 glasses
DAY 4 	Recovery & Recharge	Stretching or Yoga (20–30 min)	15–20 min easy walk	Prioritize sleep and stress management.	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Workout done <input checked="" type="checkbox"/> Steps hit <input checked="" type="checkbox"/> Protein hit <input checked="" type="checkbox"/> Water: 8 glasses
DAY 5 	Strength (Lower Body + Glutes)	Full Body Strength Workout C (40–50 min)	8,000–10,000 steps	Protein + complex carbs before/after workout.	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Workout done <input checked="" type="checkbox"/> Steps hit <input checked="" type="checkbox"/> Protein hit <input checked="" type="checkbox"/> Water: 8 glasses
DAY 6 	Active Recovery	Mobility + Core (20–30 min)	15–20 min walk	Eat to support energy, recovery, and hormones.	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Workout done <input checked="" type="checkbox"/> Steps hit <input checked="" type="checkbox"/> Protein hit <input checked="" type="checkbox"/> Water: 8 glasses
DAY 7 	Rest & Reflect	Rest Day	Enjoy a walk, stretch, relax	Plan next week. Prep meals. Stay hydrated.	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Workout done <input checked="" type="checkbox"/> Steps hit <input checked="" type="checkbox"/> Protein hit <input checked="" type="checkbox"/> Water: 8 glasses

DAILY PRIORITIES (FOCUS ON THESE)



Move your body
every day.



Eat to fuel,
not to restrict.



Hydrate
consistently.



Sleep 7–9
hours.



Manage stress
and stay positive.



Track your
progress.

WEEK 1 TIP

Don't aim for perfect. Aim for consistent. Small daily wins build unstoppable momentum.

You've got this!

WEEK 1 GOALS



Complete 3–4
strength workouts



Move my body
every day



Hit my protein
target daily



Drink 8 glasses
of water daily



Get 7–9 hours
of sleep



Reflect and plan
for next week



THIS ISN'T JUST THE START OF A WORKOUT PLAN.
IT'S THE START OF A STRONGER, HEALTHIER, HAPPIER YOU.

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WHAT'S NEXT?

YOUR JOURNEY IS JUST BEGINNING

Week 1 gets you started. The next steps make you stronger, leaner, and more confident—inside and out.



THE PROCESS NEVER ENDS

- ✓ Keep showing up
- ✓ Keep learning
- ✓ Keep challenging yourself
- ✓ Keep believing in you

THE 12-WEEK ROADMAP (OVERVIEW)



HOW TO CONTINUE LEVELING UP

<p>PROGRESSIVE OVERLOAD</p> <p>Gradually increase weight, reps, or intensity. Small increases lead to big results.</p>	<p>NUTRITION EVOLUTION</p> <p>Keep adjusting as your body changes. Focus on whole foods and balance.</p>	<p>RECOVERY MASTERY</p> <p>Prioritize sleep, manage stress, and take rest days seriously. Your body grows when you rest.</p>	<p>SET NEW GOALS</p> <p>Dream bigger. Set specific, challenging goals and create a plan to achieve them.</p>	<p>TRY NEW THINGS</p> <p>New workouts, sports, or challenges keep you motivated and growing.</p>	<p>COMMUNITY & ACCOUNTABILITY</p> <p>Surround yourself with supportive people. Share your journey and inspire others.</p>	<p>MINDSET MATTERS</p> <p>Stay positive. Trust the process. Believe in yourself—always.</p>
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CELEBRATE MILESTONES (BIG AND SMALL!)

<p>Lost your first 5 lbs</p>	<p>Hit a new personal best</p>	<p>Clothes fit better</p>	<p>More energy, better mood</p>	<p>Stronger, healthier YOU</p>	<p>Reached a major goal</p>
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Take time to celebrate every win. You've earned it!

THE MINDSET OF LIFELONG SUCCESS

- ✓ Be patient: Real change takes time.
- ✓ Be flexible: Life happens—adjust and keep going.
- ✓ Be kind to yourself: Progress, not perfection.
- ✓ Be consistent: Small actions every day.
- ✓ Be unstoppable: You are stronger than you think!

*Stronger Every Day.
Better Every Way.*

REMEMBER...

You didn't start this journey to be good for a week. You started it to be

UNSTOPPABLE FOR LIFE.



KEEP GOING. KEEP GROWING. KEEP BECOMING THE STRONGEST, MOST CONFIDENT VERSION OF YOU!

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