

This programme has been designed as a general, beginner-level exercise guide, with consideration for individuals who may be experiencing perimenopause or menopause. It is intended to support overall wellbeing through gentle mobility and introductory strength-based movement. It does not take into account individual medical conditions, injuries, or specific health circumstances.

If you are experiencing menopausal symptoms, or have any pre-existing medical condition (including but not limited to cardiovascular conditions, joint issues, osteoporosis, or hormonal conditions), you are advised to seek guidance from a qualified healthcare professional before commencing this, or any other, programme.

By participating in this programme, you acknowledge and agree that:

- You are undertaking all exercises voluntarily and at your own risk
- You will work within your own limits and capabilities
- You will stop immediately if you experience pain, dizziness, or discomfort

Whilst every effort has been made to ensure that the exercises are safe and appropriate for beginners, no responsibility can be accepted for any injury, loss, or damage incurred as a result of participation.

This programme is not intended to diagnose, treat, cure, or prevent any medical condition, and should not be used as a substitute for professional medical advice.

FIRST WEEK YOU WILL WORK OUT TWICE DOING 2 SETS OF EACH EXERCISE

Resistance exercises to help improve your overall strength and bone health. Do the sequence of moves in order, twice.

- Make a note of the weight used and how many reps so you can track your progress.
- Take 2-3 mins rest between each set to allow your body to properly recover. You should be aware of your breathing and heart coming back to normal before starting your next set. The last few reps of each set should feel challenging.
- [CLICK THIS LINK TO WATCH A VIDEO OF THE WORKOUT](#)

WARM UP Arm Swings   Overhead Reaches   Knee Raises Squats   Kickbacks	WORKOUT 1		WORKOUT 2	
	SET 1	SET 2	SET 1	SET 2
OVERHEAD PRESS				
NARROW SQUAT				
CROSS BODY CHEST RAISES				
WIDE SQUAT				
BENT OVER BACK ROWS				
ROMANIAN DEADLIFT				
TRICEP EXTENSIONS				

2ND WEEK YOU WILL WORK OUT TWICE DOING 2-3 SETS OF EACH EXERCISE

This week you can choose to do an extra set of any or all of the exercises depending on how you are progressing.

- Take 2-3 mins rest between each set to allow your body to properly recover.
- Note how many reps to do of each exercise.

WARM UP Arm Swings   Overhead Reaches Knee Raises   Squats   Kickbacks	WORKOUT 1			WORKOUT 2		
	SET 1	SET 2	SET 3	SET 1	SET 2	SET 3
OVERHEAD PRESS						
NARROW SQUAT						
CROSS BODY CHEST RAISES						
WIDE SQUAT						
BENT OVER BACK ROWS						
ROMANIAN DEADLIFT						
TRICEP EXTENSIONS						

3RD WEEK YOU WILL WORK OUT TWICE DOING 3 SETS OF EACH EXERCISE

This week you will try to do an extra set of all of the exercises. If you are not ready yet please repeat week 2.

- Take 2-3 mins rest between each set to allow your body to properly recover.
- Note how many reps to do of each exercise.

WARM UP Arm Swings   Overhead Reaches Knee Raises   Squats   Kickbacks	WORKOUT 1			WORKOUT 2		
	SET 1	SET 2	SET 3	SET 1	SET 2	SET 3
OVERHEAD PRESS						
NARROW SQUAT						
CROSS BODY CHEST RAISES						
WIDE SQUAT						
BENT OVER BACK ROWS						
ROMANIAN DEADLIFT						
TRICEP EXTENSIONS						

4TH WEEK YOU WILL WORK OUT TWICE DOING 2 SETS OF EACH EXERCISE

This week you will return to just 2 sets of each exercise in order to allow your body time to recover before increasing the challenge again next week. Please make sure you only 2 sets of each exercise.

- Take 2-3 mins rest between each set to allow your body to properly recover.
- Note how many reps to do of each exercise.

WARM UP Arm Swings   Overhead Reaches   Knee Raises Squats   Kickbacks	WORKOUT 1		WORKOUT 2	
	SET 1	SET 2	SET 1	SET 2
OVERHEAD PRESS				
NARROW SQUAT				
CROSS BODY CHEST RAISES				
WIDE SQUAT				
BENT OVER BACK ROWS				
ROMANIAN DEADLIFT				
TRICEP EXTENSIONS				