

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.

Warming up before your strength training is vital to prepare the body by raising the heart rate and sending more blood to the muscles. It also allows you to “practice” the kind of move you will be doing. Do an assortment of the following moves for 3-5 minutes before starting your workout.

[CLICK HERE TO WATCH A VIDEO OF THE WARM UP MOVES](#)

**Arm Swings & Overhead Reaches** to mobilise your shoulders.

**High Marching** to mobilise hips. Lifting knee and opposite arm high in front of the body.

**Half Jacks** tapping the side. Arms forwards, out to the side or overhead.

**Hamstring Kick Backs** knee down kicking foot towards bottom. Hold a worktop if needed

It is also important to cool down and stretch out at the end of your workout to prevent blood pooling in the extremities and to stretch the muscles you have just worked to help prevent injury and minimise muscle aches in the days to follow. Try and do all of the following stretches.

[CLICK HERE TO WATCH A VIDEO OF THE COOL DOWN MOVES](#)

**Clasp, Push, Reach & Open** to mobilise and stretch your upper back, shoulders, arms and hands

**Hamstring Static hold** Heel forward, relax the toe, neutral spine, hips back.

**Rainbows** to stretch the upper back, chest and side muscles

**Seated Lunge** to stretch the hip flexors

1ST WEEK YOU WILL WORK OUT TWICE DOING 2 SETS OF EACH EXERCISE

- Do the sequence of moves in order, twice. Aim for 8-10 reps or less if it is a new move..
- Rest between sets for 1-3 minutes or longer if needed.
- Make a note of how many reps you do for each set so you can track your progress.
- The last few reps should feel challenging.
- Click the exercises to view a video of the move.

WORKOUT 1	NO. OF REPS	
	SET 1	SET 2
<a href="#"><u>Kettlebell Side Bends</u></a> Aim for 10 each side		
<a href="#"><u>Wide Squat</u></a> Using a chair		
<a href="#"><u>Overhead Press</u></a> Singles or alternating		
<a href="#"><u>Step Ups</u></a> On 1st or 2nd stair		

WORKOUT 2	NO. OF REPS	
	SET 1	SET 2
<a href="#"><u>KettleBell Marches</u></a> Aim for 10 each side		
<a href="#"><u>Romanian Deadlift RDL</u></a> Hinge with Weights		
<a href="#"><u>Worktop Push Ups</u></a>		
<a href="#"><u>Get Ups</u></a> Aim for 5 resting between each one		

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

- This week, if you feel good, you can do an extra set of any of the exercises.
- There is an extra column for the 3<sup>rd</sup> set but you don't have to do every exercise.
- *For example, if set 2 of the Step Ups no longer feel challenging, add a third set. BUT... if the 2<sup>nd</sup> set still feels hard then wait a week and reassess*
- *Click the exercises to view a video of the move.*

WORKOUT 1	NO. OF REPS		
	SET 1	SET 2	SET 3
<a href="#"><u>Kettlebell Side Bends</u></a> Aim for 10 each side			
<a href="#"><u>Wide Squat</u></a> Using a chair			
<a href="#"><u>Overhead Press</u></a> Singles or alternating			
<a href="#"><u>Step Ups</u></a> On 1st or 2nd stair			

WORKOUT 2	NO. OF REPS		
	SET 1	SET 2	SET 3
<a href="#"><u>KettleBell Marches</u></a> Aim for 10 each side			
<a href="#"><u>Romanian Deadlift RDL</u></a> Hinge with Weights			
<a href="#"><u>Worktop Push Ups</u></a>			
<a href="#"><u>Get Ups</u></a> Aim for 6 resting between each one			

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

- This week, if you feel good, try and do an extra set of all the exercises.
- *On the third set you may not complete all the reps so do your best and note down how you do.*
- *Click the exercises to view a video of the move.*

WORKOUT 1	NO. OF REPS		
	SET 1	SET 2	SET 3
<a href="#"><u>Kettlebell Side Bends</u></a> Aim for 10 each side			
<a href="#"><u>Wide Squat</u></a> Using a chair			
<a href="#"><u>Overhead Press</u></a> Singles or alternating			
<a href="#"><u>Step Ups</u></a> On 1st or 2nd stair			

WORKOUT 2	NO. OF REPS		
	SET 1	SET 2	SET 3
<a href="#"><u>KettleBell Marches</u></a> Aim for 10 each side			
<a href="#"><u>Romanian Deadlift RDL</u></a> Hinge with Weights			
<a href="#"><u>Worktop Push Ups</u></a>			
<a href="#"><u>Get Ups</u></a> Aim for 8 resting between each one			

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

- This week is a “deload” week to allow your body to recover ready for the next block of workouts. You will still workout but only do 2 sets of each exercise. If you feel you need more recovery you could workout just once.
- It is then your choice whether you want to repeat the last 4 weeks or move on to a slightly more challenging workout block. There is no pressure to move on, you can keep repeating this block until it no longer feels challenging.

WORKOUT 1	NO. OF REPS	
	SET 1	SET 2
<u><a href="#">Kettlebell Side Bends</a></u> Aim for 10 each side		
<u><a href="#">Wide Squat</a></u> Using a chair		
<u><a href="#">Overhead Press</a></u> Singles or alternating		
<u><a href="#">Step Ups</a></u> On 1st or 2nd stair		

WORKOUT 2	NO. OF REPS	
	SET 1	SET 2
<u><a href="#">KettleBell Marches</a></u> Aim for 10 each side		
<u><a href="#">Romanian Deadlift RDL</a></u> Hinge with Weights		
<u><a href="#">Worktop Push Ups</a></u>		
<u><a href="#">Get Ups</a></u> Aim for 8 resting between each one		