

THE 2-WEEK HORMONE-SUPPORTIVE STRENGTH STARTER

Simple strength training for women 35+

The Fit *ness* Focus

You don't need hours in the gym, or a complete lifestyle change, to start getting stronger and helping your body adjust better to your changing hormones. This simple two-week starter gives you two full-body workouts to repeat each week, with options for each exercise to change things up.



YOUR GOAL

- ☐ Complete 2 strength workouts each week
- ☐ Choose weights that challenge you
- ☐ Focus on consistency - not perfection



A note about the two weeks:

Two weeks is a great place to start, but try to think of it as the beginning of a lifestyle change, not the finish line. You may notice small changes quickly like feeling more confident doing an exercise or lifting a little bit heavier, but noticeable changes in strength, muscle mass, metabolism and body composition often take several weeks or longer of consistent training.

YOUR 2-WEEK PLAN

WEEK 1	☐ Workout A	☐ Workout B
WEEK 2	☐ Workout A	☐ Workout B



HOW HARD SHOULD IT FEEL?

Easy: I could have done several more reps.

Moderate: I'm challenged, but still comfortable.

Challenging: The last few reps take effort while my form stays strong.

Remember you don't need to leave every workout exhausted for it to work.



YOUR FULL-BODY WORKOUTS

WORKOUT A

Exercise	Sets	Reps
Squat or Sit-to-stand	2-3	8-12
Romanian deadlift/Hip hinge	2-3	8-12
Row	2-3	8-12
Push-Up / Chest Press	2-3	8-12
Step-Up / Split Squat	2-3	8-12
Farmer's carry / Dead bug	2-3	20-40 seconds

YOUR FULL-BODY WORKOUTS

WORKOUT B

The Fit *ness* Focus

Exercise	Sets	Reps
Goblet Squat / Reverse Lunge	2-3	8-12
Straight leg deadlift/ Hip hinge	2-3	8-12
Dumbbell pullover/band pulldown	2-3	8-12
Overhead press	2-3	8-12
Glute Bridge / Hip Thrust	2-3	8-12
Plank / Bird Dog	2-3	20-40 seconds



REST: 60-90 seconds between sets

FREQUENCY: 2 days per week

EQUIPMENT: Dumbbells, bands, machines, or bodyweight - all can work!

No gym? No problem. This workout can be done at home, too!



YOUR TWO-WEEK CHECK-IN

**WEEK 1**

☐ Workout A ☐ Workout B

How did I feel?

**WEEK 2**

☐ Workout A ☐ Workout B

How did I feel?



DID YOU NOTICE...

- ☐ I felt stronger
- ☐ I have more confidence
- ☐ My weights or reps increased
- ☐ I enjoyed moving my body
- ☐ An exercise felt easier
- ☐ I showed up and that's enough

REMEMBER...

Your body doesn't need punishment to change. It just needs a reason to adapt to help your body. Two weeks can give you momentum, but consistency is what will create the biggest changes.

So here's to getting stronger for all the things you're still going to do!

XO Bethany

