



## Day 3: 28-Day Menopause Strength Training Program

This training program is designed to be progressed over the course of four weeks.

In most cases, you'll be doing two or three strength training sessions per week, alternating between the two workouts provided here (Workouts A and B). The number of times you alternate will depend on your training frequency.

2 Days per Week	3 Days per Week
<b>Week 1:</b> AB	<b>Week 1:</b> ABA
<b>Week 2:</b> AB	<b>Week 2:</b> BAB
<b>Week 3:</b> AB	<b>Week 3:</b> ABA
<b>Week 4:</b> AB	<b>Week 4:</b> BAB

Make sure you leave a full rest day in between workouts.

### Exercise Order

Exercises are grouped in **supersets** (two exercises paired together) or **tri-sets** (three exercises paired together).

- › The numbers indicate the order in which to perform each superset/tri-set.
- › The letters denote the order in which to perform exercises *within* each superset/tri-set.

Perform alternating sets of each exercise in a superset/tri-set until all the sets are done before moving to the next group.



For example, imagine that Exercise 1A is a bodyweight squat and Exercise 1B is a lat pulldown in a superset. For both exercises, the set and rep range is 3 sets of 10–12 reps, and the recommended rest period is 60–90 seconds.

You will:

- Perform 1 set of 10–12 reps of a bodyweight squat (1A)
- Rest 60–90 seconds
- Perform 1 set of 10–12 reps of a lat pulldown (1B)
- Rest 60–90 seconds

You will repeat this sequence until you've done 3 sets of each exercise. Then, you can move on to the next superset or tri-set.

## Training Level

For many of the exercises, you'll see variations based on training level:

- **Level 1 (L1) is beginner.** You've been training 1–3 times per week for less than 3 months.
- **Level 2 (L2) is intermediate.** You've been training 2–3 times per week for 3–12 months.
- **Level 3 (L3) is advanced.** You've been training 2–4 times per week for 12+ months.

If you aren't sure of your level, err on the side of caution and start with Level 1. You can always progress the next time you complete that workout.



## Set & Rep Ranges

Under each week's column, you'll see set and rep ranges for each exercise for that week. The first number is the number of sets; the second number is the number of repetitions to perform within each set.

For example, 3 x 10–12 means 3 sets of 10–12 reps per set.

Perform the number of sets and reps that fit your schedule, energy, and ability level.

You'll notice that Week 4 of each workout contains slightly less volume (number of sets and reps of each exercise). That's an intentional de-load we include to allow your body to fully recover.

## Tracking Your Progress

There's a space included beneath each week's set/rep scheme where you can write in how many sets and reps you ended up completing during that workout.

Over the course of four weeks, as you build your strength and follow the workout progressions, you'll likely notice that you're able to complete more sets and reps of each exercise — and potentially with heavier weights!

If you don't have access to a gym or equipment — or if you simply enjoyed this training program and want more — check out our [60+ FREE At-Home Workouts](#). You'll find a variety of workouts and training programs, including bodyweight-only workouts, so you can keep your momentum going.

Enjoy!



Warm-Up	
Foam Rolling (optional)	1–3 body parts, foam roll for 20–60 seconds each
General Cardiovascular Warm-Up (optional)	0–5 minutes of stationary biking, walking, or light jogging
Dynamic Warm-Up	1 set of 6–10 reps of each exercise (per side where applicable)
High-Impact Training*	Level 1: 3 sets of 10–15 jumping jacks Level 2: 2 sets of 10–12 jumping squats Level 3: 3 sets of 3 low box jumps
*To be performed <i>after</i> your dynamic warm-up and <i>before</i> your strength training workout.	

Dynamic Warm-Up		
EXERCISE	SETS X REPS	REST
1A. <a href="#">Half-Kneeling Hip Flexor Stretch</a>	1 x 6–8/side	minimal
1B. <a href="#">Cat/Cow</a>	1 x 6–8	minimal
1C. <a href="#">Glute Bridge</a> *	1 x 6–8/side	minimal
1D. <a href="#">Open Book</a>	1 x 6–8/side	minimal
1E. <a href="#">Bodyweight Squat</a>	1 x 6–8	minimal
*Video demonstrates a Dumbbell Glute Bridge — perform without a dumbbell for your warm-up.		



Workout A - Full Body					
EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4	REST
<b>1A.</b> L1: <a href="#">Bodyweight Squat</a> L2: <a href="#">Goblet Squat</a> L3: <a href="#">Barbell Back Squat</a>	L1: 2 x 8-10 L2: 3 x 8-10 L3: 3 x 6-8	L1: 2-3 x 8-10 L2: 3 x 10-12 L3: 3 x 8-10	L1: 2-3 x 10-12 L2: 3 x 12 L3: 3 x 8-10	2 x 8-10 (all levels)	60-90 sec
<b>1B.</b> L1: <a href="#">Lat Pulldown</a> L2: <a href="#">Assisted Pull-Up</a> L3: <a href="#">Pull-Up</a>	L1: 2 x 8-10 L2: 3 x 6-8 L3: 3 x AMRAP*	L1: 2-3 x 8-10 L2: 3 x 8-10 L3: 3 x AMRAP*	L1: 2-3 x 10-12 L2: 3 x 8-10 L3: 3 x AMRAP*	L1: 2 x 8-10 L2: 2 x 8-10 L3: 2 x 3-5	60-90 sec
<b>2A.</b> L1: <a href="#">Bodyweight Hip Thrust</a> L2: <a href="#">Barbell Hip Thrust</a> L3: <a href="#">Barbell Hip Thrust</a>	2-3 x 8-10	2-3 x 10-12	3 x 10-12	2 x 8	60 sec
<b>2B.</b> <a href="#">Dumbbell Bench Press</a> (all levels)	2-3 x 8-10	2-3 x 10-12	3 x 10-12	2 x 8	60 sec
<b>2C.</b> <a href="#">Half-Kneeling Band Chop</a> (all levels)	2-3 x 8-10/ side	2-3 x 10-12/ side	3 x 10-12/ side	2 x 8/ side	60 sec
<b>NOTES</b>					

\*AMRAP = as many reps as pretty, meaning as many as you can do with good form



Workout B - Full Body					
EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4	REST
<b>1A.</b> L1: <a href="#">Dumbbell Romanian Deadlift</a> L2: <a href="#">Barbell Romanian Deadlift</a> L3: <a href="#">Barbell Deadlift</a>	L1: 2 x 8-10 L2: 3 x 8-10 L3: 3 x 6-8	L1: 2-3 x 8-10 L2: 3 x 10-12 L3: 3 x 8-10	L1: 2-3 x 10-12 L2: 3 x 12 L3: 3 x 8-10	2 x 8-10 (all levels)	60-90 sec
<b>1B.</b> <a href="#">Dumbbell Overhead Press</a> (all levels)	2-3 x 8-10	2-3 x 10-12	3 x 10-12	2 x 8	60-90 sec
<b>2A.</b> L1: <a href="#">Supported Split Squat</a> L2: <a href="#">Split Squat</a> L3: <a href="#">Reverse Lunge</a>	2-3 x 8-10	2-3 x 10-12	3 x 10-12	2 x 8	60 sec
<b>2B.</b> <a href="#">Seated Cable Row</a> (all levels)	2-3 x 8-10	2-3 x 10-12	3 x 10-12	2 x 8	60 sec
<b>2C.</b> <a href="#">Suitcase Carry</a> (all levels)	2-3 x 16-20 steps/side	2-3 x 20-24 steps/side	3 x 20-24 steps/side	2 x 16-20 steps/side	60 sec
<b>NOTES</b>					