

# 7 days to a better menopause



	Advanced Exercise Program
Warm-Up & Mobility	<p><b>Full Bodyweight Squats x 10</b> Instruction: Feet just wider than hip - chest up - back straight - push hips back - sink down until thighs are parallel to ground - making sure to push knees out - squeeze glutes - stand up.</p> <p><b>Jumping Jacks x 10</b> Instruction: stay light on toes - bring straight arms up from side - above head to meet at top and back down - simultaneously jump out legs</p> <p><b>5 x Reverse Lunge Arms Overhead x 5 each leg</b> Instruction: Abs engaged - core tight - reach arms above head - big step back - bending back knee until 1 inch above floor - alternate</p> <p><b>Walkouts with Step Up x 3 each leg</b> Instruction: bend over - reach down to toes - palms on ground and walk hands out to plank position - step one foot up towards same side hand into deep lunge position - step up - walkout again - step up other leg</p> <p><b>Forward Lunges with Twist x 5</b> Instruction: Take a big step forward - bending front &amp; back leg to approx 90 degree angle - back knee 1inch above floor - back straight - abs engaged - with arms outstretched turn in towards front knee</p> <p><b>Hip Hinges x 10</b> Instruction: Abs engaged bend forward from hips keeping back straight and shoulders above hips</p> <p><b>High Knees x 30</b> Instruction: Stay light on your toes - swing arms - try to get knees up to hip height as fast as possible</p>
Advanced Cardio Intervals	<p>Choose from:-</p> <p><b>Jumping Jacks (30 seconds)</b> Instruction: light on toes - abs engaged swing arms up above head at same time jump legs out to 45 degree split and jump back in - arms to side of body and repeat</p> <p><b>Mountain climbers (30 seconds)</b> Instruction: abs engaged - back straight - hands beneath shoulders - palms flat and forward - alternating knee to chest - repeat</p> <p><b>High Knees (30 seconds)</b> Instruction: light on toes - jog knees up and down to 90 degrees quick as possible and high as possible - abs engaged</p> <p><b>Fast Feet (30 seconds)</b> Instruction: feet wider than hip - weight on toes and tiny very fast mini-steps (like stepping on hot coals, stationary)</p> <p><b>Shadow Boxing (add light weights) -</b> Instruction: Stay light on your toes - keep hands up - elbows bent - punching straight out - keep a soft bend in the elbow. Speed up or slow down as required. To make this harder add light weights.</p> <p><b>Burpees (30 seconds)</b> Instruction: abs engaged - bend down - hands on to ground - shoot legs out - quickly back in - jump up - land and repeat.</p> <p><b>Squat Jumps (30 seconds)</b> Instruction: like a squat - abs engaged - drop down and explode up - jump as high as possible - soft knees down - bend legs on impact to ground.</p> <p><b>X-Jacks (30 seconds)</b> Instruction: Squat down touching hands either sides of feet, jump up quickly, crossing arms above your head and go straight back down to start position. Repeat and keep as explosive as possible.</p> <p><b>Plank Jacks (30 seconds)</b> Instruction: from a plank position with hands under shoulders and fingers facing forwards, jump legs in and out while maintaining tight abs and solid plank position.</p> <p><b>Butt Kicks (30 seconds)</b> Instruction: Always light on toes - core tight - bend legs kicking up heels to try to kick your bottom.</p>

Advanced Resistance / Conditioning	<p><b>SQUAT</b></p> <p><b>DumbBell Goblet Squat ( 3 sets of 10) - targets glutes and quads.</b>  Instruction: Keep abs engaged and chest up - back straight - push hips back and knees out - hold dumbbell close to chest - drop down into squat - aiming to get elbows to knees / thighs parallel to ground - squeeze glutes as you stand up - push knees out</p>
	<p><b>LUNGE</b></p> <p><b>DumbBell Reverse Lunge (2 sets of 10 each leg) - lower body exercise for legs and bottom.</b>  Instruction: hold dumbbell close to chest - back straight - abs engaged - big step back - taking knee and inch from floor - come back to shoulder-width apart - repeat other side</p> <p><b>Walking Lunge x 10 each leg - lower body exercise for legs and bottom, also good for balance.</b>  Instruction: big step forward keeping abs engaged - dropping back knee an inch from the floor - step in and step forward on other leg</p>
Advanced Resistance / Conditioning	<p><b>PULL</b></p> <p><b>DumbBell Bent Over Row (3 sets of 10 ) - upper body exercise for back and biceps.</b>  Instruction: holding dumbbells in each hand - hip hinge forward to 45 degree angle and hold - keep abs engaged - pull the weights in a rowing motion - thumbs towards armpits - keeping elbows close to your body</p> <p><b>DumbBell Single Arm Row (3 sets of 10) - upper body exercise for back and biceps.</b>  Instruction: same as above except one arm at a time</p>
	<p><b>HINGE - these are full body exercises that work lower back, hamstrings, glutes &amp; core.</b></p> <p><b>DumbBell Straight-Legged Deadlift (3 sets of 10)</b>  Instruction: with abs tight and dumbbells held at hip height bend forward from hips, keeping a flat back and sliding dumbbells down your legs. Go as far as you can maintaing a flat back and straight legs, squeeze glutes and return to start position. Knees should be soft but not bent.</p> <p><b>Deadlift with Weighted Bag (3 sets of 5)</b>  Instruction: keep flat back - Abs engaged - chin tucked - squat down - grasp weight - stand up - squeeze glutes at top of movement - elbows in towards body</p> <p><b>DumbBell Swings (3 sets of 10)</b>  Instruction: keep flat back - Abs engaged - grasp weight and extend upwards snap hips forward - chin tucked in - weight will follow through. Be sure not to lift the weight with your arms.  The movement comes from the hip hinge.</p>
Advanced Resistance / Conditioning	<p><b>PUSH</b></p> <p><b>Hands Off Push Ups (3 sets of 10) - upper body exercise good for chest, shoulders, triceps and core strength.</b>  Instruction: Lie flat on the floor with your hands just forward from shoulders and elbows bent, lift hands from floor - quickly return and push up from floor into a plank position.  Lower down under control and repeat. Be sure to keep abs tight.</p> <p><b>Chair Push-Ups (3 sets of 10)</b>  Instruction: hands under shoulders - abs engaged - glutes engaged - core tight - elbows no more than 45 degrees from sides - slowly push up - hold and back down</p>
	<p><b>ROTATE</b></p> <p><b>Hand to Foot Sit Ups (3 sets of 10) - targets obliques and core strength.</b>  Instruction: lying on back - legs straight but apart - tense core - abs engaged - straight armup and crossover towards foot and alternate sides</p> <p><b>DumbBell Forward Lunge with Twist (3 sets of 10 each side) - good for legs, bottom and mobility through core with the twist targeting obliques.</b>  Instruction: 90 degree angle - hip to knee - back straight - abs engaged - holding dumbbell in front arms extended - lunge forwards &amp; twist</p>
Advanced Abdominal Exercises	<p><b>Abs</b></p> <p><b>Plank on Toes (30 seconds)</b>  Instruction: abs engaged - back straight - draw belly button towards spine - elbows 90 degree bend and hold - palms flat and forward - raise up - squeeze glutes and hold - straight line from shoulder to hip.</p> <p><b>Rows in and Out (30 seconds)</b>  Instruction: from a seated position pull knees towards chest - drawing belly button towards spine - extend legs - keeping toes off ground and crunch back into starting position</p> <p><b>Weighted Crunches (30 seconds)</b>  Instruction: abs engaged - core tight - lay flat on back - knees bent - feet flat to ground - hold weight at chest height and curl up - rounding back with chin on chest - squeeze abs - raising shoulders from ground - hold - slow down - for a more difficult exercise push dumbbells over your head when you sit up.</p>