

# 7 days to a better menopause



	Beginner Exercise Program
Warm-Up & Mobility	<p><b>Body Hugs x 10</b> Instruction: Start with your arms outstretched, then cross over and wrap around body, making sure to keep good posture and feet hip-width apart.</p> <p><b>Hip Hinges x 10</b> Instruction: Keeping abs tight and with arms outstretched, bend forward from the hip. Keep your back flat and shoulders above hips. Be sure to have soft knees and squeeze glutes as you return to the start position.</p> <p><b>Knee Raises x 10 each leg</b> Instruction: Use a chair for balance if necessary - raise to hip height.</p> <p><b>Torso Twists x 5 Right / 5 Left</b> Instruction: Turn head in same direction as body - arms outstretched - soft knees.</p> <p><b>Calf Raises x 10</b> Instruction: Use chair for balance if necessary - raise onto balls of feet - keeping abs and glutes tight.</p> <p><b>Half Squat x 10</b> Instruction: Chest up - back straight - bend knees until thighs are just above parallel to the ground, squeeze glutes, push through heels, and push knees out, extend legs and return to start position.</p> <p><b>Arm Circles x 10</b> Instruction: Keep a good posture - 10 forward and 10 back.</p>
Beginner Cardio Intervals	<p><b>Marching on the spot</b> Instruction: Keep good posture - swing arms, to increase intensity move quicker and through bigger range of motion and slow down to make easier if required.</p> <p><b>Standing Shadow Boxing</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.</p>
Beginner Resistance / Conditioning	<p><b>SQUAT</b> <b>Bodyweight Squat (3 sets of 10 reps) - Lower body exercise, targeting glutes and quads.</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>LUNGE</b> <b>Reverse Lunge (3 sets of 10 reps) - lower body exercise for legs and bottom.</b>  Instruction: Maintaining good posture with abs tight, shoulders back and body upright, take a big step back onto ball of foot and sink back knee to one inch from floor. Return to start position. 90 degree angle at Knee and Hip.</p>
	<p><b>PUSH</b> <b>Chair Push-Ups - Bodyweight (3 sets of 10 reps) - upper body exercise for chest, shoulders and triceps. Also good for core strength.</b> Instruction: Abs engaged - shoulders back - hands underneath shoulders - elbows no more than 45 degrees out from sides - straight line shoulder to hip. Use a wall to make this exercise easier and lessen the range of movement. Alternatively a kitchen counter top.</p>

<b>Beginner Resistance / Conditioning</b>	<p><b>PULL</b></p> <p><b>Seated Banded Rows (3 sets of 10) - upper body exercise works your back and biceps.</b> Instruction: Sitting on ground - band around soles of feet and held in each hand - sit up tall - engage abs - pull hands to body in rowing motion - keeping elbows close to sides and back straight. Be sure to keep the tension on the band.</p> <p><b>Standing Single Arm Rows with Band (3 x sets of 10 - repeat other side)</b> Instruction: Stand on band with front foot - one foot forward and one back - take tension on band - holding on same side as front foot- pull elbow in and back - keeping elbow close</p> <p><b>Banded Pullaparts - 3 sets of 10</b></p> <p>Instruction: Take tension on band with arms extended and held at shoulder height, shoulder-width apart - keep abs engaged and glutes squeezed - pull band apart, cutting across chest &amp; squeezing shoulderblades)</p>
<b>Beginner Resistance / Conditioning</b>	<p><b>HINGE</b></p> <p><b>Hip Hinges - Bodyweight (3 sets of 10 reps) - good exercise for lower back, glutes, hamstrings and core strength.</b> Instruction: Keeping soft knees - arms outstretched - bend forward - keeping back straight and shoulder above hips - squeeze glutes - return to start.</p> <p><b>Banded Goodmornings (3 sets of 10 reps)</b> Instruction: Loop band around neck - then stand on other end - stand up using band as resistance - bend forward - keeping back straight - as in hip hinge. Be sure to squeeze your glutes as you return to standing.</p> <p><b>ROTATE</b></p> <p><b>Forward Lunge with twist (3 x 10 each) - good for legs, bottom and mobility through core with the twist targeting obliques.</b> Instruction: Take big step forward keeping back straight and chest up - with arms outstretched, turn torso towards front knee - return to start - make sure knees do not come forward over toes.</p>
<b>Beginner Abdominal Exercises</b>	<p><b>Abs</b></p> <p><b>Plank on Knees (30 seconds) - excellent for deep abdominal muscles.</b> Instruction: Table top / flat back - abs engaged - straight line: head-shoulders-hips.</p> <p><b>Rows In and Out (30 seconds)</b> Instruction: Starting in a seated position with knees tucked to chest, place your hands behind your back with palms facing forward. Bend at the elbows letting your back drop towards the mat while at the same time extending your legs, so that you elongate your body. Pull knees back in and push up through hands to return to start position.</p> <p><b>Crunches (30 seconds)</b> Instruction: Feet under knees - chin on chest - curl up with big exhale - lifting shoulders off floor -inhale on way down.</p>