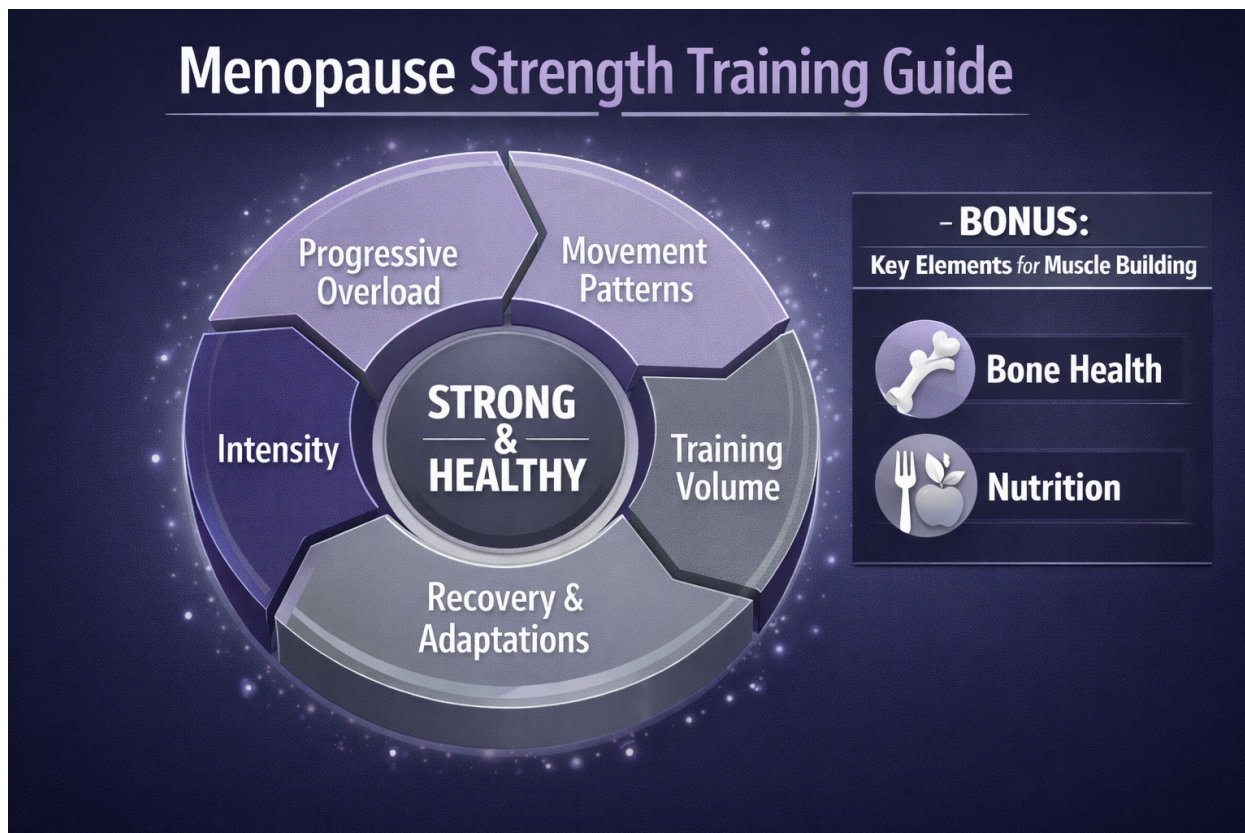


MENOPAUSE STRENGTH TRAINING GUIDE



The Menopause Strength Training Guide

Build Muscle, Protect Bone, and Feel Strong in Midlife

Hormonal changes during the menopause transition can affect muscle, bone, metabolism, and recovery. Many women notice that the strategies that worked in their 30s suddenly stop working.

The solution isn't doing more cardio or eating less.

The solution is **strategic strength training**.

Research consistently shows that resistance training is one of the most powerful tools women have to:

- preserve muscle mass
- maintain bone density
- regulate blood sugar
- support metabolic health
- improve strength and mobility for longevity

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The goal of this guide is simple: **teach you how to train in a way that works with your physiology in midlife.**

Welcome! I'm Tracy,

Strength training is one of the most powerful tools women have to support **muscle, bone, metabolism,** and **confidence** as we age.

In this guide, I've distilled years of research, coaching, and conversations with leading experts into simple principles that work.

- ✓ muscle
- ✓ bone
- ✓ metabolism



Why Strength Training Matters More After 40

During the menopause transition, declining estrogen affects several systems in the body.

Muscle:

Muscle protein synthesis becomes less responsive to smaller training stimuli and lower protein intake.

Bone:

Bone turnover accelerates, increasing the risk of osteopenia and osteoporosis.

Metabolism:

Muscle is metabolically active tissue. Losing it slows resting metabolic rate.

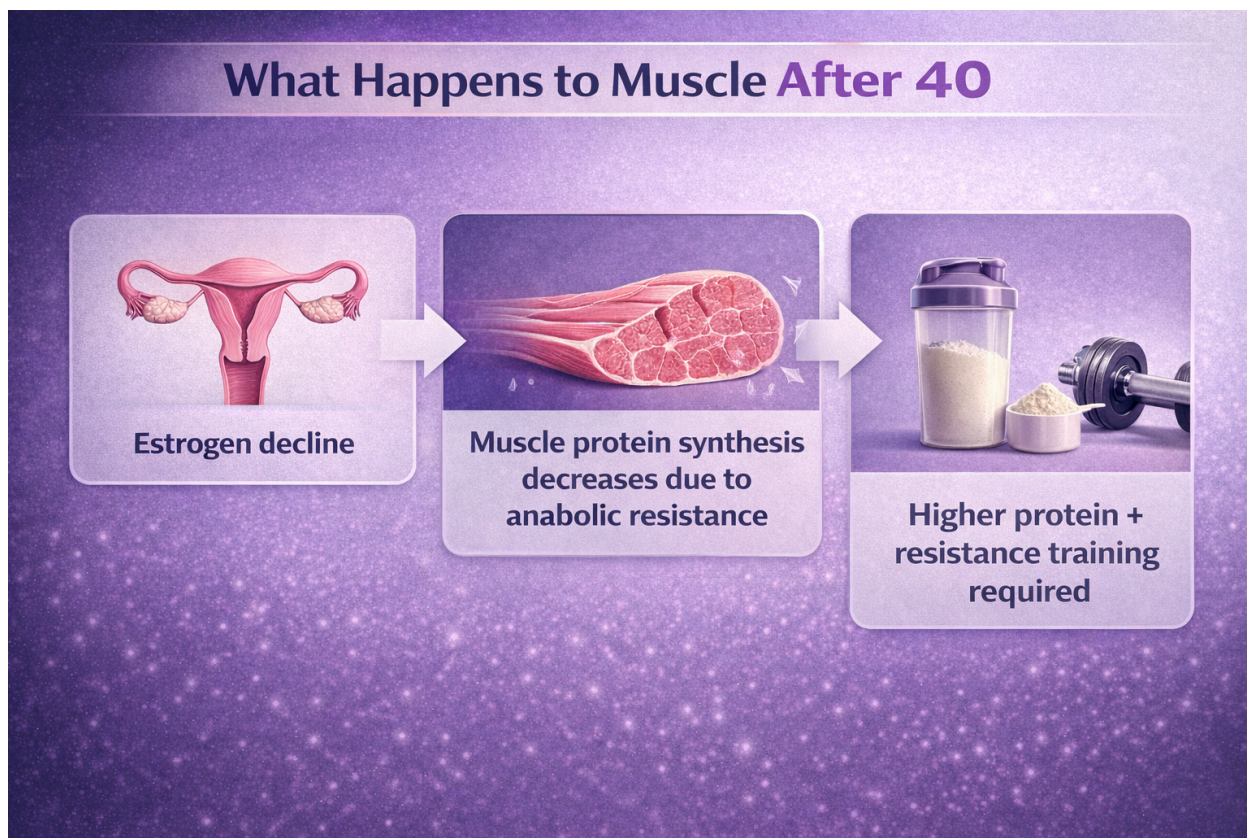
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Function and longevity:

Strength, power, and balance are some of the strongest predictors of independence and healthy aging.

Strength training directly addresses all of these.

Women who lift weights consistently can **maintain or even increase muscle mass and bone density well into their 60s and beyond.**



The Five Pillars of Strength Training in Menopause

1. Progressive Overload

Muscle adapts when it is challenged.

This means gradually increasing one or more of the following:

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- weight lifted (most important)
- number of reps (most important)
- number of sets (most important)
- range of motion
- time under tension

Without progressive overload, the body has no reason to adapt. Think of strength training like sending your muscles a message:

“You’re needed. Stay strong.”

2. Train All Major Movement Patterns

A well-designed program targets the body through fundamental movement patterns.

These include:

Squat - sit squats, goblet squats

Hinge - deadlifts, hip thrusts

Push - push-ups, overhead presses, chest press

Pull - rows, pull-downs, bicep curls

Carry - farmer carries

Core stability - planks, deadbug, Pallof press, bird dog

Training patterns instead of isolated muscles builds **balanced strength and functional resilience**. They also mimic the activities of everyday life. Think of lifting up your suitcase and pressing it into the overhead bin. Pulling on the lawnmower starter, or pushing a cart.

3. Adequate Training Volume

Muscle responds to **total weekly workload**, not just individual workouts.

Research suggests that for muscle growth, most people benefit from approximately:

10-15 challenging sets per muscle group per week

This is why training **3-4 times per week** tends to work well for many women.

Volume can be distributed through:

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- full body workouts
- upper/lower splits
- push/pull/legs formats

The best program is the one you can **do consistently**. I create all of these types of workout schedules within our [Move Daily Membership](#) so that members have a chance to see what style and format they like the best.

4. Intensity Matters

For muscle to grow or be preserved, the sets must be **challenging**.

A useful concept is **Reps in Reserve (RIR)**.

This means finishing a set with **1-3 reps left in the tank**.

If you could easily do ten more reps, the stimulus likely isn't strong enough to signal muscle adaptation.

You don't need to train to complete exhaustion or even failure, but you do need to **work close to your limits**.

5. Recovery and Adaptation

Strength training works because the body **repairs and rebuilds stronger** after training.

This requires:

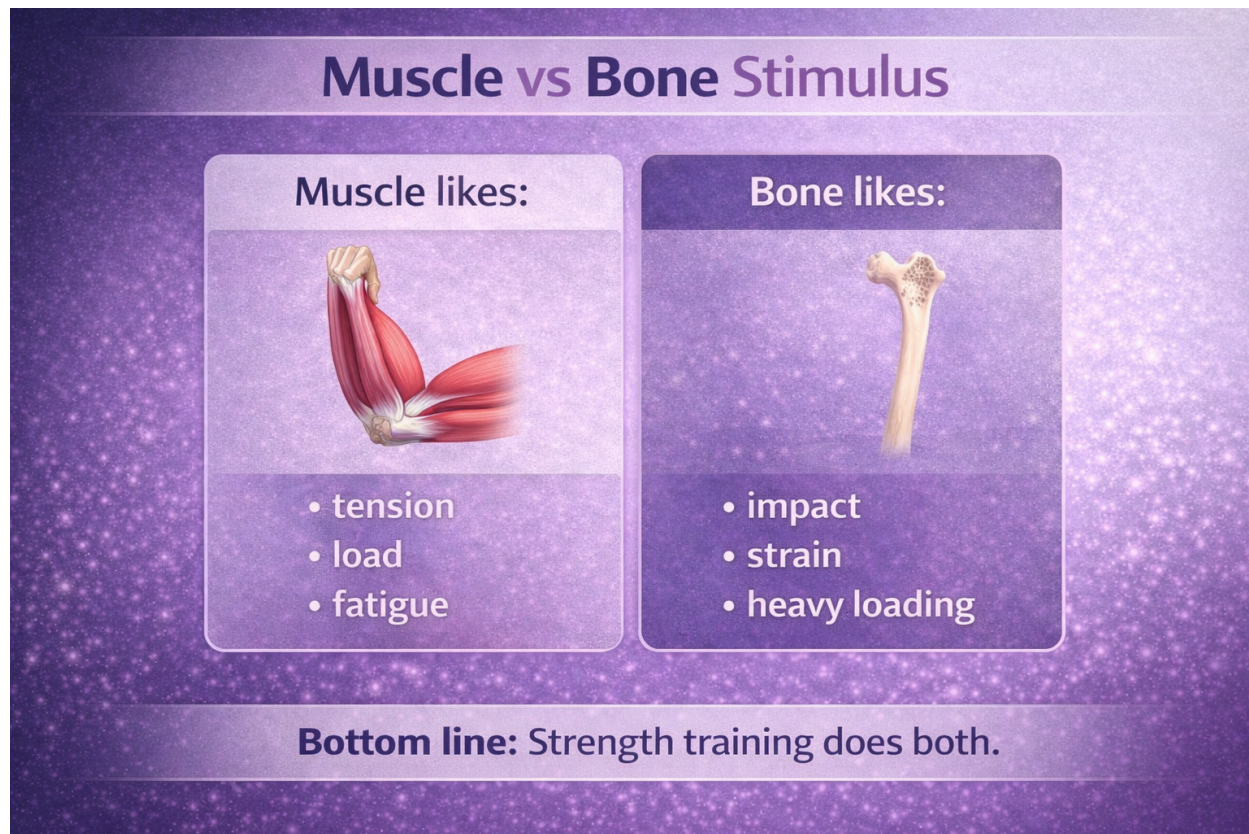
- adequate protein
- adequate sleep
- rest days
- intelligent programming

More exercise is not always better.

Better recovery equals better results.

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Bone Health: The Missing Piece Most Programs Ignore



Bone responds to **strain and impact**.

Strength training creates mechanical loading that stimulates bone formation.

Helpful strategies include:

- resistance training
- step-downs or controlled impact
- jumps or hops (when appropriate)
- loaded carries
- stair climbing

Bones respond best to **novel strain**, meaning varied loading patterns and progressively heavier weights.

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Strength training creates mechanical loading that stimulates **bone formation**

Helpful strategies include:

- resistance training
- step-downs or controlled impact
- jumps or hops (when appropriate)
- loaded carries
- stair climbing



• resistance training



• step-downs or controlled impact



• jumps or hops (when appropriate)

Nutrition That Supports Strength in Midlife

Training is only part of the equation (albeit the most important part!)

To support muscle and recovery, prioritize:

Protein

Aim for roughly:

1.2–1.6 g per kg of body weight per day

Spread protein across meals to support muscle protein synthesis.

Fiber

Target:

25–35 grams per day

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Fiber supports metabolic health, gut function, and blood sugar regulation.

Micronutrients

Important nutrients for muscle and bone include: calcium, vitamin D, magnesium, potassium



Common Training Mistakes Women Make in Menopause

Many women unknowingly sabotage results by:

- relying mostly on cardio
- lifting weights that are too light
- changing workouts too frequently
- under-eating protein
- skipping recovery

The goal isn't to train harder.

The goal is to train **smarter**.

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3 Simple Weekly Strength Frameworks

Framework #1: Upper/Lower/Full Split

Day 1 — Full Body Strength

Day 2 — Active Recovery

Walking, mobility, or light cardio.

Day 3 — Upper Body Strength

Day 4 — Lower Body Strength

Day 5 — Full Body Strength

Day 6 — Active Movement

Day 7 — Rest

This approach balances **stimulus and recovery**, which becomes increasingly important in midlife. We have a [Body Sculpt Blueprint](#) that follows this framework.

Framework #2: Full Body Splits

This structure spreads training volume across the week so each muscle gets stimulated multiple times while keeping individual workouts manageable. It's excellent for women who prefer variety and balanced training. We have a [4 week calendar](#) that follows this framework.

Day 1 — Full Body Strength

Day 2 — Active Recovery

Walking, mobility work, stretching, or light cardio.

Day 3 — Full Body Strength

Day 4 — Rest

Day 5 — Full Body Strength

Day 6 — Active Movement

Walking, yoga, hiking, cycling, or mobility work.

Day 7 — Full Body Strength

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Why this works well for midlife women:

- muscles are trained multiple times per week
- volume is spread out to reduce soreness
- workouts stay time-efficient
- recovery is built into the schedule

Framework #3: Push/Pull/Legs (hinge) Split

This approach organizes exercises by movement pattern, allowing muscles to recover while other muscle groups are trained. It works well for women who enjoy focusing on specific areas during each workout. We have a [How To Build Muscle As You Age 4.0](#) (beginner or advanced) that follows this framework.

Day 1 — Push Strength

Chest, shoulders, triceps

Day 2 — Active Recovery

Walking, mobility, or light cardio.

Day 3 — Pull Strength

Back, rear shoulders, biceps

Day 4 — Rest

Day 5 — Legs Strength

Glutes, quads, hamstrings

Day 6 — Active Movement

Walking, yoga, cycling, or mobility.

Day 7 — Push / Pull Mix or Another Leg day

A lighter upper body session or combined push/pull workout.

Why this works well:

- allows focused muscle training
- plenty of recovery between muscle groups
- easy to progressively overload lifts
- great for women who enjoy structured strength programming

There is no single “perfect” workout split. The best program is the one you can **follow consistently** while gradually increasing strength.

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Ready to Try It?

The best way to understand strength training is to experience it.

We've created a **1-week follow-along strength program** designed specifically for women in midlife.

Inside the program you'll find:

- structured workouts
- coaching cues
- balanced training for muscle, bone, and mobility

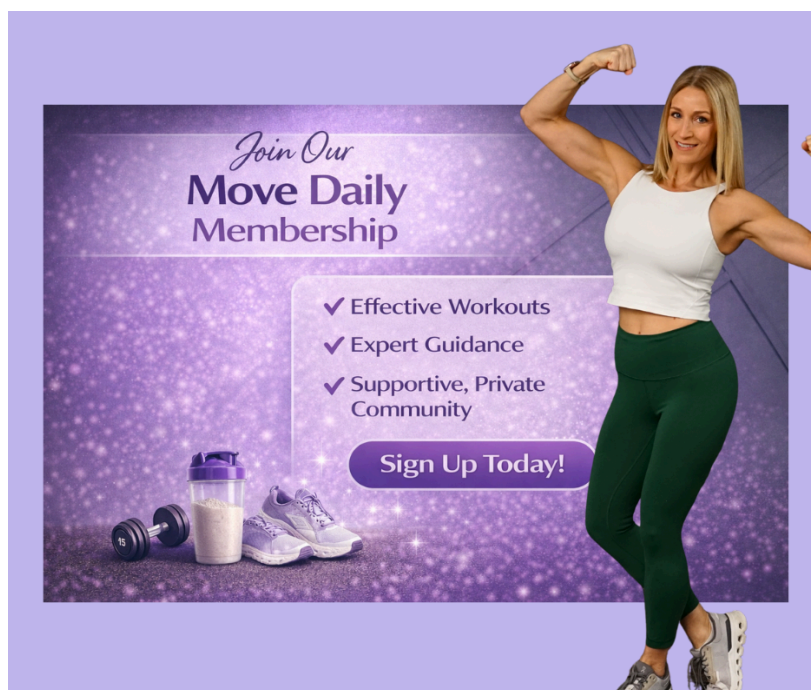
You can try a full program here:

[BEGINNER FOLLOW ALONG VIDEO PROGRAM](#)

[ADVANCED FOLLOW ALONG VIDEO PROGRAM: Upper/Lower/Full](#)

[ADVANCED FOLLOW ALONG VIDEO PROGRAM: Push/Pull/Legs](#)

And if you found that you LOVED the structure, and not having to think about what to do tomorrow...join us in one of our programs, or join the [Move Daily Membership!](#) Thousands of hours of coaching in your fitness, wellness and nutrition. Plus, exclusive workouts delivered weekly, all through the Kajabi platform so it's right at your fingertips.



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I understand that I am to consult my own physician and other health care providers before engaging in any fitness program, and accept that the physical fitness programs could result in injury or death, and it is my responsibility to obtain an assessment of my health and any risks associated with physical activities from my own physician.

In consideration of being permitted to participate in Move Daily Fitness Inc.'s programs, I waive any and all claims that I have or in the future may have against Move Daily Fitness Inc., its employees, contractors and agents, and Tracy Steen (collectively, the "Releasees") and I release the Releasees from any and all liabilities or any loss, damage, expense or injury, including death, that I may suffer as a result of my implementing any exercise or other fitness programs provided by the Releasees due to any cause whatsoever, including negligence, breach of contract or breach of any statutory or any other duty of care, including failure to warn of any risks.

This Release Agreement is effective and binding on my heirs, personal representatives and assigns in the event of my death or my incapacity.

This Release Agreement and any rights, duties and obligations as between the parties of this Release Agreement shall be governed and interpreted in accordance with the laws of British Columbia, and the courts of British Columbia will have exclusive jurisdiction in respect of any litigation involving the parties to this Release Agreement.

I acknowledge that in signing this Release Agreement that I am not relying on any representation or statements made by the Releasees in respect of any programs provided by the Releasees.