EXTREME MENOPAUSE BODY MAKEOVER

PHASE TWO FOLLOW ALONG WORKOUTS

These workouts are suitable for all levels of abilities with shoulder, knee and back injuries taken into consideration with the exercise options.

CLICK HERE to watch this video on the Phase Two workouts

Click on the title to view the workout.

CLICK HERE for a YouTube Playlist of these workouts.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
WORKOUT	Chest, Triceps & Abs	Legs	Back & Abs	Shoulders & Biceps	Glutes, Hams & Abs
EQUIPMENT NEEDED	**Dumbbells & Sturdy Chair**	**Dumbbells & Glute Bands**	**Dumbbells**	**Dumbbells & Sturdy Chair**	**Dumbbells & Glute Bands**

NOTES:

The workout must be completed in a 7 day period. Take rest days whenever is convenient. I like to go straight through Monday to Saturday and rest on Sunday.

It is recommended that you have a range of dumbbells and this will be demonstrated in these workouts. The more load you can add to your exercises, the better your results.

You could use long-looped resistance bands as an alternative to dumbbells. If you are using resistance bands, use the most challenging band you can. The more metabolic stress you create, the more your muscles will grow!

There will be beginner, intermediate, and advanced options for each exercise. Shoulder, knee and back injuries have also been taken into consideration with the exercise options.

When you feel the burn, keep training through the pain, and do NOT stop.

Over the upcoming weeks, aim to progress through the movements and increase your load as best as possible.

CLICK HERE
to view a playlist of **THESE WORKOUTS** *or* **SCAN ME**

FOLLOW ALONG