
THE SCULPTED vegan
THE
EXTREME
MENOPAUSE
BODY MAKEOVER
4 DAY GYM PLAN
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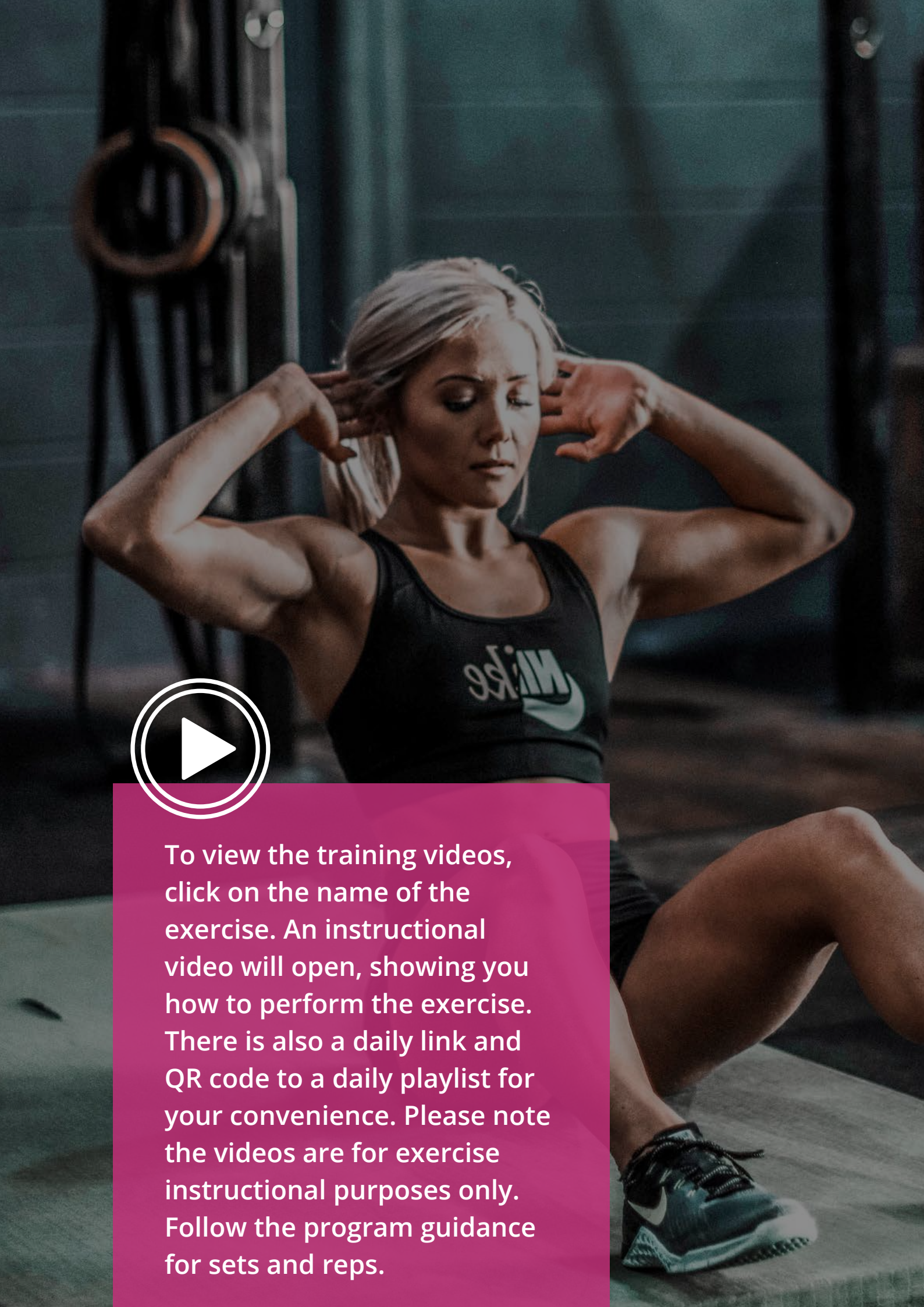
THE SCULPTED *vegan*

THE EXTREME MENOPAUSE BODY MAKEOVER

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To view the training videos, click on the name of the exercise. An instructional video will open, showing you how to perform the exercise. There is also a daily link and QR code to a daily playlist for your convenience. Please note the videos are for exercise instructional purposes only. Follow the program guidance for sets and reps.

GYM PROGRAM

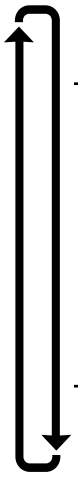
DAY 1 - CHEST, SHOULDERS, TRICEPS & ABS

Click on the exercise to watch an instructional video

CLICK HERE for a YouTube Playlist of this workout

EXERCISE	SETS	REPS	NOTES
1 Smith Bench Press **or** Barbell Bench Press	**4** (final set, rest-pause)	**10-12**	Preferably use Smith machine
2 Incline Smith Bench Press **/** Incline Barbell Bench Press	**3** (2 + 1 drop set)	**10-12**	Bench at 45•. Use dumbbells if equipment is unavailable.
3 Barbell Front Raise **or** Cable Front Raise	**4** (final set, rest-pause)	**10-12**	Aim for shoulder height
4 Dumbbell Side Lateral Raises **or** Cable Lateral Raise	**4** (3 + 1 drop set)	**10-12**	Don't swing, elbows higher than hands
5 Tricep Straight Bar Pressdown	**3**	**10-12**	Keep elbows close to body
6 Overhead Cable Tricep Extension **or** Skull Crushers	**3**	**10-12**	Fully extend into arms

7 Tricep Rope Pressdown	**3**	**10-12**	Squeeze hard into triceps
OPTIONAL ABS			
8A Full Roll Up	**3**	**40 seconds**	Choose hardest option
8B Crunch With Heel Push	**3**	**40 seconds**	Support neck, don't pull
8C Bicycle Twist	**3**	**40 seconds**	Remember to breathe!



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DAY 1

DAY 2 - LEGS

Click on the exercise to watch an instructional video

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EXERCISE	SETS	REPS	NOTES
1 Leg Extensions	**4**	**10-12**	Squeeze quads hard at the top
2 Squat (Any squat variation) e.g Barbell Back Squat / Hack Squat Machine or Smith Hack Squat	**4** (final set, rest-pause)	**10-12**	Perform the squat you can perform with most load
3 Leg Press	**3** (2 + 1 drop set)	**10-12**	Use any leg press machine
4 Dumbbell Walking Lunges	**3**	**20**	Keep feet hip width apart for balance
5 Lying Leg Curl or Seated Leg Curl	**4** (3 + 1 drop set)	**10-12**	Go to failure on ½ reps

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DAY 2

DAY 3 - BACK, REAR DELTS, BICEPS & ABS

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EXERCISE	SETS	REPS	NOTES
1 Wide Grip Lat Pulldown	**4**	**10-12**	Don't be afraid to use a bit of momentum
2 Bent Over Row (Barbell or Dumbbell)	**4** (final set, rest-pause)	**10-12**	Push hips back, pull bar to navel
3 Double Arm Dumbbell Row	**4** (3 + 1 drop set)	**10-12**	Wedge feet for support
4 Seated Cable Row	**4** (3 + 1 drop set)	**10-12**	Keep chest high and elbows close
5 Cable Rear Delt Fly / Seated Dumbbell Rear Delt Fly or Machine Rear Delt Fly	**4** (3 + 1 drop set)	**10-12**	Squeeze hard into rear delt. Start light and build up
6 Barbell Bicep Curl / Cable Bicep Curl or EZ Bar Cable Bicep Curl	**4** (3 + 1 drop set)	**10-12**	Focus on full range of movement

7 Dumbbell Hammer Curl	**3**	**10-12**	Keep elbows in tight, palms face towards each other
OPTIONAL ABS			
8A Half Recline Sit Ups	**3**	**40 seconds**	Remember to breathe!
8B Spiderman Plank	**3**	**40 seconds**	Squeeze into obliques
8C Single Leg Toe To Hand	**3**	**40 seconds**	Choose hardest option

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DAY 3

DAY 4 - LEGS

Click on the exercise to watch an instructional video

CLICK HERE for a YouTube Playlist of this workout

EXERCISE	SETS	REPS	NOTES
1 Lying Leg Curl or Seated Leg Curl	**4**	**10-12**	Squeeze glutes at top to warm-up
2 Smith Glute Bridge	**4**	**10-12**	Hold 1st rep for 3 second squeeze
3 Dumbbell Deadlift	**3**	**10-12**	Use grips
4 Hyperextension or Smith Hyperextensions	**3**	**10-12**	Chin in, drive hard into glutes
5 Cable Glute Kickback	**3**	**10 each leg**	Keep abs tight. Don't hyperextend and arch back

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DAY 4

NOTES:

SUPERSET - Superset means that the exercises are completed alternatively - i.e. If there are three exercises in the superset, you will complete one set of the first exercise, a set of the second exercise and then a set of the third exercise. Repeat each alternating exercise until all sets have been completed.

- **REST PAUSE** - Perform as many reps as possible, rest for 15-20 seconds, then continue until failure.

- **DROP SET** - After completing the final set, reduce the weight by 20-30% and continue performing reps until failure.

- **OPTIONAL ABS** - It's entirely up to you whether you wish to perform the ab exercises. I don't perform ab-specific exercises as I know they are already being strengthened with big compound movements like squats or deadlifts, but I included them for anyone who loves to feel that real ab burn.

- If you do not have a Smith machine, you may substitute using a barbell.

- This program is designed to be done to complete muscle failure on the final set. If your body can keep going, keep going!

- The workout must be completed in a 7 day period. Take rest days whenever is convenient.

- Get a spotter for all days if possible. The spotter is simply there to assist you through your sticking point on the final reps of the final set. They should not be lifting the bar for you unless your muscles actually completely fail.

- The heavier your lift, the more muscle damage you will incur, the more your muscles will grow!

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