PHASE TWO



THE

EXTREME

MENOPAUSE

BODY MAKEOVER

BACK & KNEE INJURY
GYM PROGRAM

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THE EXTREME MENOPAUSE BODY MAKEOVER

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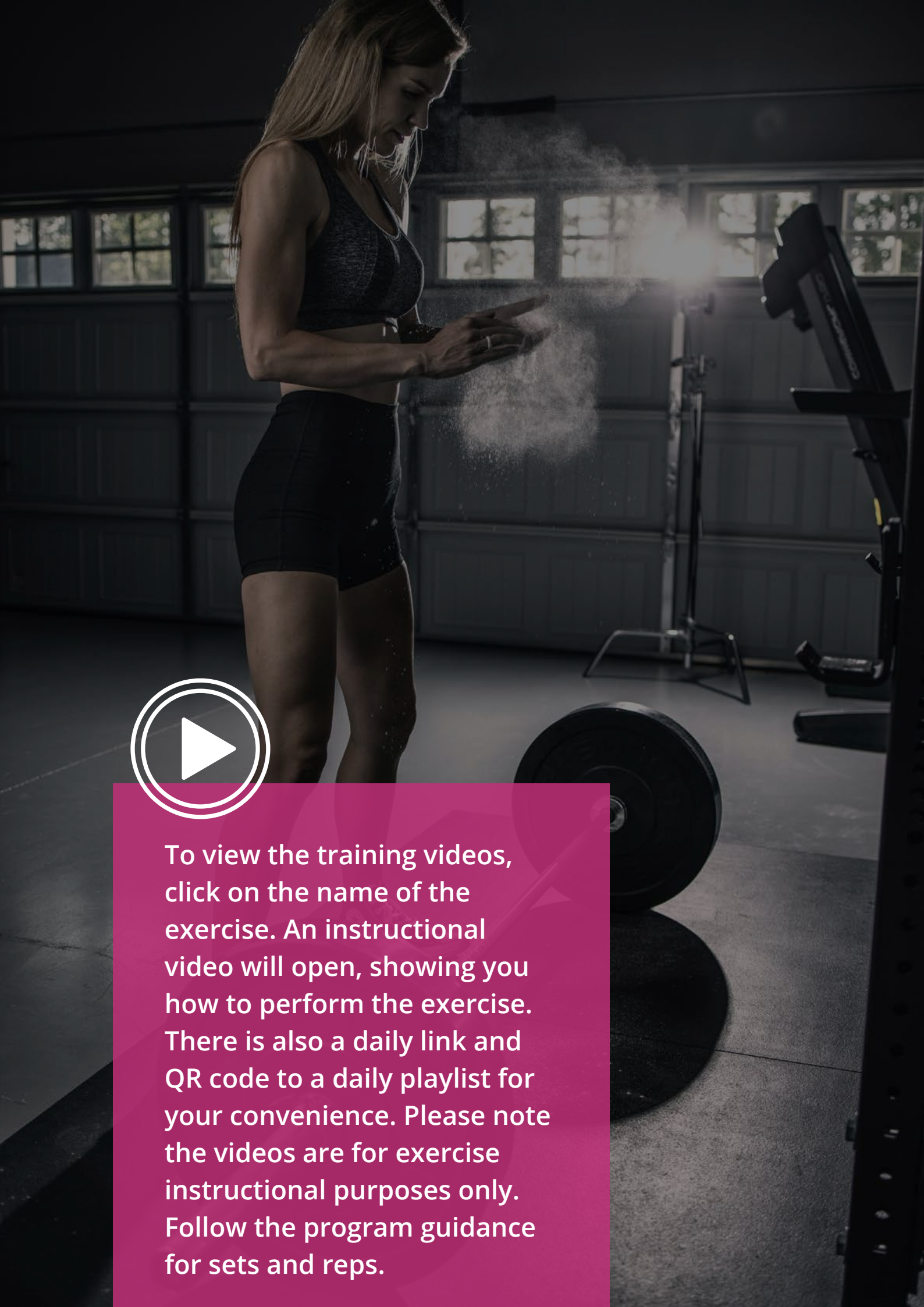

To view the training videos, click on the name of the exercise. An instructional video will open, showing you how to perform the exercise. There is also a daily link and QR code to a daily playlist for your convenience. Please note the videos are for exercise instructional purposes only. Follow the program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

KNEE AND BACK INJURY GYM PROGRAM
(NO SQUATS OR LUNGES)

DAY 1 - CHEST, 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
2 Incline Smith Bench Press **/** Incline Barbell Bench Press **or** Incline Dumbbell Bench Press	**3** (2 + 1 drop set)	**10-12**	Bench at 45·
3 Pec Dec Fly **or** Incline Dumbbell Flyes	**3** (final set to failure)	**10-12**	Final set, keep going until you cannot move an inch more
4A Tricep Straight Bar Pressdown	**3**	**10-12**	Keep elbows close to body
4B Overhead Cable Tricep Extension	**3**	**10-12**	Fully extend into arms
4C Tricep Rope Pressdown	**3**	**10-12**	Squeeze hard into triceps

OPTIONAL ABS			
5A Full Roll Up	**3**	**40 seconds**	Choose hardest option
5B Crunch With Heel Push	**3**	**40 seconds**	Support neck, don't pull
5C Bicycle Twist	**3**	**40 seconds**	Remember to breathe!



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CHEST & TRICEPS

DAY 2 - LEGS

Click on the exercise to watch an instructional video

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EXERCISE	SETS	REPS	NOTES
1 Lateral Banded Walks	**4**	**30**	30 steps side to side
2 Leg Extensions **or** Bulgarian Split Squat	**3**	**10-12**	Choose the hardest option which will not aggravate your injury
3 Smith Glute Bridge **or** Barbell Glute Bridge	**4**	**10-12**	1st rep pause 3 seconds at top
4 Cable Pull Through	**3**	**10-12**	Stretch back fully, squeeze hard into glutes
5 Lying Leg Curl **or** Seated Leg Curl	**4** (3 + 1 drop set)	**10-12**	Focus on full range of motion

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LEGS

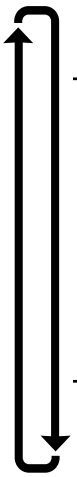
DAY 3 - BACK & ABS

Click on the exercise to watch an instructional video

CLICK HERE for a YouTube Playlist of this workout

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	**4** (final set, rest pause)	**10-12**	Push hips back, squeeze bar to navel
3 Close Grip T Bar Row **or** Landmine Row	**3**	**10-12**	Use grips
4 Seated Cable Row	**4** (3 + 1 drop set)	**10-12**	Keep chest high and elbows close
5 Close Grip Pulldown	**3**	**10-12**	Squeeze hard into lats

OPTIONAL ABS			
6A Half Recline Sit Ups	3	40 seconds	Remember to breathe
6B Spiderman Plank	3	40 seconds	Squeeze into obliques
6C Single Leg Toe To Hand	3	40 seconds	Choose hardest option



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BACK & ABS

DAY 4 - SHOULDERS & BICEPS

Click on the exercise to watch an instructional video

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EXERCISE	SETS	REPS	NOTES
1 Dumbbell Military Press **/** Machine Military Press **or** Smith Machine Military Press	**5** (final set, rest pause)	**10-12**	Bench at slight angle
2 Dumbbell Side Lateral Raises **or** Cable Lateral Raise	**3** (final set, rest pause)	**10-12**	Elbows lead, hands never go higher than elbows
3 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
4 Barbell Upright Row **/** Cable Upright Row **or** EZ Bar Cable Upright Row	**4** (3 + 1 drop set)	**10-12**	Row elbows higher than shoulders

5 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
6 Dumbbell Hammer Curl	**3**	**10-12**	Keep elbows in tight, palms face towards each other
7 One Arm Preacher Curl	**3**	**10 each arm**	Spot yourself in final rep

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SHOULDERS/BICEPS

DAY 5 - GLUTES, HAMS & ABS

Click on the exercise to watch an instructional video

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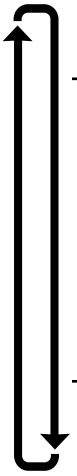
EXERCISE	SETS	REPS	NOTES
1 Lying Leg Curl or Seated Leg Curl	**4**	**10-12**	Squeeze glutes at top to warm-up
2 Dumbbell Deadlift	**3**	**10-12**	Go until you feel a stretch & drive up into glutes
3 Hyperextension or Smith Hyperextensions	**3**	**10-12**	Chin in, drive hard into glutes
4 Single Leg Deadlift	**3**	**10-12**	Hold on to something if need balance
5 Cable Glute Kickback	**3**	**10 each leg**	Keep abs tight. Don't hyperextend and arch back

OPTIONAL ABS			
6A Vertical Leg Crunch	**3**	**40 seconds**	Knees bent if need be
6B Mountain Climbers	**3**	**40 seconds**	Slow it down and really squeeze
6C Hollow Bicycle Cycle	**3**	**40 seconds**	Full range of movement with legs



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GLUTES & ABS

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. I like to go straight through Monday to Friday and rest from strength training on a Saturday and Sunday.

- 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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