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# THE EXTREME MENOPAUSE BODY MAKEOVER

## BACK & KNEE INJURY HOME GYM PROGRAM

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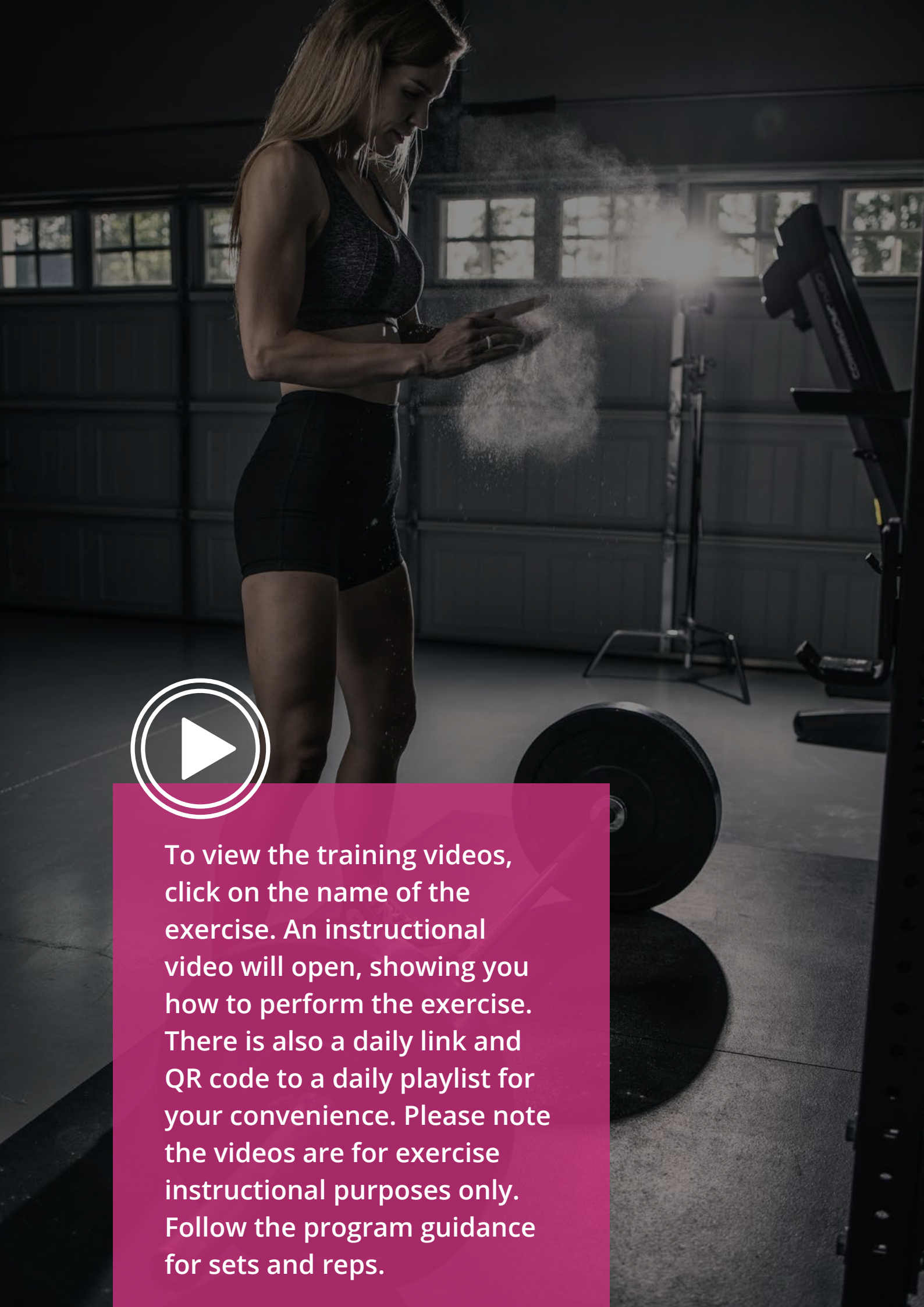
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To view the training videos, click on the name of the exercise. An instructional video will open, showing you how to perform the exercise. There is also a daily link and QR code to a daily playlist for your convenience. Please note the videos are for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

# KNEE AND BACK INJURY BARBELLS AND DUMBBELLS 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** Barbell Bench Press **or** Flat Dumbbell Press | **4** (final set, rest pause) | **10-12** | Focus on full range of movement. |
| **2** Incline Barbell Bench Press **or** Incline Dumbbell Bench Press | **3** (2 + 1 drop set) | **10-12** | Bench at 45• |
| **3** Incline Dumbbell Flyes | **3** (final set to failure) | **10-12** | Squeeze chest hard |
| **4A** Skull Crushers | **3** | **10-12** | Keep elbows close to body |
| **4B** Dumbbell Tricep Extension | **3** | **10-12** | Fully extend into arms |
| **4C** Tricep Push Up | **3** | **10-12** | Last set until you can't push no more! |

| 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! |



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

CHEST & TRICEPS

# DAY 2 - LEGS

Click on the exercise to watch an instructional video

**CLICK HERE** for a YouTube Playlist of this workout

| EXERCISE | SETS | REPS | NOTES |
|---|---|---|---|
| **1** Lateral Banded Walks | **4** | **30** | 30 steps side to side |
| **2** Dumbbell Deadlift | **3** | **10-12** | Squeeze up hard into glutes |
| **3** Barbell Glute Bridge | **4** | **10-12** | 1st rep pause 3 seconds at top |
| **4** Kettlebell Swing | **3** | **10-15** | If don't have kettlebell, hold end of dumbbell |
| **5** Single Leg Glute Bridge | **3** | **30** | Perform 30 each leg |

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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** Banded Kneeling Lat Pulldown | **3** | **15** | Use strongest bands possible |
| **2** Pull Up | **3** | **10 or AMRAP** | Decrease band resistance |
| **3** Bent Over Row | **4** (final set, rest pause) | **10-12** | Squeeze bar to navel. |
| **4** Double Arm Dumbbell Row | **4** (3 + 1 drop set) | **10-12** | Wedge feet for support |
| **5** Single Arm Dumbbell Row | **3** | **10 each arm** | Keep shoulders steady |

| 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

**CLICK HERE** for a YouTube Playlist of this workout

| EXERCISE | SETS | REPS | NOTES |
|---|---|---|---|
| **1** Dumbbell Military Press | **5** (final set, rest pause) | **10-12** | Full range of movement |
| **2** Dumbbell Side Lateral Raises | **3** (final set, rest pause) | **10-12** | Elbows always higher than hands |
| **3** Seated Dumbbell Rear Delt Fly | **4** (3 + 1 drop set) | **10-12** | Squeeze hard into rear delt. Start light and build up |
| **4** Barbell Upright Row | **4** (3 + 1 drop set) | **10-12** | Row elbows higher than shoulders |

| | | | |
|---|---|---|---|
| **5** Barbell 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 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

**CLICK HERE** for a YouTube Playlist of this workout

| EXERCISE | SETS | REPS | NOTES |
|---|---|---|---|
| **1** Lateral Banded Walks | **4** | **30** | 30 steps side to side |
| **2** Barbell Glute Bridge | **4** | **10-12** | 1st rep pause 3 seconds at top |
| **3** Frog Bench Reverse Hyper | **4** | **10-12** | Use as heavy a dumbbell or ankle weights as possible |
| **4** Romanian Deadlift | **3** | **10-12** | Squeeze glutes at top |
| **5** Frog Pump Glute Bridge | **3** | **30** | Keep knees wide and steady |

| 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 |

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

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.

- 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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