EXTREME MENOPAUSE BODY MAKEOVER

TRAINING GUIDE

The training structure is five days of strength training, based on the following body part split.

DAY 1	**Chest, Triceps & Abs**
DAY 2	**Legs**
DAY 3	**Back & Abs**
DAY 4	**Shoulders & Biceps**
DAY 5	**Glutes, Hamstrings & Abs**

You have multiple programs to choose from - gym plan, home gym barbell and dumbbell plan, home follow-along dumbbell workouts and even injury versions of each! Rest assured that the injury versions will work you just as hard as the regular, non-injury plans. The workouts must be completed in a seven-day period. Take your rest days whenever is convenient. In a five-day training plan, I like to go straight through Monday to Friday and rest on Saturday and Sunday. However, this might not suit your schedule, so it is up to you the days you choose.

Watch these how to videos **BEFORE** your first training session.

CLICK HERE
for a video on how to progressively overload

CLICK HERE
for a video on what weights you should choose

CLICK HERE
for a video on how long to rest in between sets

CLICK HERE
for a video on how to train to failure

CLICK HERE
for a video on how to perform a drop set

CLICK HERE
for a video on how to perform a rest pause

HOW TO PERFORM YOUR SETS

1. First set is a warm up. Start with a light weight. If using a machine, it could even be the machine with no load added. Perform the prescribed amount of reps. At the end, you should easily have another 10-15 reps in reserve.

2. Second set is also warm up. Increase your weight. Perform the prescribed amount of reps. At the end, you should easily have another 5-10 reps in reserve.

3. Third set is the first working set. Increase your weight. Perform the prescribed amount of reps. At the end, you should only have 2-3 reps in reserve.

4. Final set is a failure set. Increase your weight. You should hit total muscle failure around 8-10 reps, but if you have a spotter you aim for forced reps. It should take you 8 -10 seconds to complete your final rep in your final set.

Final reps of your final set. If you don't hit concrete muscle failure and you've got more reps in the tank: (A) Do more reps! (B) You finish your 10 reps, you re-rack the bar, you put more weight on it and you go again, even if you only hit 5 or 6 reps. This is called the rest pause technique.

NOTE: *If there are only 3 sets, then the first set is warm-up. The second set is your working set. The third set is your failure set. No matter the number of sets, the first set is always warm up and the final set is always failure.*

TRAINING PLANS

Click the icons below to view the individual plans

REGULAR TRAINING PROGRAMS

Gym Program



Home Gym Program



Follow Along Program



KNEE & BACK INJURY TRAINING PROGRAMS

Gym Program



Home Gym Program

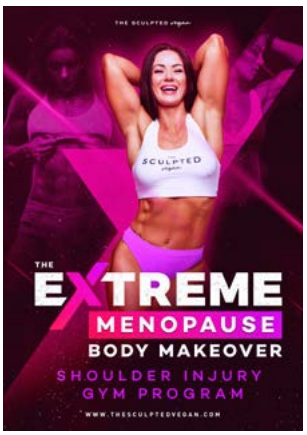


Follow Along Program



SHOULDER INJURY TRAINING PROGRAMS

Gym Program



Home Gym Program



Follow Along Program

