EXTREME MENOPAUSE BODY MAKEOVER

PHASE TWO TRAINING GUIDE

NOTE: THE GYM AND HOME GYM WORKOUTS HAVE NOT CHANGED FOR PHASE TWO

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**

In phase two, we will keep the gain train going with no changes to the gym and home gym plans and minimal changes to the home follow-along workout plan. Why? Because when it comes to muscle building, consistency leads to results. At the end of phase one, you have just started to perform the training plans and techniques effectively. Now's the time to increase the intensity with more load while maintaining good form and range of movement; Not change the workouts up. If you are performing the home follow-along workouts, Laura has recorded five new workouts for you with minimal changes to increase the intensity, as you do not have access to as much load as the gym goers. Whatever your plan, dig deep and know that there are still gains to be made even when on a shred IF you train hard enough. Get to it, athlete.

PROGRESSIVE OVERLOAD - HOW TO GET BIGGER, STRONGER MUSCLES

1. Increase your load (weight)
Muscle only has a reason to grow if you give it a reason to grow. Every session, try to push harder and progressively overload, preferably with weight, to make your muscles grow. Load is king.

2. Increase your volume in reps or sets
If you are maxed out on the weight you can lift, add more reps to overload. Never stop a movement when you reach an arbitrary rep count. Keep going until you can't complete any more on your own with good form. You must hit concrete muscle failure in the final set of every exercise.

3. Decrease your rest time between sets
Lastly, to progressively overload, you can decrease the amount of time you rest between sets, asking more of your muscles and giving them less time to recover. This allows you to do the same amount of work in less time, forcing your body to become more metabolically efficient in weightlifting.

CLICK HERE for a video on why bodybuilders rarely change their workouts

CLICK HERE for a video on when you should increase your weights

CLICK HERE for a video on how to break through a training plateau

CLICK HERE for a video on building muscle while dieting

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

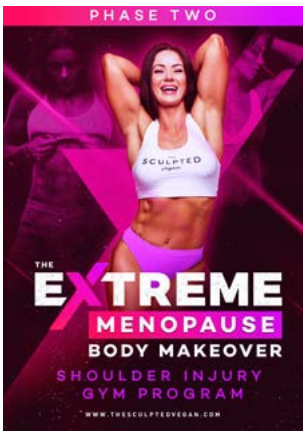


Follow Along Program



SHOULDER INJURY TRAINING PROGRAMS

Gym Program



Home Gym Program



Follow Along Program

