THE EXTREME MENOPAUSE BODY MAKEOVER

PHASE TWO



WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐
Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐
Training - *Chest, Triceps & Abs* ☐	Training - *Legs* ☐	Training - *Back & Abs* ☐	Training - *Shoulders & Biceps* ☐	Training - *Glutes, Hamstrings & Abs* ☐	Post Workout Snack* ☐	Post Workout Snack* ☐
Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Lunch ☐	Lunch ☐
Lunch ☐	Lunch ☐	Lunch ☐	Lunch ☐	Lunch ☐	Dinner ☐	Dinner ☐
Dinner ☐	Dinner ☐	Dinner ☐	Dinner ☐	Dinner ☐	Evening Snack ☐	Evening Snack ☐
Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	** The post workout snack can be enjoyed at any time during the day.*	** The post workout snack can be enjoyed at any time during the day.*

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐
Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐
Training - *Chest, Triceps & Abs* ☐	Training - *Legs* ☐	Training - *Back & Abs* ☐	Training - *Shoulders & Biceps* ☐	Training - *Glutes, Hamstrings & Abs* ☐	Post Workout Snack* ☐	Post Workout Snack* ☐
Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Lunch ☐	Lunch ☐
Lunch ☐	Lunch ☐	Lunch ☐	Lunch ☐	Lunch ☐	Dinner ☐	Dinner ☐
Dinner ☐	Dinner ☐	Dinner ☐	Dinner ☐	Dinner ☐	Evening Snack ☐	Evening Snack ☐
Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	** The post workout snack can be enjoyed at any time during the day.*	** The post workout snack can be enjoyed at any time during the day.*

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐
Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐
Training - *Chest, Triceps & Abs* ☐	Training - *Legs* ☐	Training - *Back & Abs* ☐	Training - *Shoulders & Biceps* ☐	Training - *Glutes, Hamstrings & Abs* ☐	Post Workout Snack* ☐	Post Workout Snack* ☐
Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Lunch ☐	Lunch ☐
Lunch ☐	Lunch ☐	Lunch ☐	Lunch ☐	Lunch ☐	HIIT Cardio *10 minutes* ☐	HIIT Cardio *10 minutes* ☐
HIIT Cardio *10 minutes* ☐	HIIT Cardio *10 minutes* ☐	HIIT Cardio *10 minutes* ☐	HIIT Cardio *10 minutes* ☐	HIIT Cardio *10 minutes* ☐	Dinner ☐	Dinner ☐
Dinner ☐	Dinner ☐	Dinner ☐	Dinner ☐	Dinner ☐	Evening Snack ☐	Evening Snack ☐
Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	** The post workout snack can be enjoyed at any time during the day.*	** The post workout snack can be enjoyed at any time during the day.*

WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐
Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐
Training - *Chest, Triceps & Abs* ☐	Training - *Legs* ☐	Training - *Back & Abs* ☐	Training - *Shoulders & Biceps* ☐	Training - *Glutes, Hamstrings & Abs* ☐	Post Workout Snack* ☐	Post Workout Snack* ☐
Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Lunch ☐	Lunch ☐
Lunch ☐	Lunch ☐	Lunch ☐	Lunch ☐	Lunch ☐	HIIT Cardio *10 minutes* ☐	HIIT Cardio *10 minutes* ☐
HIIT Cardio *10 minutes* ☐	HIIT Cardio *10 minutes* ☐	HIIT Cardio *10 minutes* ☐	HIIT Cardio *10 minutes* ☐	HIIT Cardio *10 minutes* ☐	Dinner ☐	Dinner ☐
Dinner ☐	Dinner ☐	Dinner ☐	Dinner ☐	Dinner ☐	Evening Snack ☐	Evening Snack ☐
Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	** The post workout snack can be enjoyed at any time during the day.*	** The post workout snack can be enjoyed at any time during the day.*

THE EXTREME MENOPAUSE BODY MAKEOVER

PHASE TWO



WEEK 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐
Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐
Training - *Chest, Triceps & Abs* ☐	Training - *Legs* ☐	Training - *Back & Abs* ☐	Training - *Shoulders & Biceps* ☐	Training - *Glutes, Hamstrings & Abs* ☐	Post Workout Snack* ☐	Post Workout Snack* ☐
Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Lunch ☐	Lunch ☐
Lunch ☐	Lunch ☐	Lunch ☐	Lunch ☐	Lunch ☐	HIIT Cardio *15 minutes* ☐	HIIT Cardio *15 minutes* ☐
HIIT Cardio *15 minutes* ☐	HIIT Cardio *15 minutes* ☐	HIIT Cardio *15 minutes* ☐	HIIT Cardio *15 minutes* ☐	HIIT Cardio *15 minutes* ☐	Dinner ☐	Dinner ☐
Dinner ☐	Dinner ☐	Dinner ☐	Dinner ☐	Dinner ☐	Evening Snack ☐	Evening Snack ☐
Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	** The post workout snack can be enjoyed at any time during the day.*	** The post workout snack can be enjoyed at any time during the day.*

WEEK 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐
Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐
Training - *Chest, Triceps & Abs* ☐	Training - *Legs* ☐	Training - *Back & Abs* ☐	Training - *Shoulders & Biceps* ☐	Training - *Glutes, Hamstrings & Abs* ☐	Post Workout Snack* ☐	Post Workout Snack* ☐
Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Lunch ☐	Lunch ☐
Lunch ☐	Lunch ☐	Lunch ☐	Lunch ☐	Lunch ☐	HIIT Cardio *15 minutes* ☐	HIIT Cardio *15 minutes* ☐
HIIT Cardio *15 minutes* ☐	HIIT Cardio *15 minutes* ☐	HIIT Cardio *15 minutes* ☐	HIIT Cardio *15 minutes* ☐	HIIT Cardio *15 minutes* ☐	Dinner ☐	Dinner ☐
Dinner ☐	Dinner ☐	Dinner ☐	Dinner ☐	Dinner ☐	Evening Snack ☐	Evening Snack ☐
Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	** The post workout snack can be enjoyed at any time during the day.*	** The post workout snack can be enjoyed at any time during the day.*

WEEK 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐
Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐
Training - *Chest, Triceps & Abs* ☐	Training - *Legs* ☐	Training - *Back & Abs* ☐	Training - *Shoulders & Biceps* ☐	Training - *Glutes, Hamstrings & Abs* ☐	Post Workout Snack* ☐	Post Workout Snack* ☐
Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Lunch ☐	Lunch ☐
Lunch ☐	Lunch ☐	Lunch ☐	Lunch ☐	Lunch ☐	HIIT Cardio *20 minutes* ☐	HIIT Cardio *20 minutes* ☐
HIIT Cardio *20 minutes* ☐	HIIT Cardio *20 minutes* ☐	HIIT Cardio *20 minutes* ☐	HIIT Cardio *20 minutes* ☐	HIIT Cardio *20 minutes* ☐	Dinner ☐	Dinner ☐
Dinner ☐	Dinner ☐	Dinner ☐	Dinner ☐	Dinner ☐	Evening Snack ☐	Evening Snack ☐
Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	** The post workout snack can be enjoyed at any time during the day.*	** The post workout snack can be enjoyed at any time during the day.*

WEEK 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐
Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐
Training - *Chest, Triceps & Abs* ☐	Training - *Legs* ☐	Training - *Back & Abs* ☐	Training - *Shoulders & Biceps* ☐	Training - *Glutes, Hamstrings & Abs* ☐	Post Workout Snack* ☐	Post Workout Snack* ☐
Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Lunch ☐	Lunch ☐
Lunch ☐	Lunch ☐	Lunch ☐	Lunch ☐	Lunch ☐	HIIT Cardio *20 minutes* ☐	HIIT Cardio *20 minutes* ☐
HIIT Cardio *20 minutes* ☐	HIIT Cardio *20 minutes* ☐	HIIT Cardio *20 minutes* ☐	HIIT Cardio *20 minutes* ☐	HIIT Cardio *20 minutes* ☐	Dinner ☐	Dinner ☐
Dinner ☐	Dinner ☐	Dinner ☐	Dinner ☐	Dinner ☐	Evening Snack ☐	Evening Snack ☐
Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	** The post workout snack can be enjoyed at any time during the day.*	** The post workout snack can be enjoyed at any time during the day.*

THE EXTREME MENOPAUSE BODY MAKEOVER

PHASE TWO



WEEK 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐
Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐
Training - *Chest, Triceps & Abs* ☐	Training - *Legs* ☐	Training - *Back & Abs* ☐	Training - *Shoulders & Biceps* ☐	Training - *Glutes, Hamstrings & Abs* ☐	Post Workout Snack* ☐	Post Workout Snack* ☐
Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Lunch ☐	Lunch ☐
Lunch ☐	Lunch ☐	Lunch ☐	Lunch ☐	Lunch ☐	HIIT Cardio *25 minutes* ☐	HIIT Cardio *25 minutes* ☐
HIIT Cardio *25 minutes* ☐	HIIT Cardio *25 minutes* ☐	HIIT Cardio *25 minutes* ☐	HIIT Cardio *25 minutes* ☐	HIIT Cardio *25 minutes* ☐	Dinner ☐	Dinner ☐
Dinner ☐	Dinner ☐	Dinner ☐	Dinner ☐	Dinner ☐	Evening Snack ☐	Evening Snack ☐
Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	** The post workout snack can be enjoyed at any time during the day.*	** The post workout snack can be enjoyed at any time during the day.*

WEEK 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐
Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐
Training - *Chest, Triceps & Abs* ☐	Training - *Legs* ☐	Training - *Back & Abs* ☐	Training - *Shoulders & Biceps* ☐	Training - *Glutes, Hamstrings & Abs* ☐	Post Workout Snack* ☐	Post Workout Snack* ☐
Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Lunch ☐	Lunch ☐
Lunch ☐	Lunch ☐	Lunch ☐	Lunch ☐	Lunch ☐	HIIT Cardio *25 minutes* ☐	HIIT Cardio *25 minutes* ☐
HIIT Cardio *25 minutes* ☐	HIIT Cardio *25 minutes* ☐	HIIT Cardio *25 minutes* ☐	HIIT Cardio *25 minutes* ☐	HIIT Cardio *25 minutes* ☐	Dinner ☐	Dinner ☐
Dinner ☐	Dinner ☐	Dinner ☐	Dinner ☐	Dinner ☐	Evening Snack ☐	Evening Snack ☐
Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	** The post workout snack can be enjoyed at any time during the day.*	** The post workout snack can be enjoyed at any time during the day.*

WEEK 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐
Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐
Training - *Chest, Triceps & Abs* ☐	Training - *Legs* ☐	Training - *Back & Abs* ☐	Training - *Shoulders & Biceps* ☐	Training - *Glutes, Hamstrings & Abs* ☐	Post Workout Snack* ☐	Post Workout Snack* ☐
Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Lunch ☐	Lunch ☐
Lunch ☐	Lunch ☐	Lunch ☐	Lunch ☐	Lunch ☐	HIIT Cardio *30 minutes* ☐	HIIT Cardio *30 minutes* ☐
HIIT Cardio *30 minutes* ☐	HIIT Cardio *30 minutes* ☐	HIIT Cardio *30 minutes* ☐	HIIT Cardio *30 minutes* ☐	HIIT Cardio *30 minutes* ☐	Dinner ☐	Dinner ☐
Dinner ☐	Dinner ☐	Dinner ☐	Dinner ☐	Dinner ☐	Evening Snack ☐	Evening Snack ☐
Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	** The post workout snack can be enjoyed at any time during the day.*	** The post workout snack can be enjoyed at any time during the day.*

WEEK 12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐	LISS Cardio *60 minutes* ☐
Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐
Training - *Chest, Triceps & Abs* ☐	Training - *Legs* ☐	Training - *Back & Abs* ☐	Training - *Shoulders & Biceps* ☐	Training - *Glutes, Hamstrings & Abs* ☐	Post Workout Snack* ☐	Post Workout Snack* ☐
Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Lunch ☐	Lunch ☐
Lunch ☐	Lunch ☐	Lunch ☐	Lunch ☐	Lunch ☐	HIIT Cardio *30 minutes* ☐	HIIT Cardio *30 minutes* ☐
HIIT Cardio *30 minutes* ☐	HIIT Cardio *30 minutes* ☐	HIIT Cardio *30 minutes* ☐	HIIT Cardio *30 minutes* ☐	HIIT Cardio *30 minutes* ☐	Dinner ☐	Dinner ☐
Dinner ☐	Dinner ☐	Dinner ☐	Dinner ☐	Dinner ☐	Evening Snack ☐	Evening Snack ☐
Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	** The post workout snack can be enjoyed at any time during the day.*	** The post workout snack can be enjoyed at any time during the day.*