

Disclaimer

See your physician before starting any exercise or nutrition program. Prior to starting, you should discuss all nutritional changes with your physician or a registered dietitian. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop and consult a physician. These recommendations are not medical guidelines. This book is for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

All forms of exercise pose some inherent risks. It is advisable that readers take full responsibility for their safety and know their limits. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer. Don't perform any exercise without proper instruction. Always do a warm-up prior to your workout session and end with a stretching cool down segment.

Safety First

You will only get positive results from this program if you are performing the exercises correctly. Here are a few tips for you to maximise your results:

1. Check with your doctor before starting any new exercise or diet program
2. It may be necessary to consult a trainer if you are unsure how to do any of the exercises. Do NOT do exercises that you don't understand how to do.
3. If something 'hurts' do not do it. You must understand the difference between muscle fatigue and injury. Always err on the side of caution if you feel pain.
4. This program has the potential to be used with those new to fitness as well as those that are very fit. Start off conservatively and increase intensity as you go.
5. We can 'do it all', however we may need an extra day of rest between workouts so feel free to take a day of active rest between workouts if you aren't up to the workout. Active rest is an activity that is low intensity calorie burning in nature, such as walking.
6. Use proper exercise form and train conservatively in all workouts.
7. Always start with the easier alternative exercise if appropriate, even if you have exercised in the past. The new exercises and new style of movements will cause muscle soreness even from workouts you think 'look easy'.
8. Do NOT do interval training more than 4 times per week.
9. Do NOT skip a warm up, and ensure you take a few minutes at the end of the workout to cool the body down.
10. If you have an injury get medical attention to rehabilitate your injury before starting an exercise program.

MENOPAUSE BELLY FIX FLAT BELLY GUIDE

It's time to put yourself first

Getting older does NOT mean you have to stop doing the things you want to do – you've worked all these years, maybe raised children and looked after aging parents and now this is YOUR time. Time to put yourself FIRST.

This is a time of life when your body is noticeably changing – menopause and all the little niggles that come with a life well lived can put the brakes on many activities that you've always loved. But it doesn't have to stay that way!

You may or may not enjoy working out but recognize that you must stay moving to maintain strength and mobility for the things you want to do.

You may be retired or contemplating retirement and eager to travel and have some active playtime. Who wants to be the one who struggles to get in and out of the 4WD/RV.

Have you always wanted to see the Spanish Steps in Rome but the thought of all those steps is just plain intimidating? What about the difficulty involved in carrying suitcases, climbing up into buses and could you cope with all the walking a tourist does?

Think of Holland at tulip time – wouldn't it be fun to cycle through the fields of flowers and to know that you are fit and strong enough to manage that without worry?

How about exploring your own country and taking hikes through the countryside and walking the beaches?

Have you longed to learn to dance but felt you weren't fit enough to learn a new skill?

Or what about everyday movement, getting up and down off the floor with ease? How about being able to spend more time with your grandchildren and having the fitness and stamina to keep up with them?

This program isn't about teaching you how to do burpees – though if you follow the workouts consistently that isn't out of the question! It's about preparing you for functional movement that allows you to do all the activities you've done in the past and want to continue to enjoy.

Let's get physical

Let's get you strong, fit, agile and stable - with these workouts that's absolutely the plan.

We are looking at designing you a body that will last your lifetime and allow you to enjoy all the many activities that interest you. To that end we're approaching your fitness with 3 key progressions.

1. Mobility
2. Stability
3. Strength

There's no point in strengthening muscles if your spine is out of alignment, you'll just exacerbate the problem. There's no point in stretching your muscles and being flexible if you're weak – again, too much flexibility leads to another set of problems. We need to work these three areas together with equal mindfulness.

Our main goal in the next 12 weeks is to focus in particular on shoulder and pelvic stability, and core and leg strength. Range of movement is important but it's especially important to recognise your limitations and work WITH them rather than IN SPITE of them.

Eating Clean

There's no question that it gets a little harder every passing year to manage the middle age "waistline creep.

Here are some basic ideas for you to incorporate into your daily nutrition habits, no matter your age.

calories
(noun)

Tiny creatures that live in
your closet and sew your
clothes a little bit tighter
every night.

thatswhatthatmeans.tumblr.com

Drink more water.

Aim for 8 glasses of water every day. Your digestion and complexion alike will thank you!

Eat lean protein with every meal.

Protein keeps you satisfied and feeling full, longer. Protein alongside a starchy carb will even out insulin spikes so you don't get those energy slumps during the day. Look at lean choices like greek yogurt, lean meats, tuna or salmon, or eggs.

Eat your veggies.

You told your kids to do it, so make sure you do too! You should be shooting for at least 5 cups of veggies a day. If you don't usually eat many different veggies set it as a goal to practise eating a new vegetable each week. Think about a "rainbow" of coloured veggies on your plate each time you prepare a meal.

Control your portions.

When considering how much to eat of each kind of food, imagine your plate in quadrants. One quarter is a protein serve (the size and thickness of the palm of your hand). One quarter is a whole food starchy carb like brown rice or sweet potato (a cupped handful) and the other half of the plate comprises your vegetables. Fibrous veggies and salads are "free" foods and you can and should consume as much as you want.

Healthy Fats are NOT the enemy.

Official health bodies were telling us at one time that saturated fats are the enemy. There is no science to support this stance and in fact serves of healthy fats are proven to be desirable for healthy heart and brain function. Your typical serve can be calculated as a portion of fat the size of your thumb. Healthy fats include avocado, coconut oil, extra virgin olive oil, and nuts.

Read the label.

When the low fat craze swept over our shores, manufacturers looked to reduce fat out of everyday foods. However, reducing the fat also reduced the taste and so the search for chemical sweeteners was on. Many "low cal, low fat" products are absolutely loaded with calories. Read the labels and make choices of whole, natural ingredients. If an ingredient includes more than four syllables chances are you probably shouldn't be eating it!

Never starved. Never stuffed.

Learn to recognise when you are genuinely hungry, often thirst and boredom are mistaken for hunger. Don't leave it too long between meals either, it's hard to make good choices when you're starving. Make your mantra "never starved, never stuffed".

Playing to your strengths

Intensity in exercise is still a key factor regardless of age or fitness level. We'll reduce if not eliminate impact exercises and we'll change the **focus** of some exercises, but we still need the "Intensity Factor". Intensity burns more calories and that's a good thing for your waistline!

We recognise that it's not necessarily easy or quick to get up and down off the floor. There are modifications for those of you are experiencing arthritic joints or injuries that may affect your mobility. And not every day will be same. Some days you may feel confident to attempt harder levels of one exercise while other days will require you to modify. It's really important to listen to your body and be aware of how you're feeling. The follow along videos will demonstrate and coach you through correct technique, pace and modifications.

Understanding your body and modifying as necessary will go a long way to building your confidence that you can be fit and strong – at any age.

When you feel that you are accomplishing an exercise with relative ease and control, experiment by progressing that movement – challenge yourself in small, safe increments to see if you're ready to step it up.

**IF IT DOESN'T
CHALLENGE YOU,
IT DOESN'T
CHANGE YOU.**

We want to work in multiple planes to train you for different kinds of movement. Think of how you move and twist in the garden, or pick up the grandkids. That's the kind of functional movement we want to be training – movement for your daily life. Standing strength is very important; we want to build hip stability and ankle strength. No movements are seated unless you're feeling very fatigued.

Ensure that fatigue that does not impair technique – if you are losing form, stop and rest. Resume when you feel ready to do so or leave it for another time. Take notes of what you have achieved, aiming to improve. All workouts should be around 20 minutes with a warm-up and cool down.

What level is right for you?

The Starters Program is for women who have trouble walking up and down stairs, are generally inactive and lack confidence in their balance skills. Many experience some metabolic issues (eg. diabetes, blood pressure issues). If you are new to exercise this is a great place to start.

You'll find your own specific warm-up suitable for your level of fitness. Don't forget to stretch your worked muscles after each workout or go for a brisk walk, slowing to a stroll in the last two minutes. You should feel that your breath is under control before you stop.

The main program is for women who have exercised before and feel confident to attempt bodyweight exercise with modifications. You may have some niggling injury that requires adjustment to the movement. You probably prefer lower impact movements but are happy to work with some intensity.

Instead of assuming that you'll be doing your exercises on the floor and modifying as you need, we'll be assuming that you prefer to use a bench or wall for some exercises – if you're happy to get up and down off the floor easily then use that option to maintain mobility. There are no high impact exercises though some progressions will be available. Modifications will be spelled out in detail as well as demonstrated in videos.

We suggest that you work through the workouts three times a week for four weeks. You'll do each phase for four weeks at least – if you're not ready to progress then don't, take your time and build your confidence. Get to know how to do the exercises then really put in the effort to improve on each exercise and increase your weights (where applicable); at the end of the four weeks move onto the next phase if ready.

Please don't neglect your warm-up. You need to prepare your muscles for the workout ahead to "juice your joints" and prevent injury. Equally taking a few minutes to cool down and stretch will help recovery and may ease delayed soreness.

Pelvic floor and core strengthening is vital at this age, so make time to do the **Pilates Core Finishers** either with the main program, or as mini workouts whenever you have the time.

If you don't have any equipment, never fear, the demonstration videos will show you a bodyweight alternative.

Let's get moving!

Lisa B & Shawna K

Workout Guidelines

All exercises will be in the **Exercise Library**. If you're not using the follow along videos then review the exercises BEFORE you begin so that you can move from one exercise to the next quickly. If you forget how to do one of the exercises, either swap in another or skip it so that you can keep the pace of the workout fast.

Key:

AMRAP> As Many Rounds As Possible

DB > Dumb Bells

SB> Stability Ball

XMBC > Cross Body Mountain Climbers

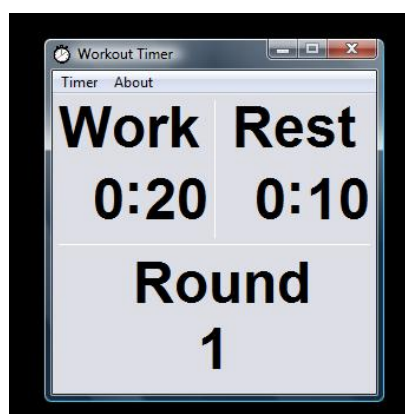
RDL > Romanian Dead Lift

BW > Body Weight

TBX > Total Body Extensions

Make sure you ALWAYS start your workout with the warm-up and take a couple of minutes to bring your heart rate down at the end of the workout and stretch out your worked muscles.

Many of the workouts require a timer – there are many free apps for your smart phone including Gymboss or Interval Timer. They're easy to download and use.



Equipment:

You'll need a bench or something approximately waist height to give you some support – you could use a park bench, a couch, or even a stable chair.



You'll also need a pair of dumbbells, these can easily be purchased from your local discount store. Don't buy a pair that is too light, you're looking to challenge yourself! The average handbag weighs 5lb so there's no point in purchasing 1lb dumbbells if you're already used to lifting a hefty bag.



Many of the workouts also call for resistance bands – these can be purchased on-line on Amazon or your local discount store. Often they're sold as a light/medium/heavy combination and that's a worthwhile investment.



Starters Program Warm up:

Always spend ***at least 3-5 minutes warming up*** your body and preparing your muscles for the workout ahead. Complete the following:

WARM UP – Repeat x 3	
Step Jacks	10/side
Supported leg swings	10/side
Double Shoulder Circles	10
March on the spot with high knees	30 seconds

Your heart rate should be slightly elevated and you're ready to go.

I highly recommend you purchase a Stability Ball for these workouts – it'll be an essential tool for improving balance and strengthening core. They're inexpensive to purchase and offer a variety of sizes to suit your height. When fully blown up, you should be able to comfortably sit on the ball with your hips slightly HIGHER than your knees. Following is a recommendation for size of ball relative to your height.

4'11" to 5'4" height: 55 cm ball
5'4" to 5'11" height: 65 cm ball
5'11" to 6' 7" height: 75 cm ball



Starters program Workout A:

Equipment: Stability Ball (SB), Resistance Band, Low Step

Duration: Allow for 20 minutes including warm-up

#1 – Complete 10 reps of each exercise. Repeat up to 4x
Chair Squats with wide stance
Wall Push ups
Low Step Ups (10 per side)
Resistance Band Rows
Hold Straight Arm Plank against wall 30 seconds
Modified Lunges (Supported “Step Backs”) (10 per side)
Modified Lunges (Supported “Step Backs”) (10 per side)
Total Body Extensions
Seated SB Leg Floats (10 per side)
Move between exercises with minimum rest. Take up to 30 seconds rest between circuits.

Optional: Walk briskly for 20 minutes.

Repeat this workout 3 times a week for 2 weeks. You may choose to continue this workout, progressing the wall pushups to bench pushups and the wall planks to bench planks.

Stand further away from the anchor point with the Band Rows to increase resistance or use a heavier resistance band.

Finish with a cool down and stretch

Starters Program Workout B:

Equipment: Chair, Low Step, Resistance Bands, Dumbbell

Duration: Allow for 20 minutes including warm-up

10 reps of each exercise.
Step downs from low step (10 per side)
SB Wall Squats (or Chair Squats)
Wall Superman with Alternating Leg Lifts (10 per side)
Total Body Extensions
Resistance Band Rows
Stepping Jacks (10 per side)
Wall Pushups
Farmers Walks Left – 20 seconds*
Farmers Walks Right – 20 seconds*
Seated Double Leg Lifts
Rest for 30 seconds at end of circuit and repeat up to 4 times.

***Hold ONE DB or a weighted grocery bag in one hand keeping abs braced and posture tall. Walk for approx 30 yards or march in place for 20 seconds. Focus on keeping shoulders square and drop the arm holding the weight. Choose a weight that will challenge but not strain you. Swap to other side to repeat for another 20 seconds.**

Optional: Walk/cycle/swim briskly for 20 minutes.

Aim to repeat this workout 3 times a week for 2 weeks. You can progress the height of the step, the weight of the grocery bag or the angle of the wall pushups. Try to squat a little deeper with good technique.

Finish with a cool down and stretch.

Starters Program Workout C:

Equipment: Low Step, Resistance Band, Stability Ball

Duration: Allow for 25 minutes including warm-up

10 reps of each exercise
Wall/Ball Squats – 5 narrow stance, 5 wide stance
Supported Alternating Lateral Lunges (10 per side)
Resistance Band Rows
Stepping Jacks (10 per side)
Waiters Bow (10 per side)(option to do this one leg at a time)
Low Bench Step ups (left x10 per side)
Low Bench Step Ups (right x 10 per side)
March in place with high knees
Hold Plank against wall for 30 seconds
Move between exercises with minimum rest. Take up to 30 seconds rest between circuits. Repeat up to 4 times.

Finish with a cool down and stretch.

Optional: Walk/cycle/swim briskly for 20 minutes.

Repeat this workout up to 3 times a week for 2 weeks. You may choose to return to Workout A and work back through the 3 workouts until you feel confident to begin the main program.

Main Program Warm up:

Always spend ***at least 3-5 minutes warming up*** your body and preparing your muscles for the workout ahead. Complete the following:

WARM UP – Repeat x 3	
Jumping Jacks or Step Jacks	20
Wall Pushups	8
Wall Stick-ups	8
Partial squats	8
March on the spot with high knees	20 seconds

Your heart rate should be slightly elevated and you're ready to go.

Workout A: Phase 1

Equipment: Dumbbells (DB), Bench

Duration: Allow for 25 minutes including warm-up

Note: See video for bodyweight alternatives to equipment. The video shows 3 sets of work per set, for a 20 minute workout, repeat only 2 sets.

#1 – 30 seconds of work. Repeat x2
Pushups
BW Squats
Incline Squat Thrust
Move between exercises with minimum rest. Take up to 30 seconds rest between circuits. Rest 60 seconds at end of circuit and then move on.

#2 – 30 seconds of work. Repeat x2
DB Squat Press
DB Bent Over Row Left
DB Bent Over Row Right
Total Body Extensions
Move between exercises with minimum rest. Take up to 30 seconds rest between circuits. Rest 60 seconds at end of circuit and then move on.

#3 – 30 seconds of work. Repeat x2
Split Squat Left
Split Squat Right
Incline Slow Mountain Climbers
Jumping/Stepping Jacks
Move between exercises with minimum rest. Take up to 30 seconds rest between circuits.

Optional: Complete the Pilates Core Finisher
Finish with a cool down and stretch

Workout B: Phase 1

Equipment: Bodyweight, Bench

Duration: Allow for 25 minutes including warm-up

30 seconds of work - 15 seconds transition.
Incline T Rotations
Alternating Lateral Lunges
Incline Pushups
Jumping/Stepping Jacks
Prisoner/Cossack Squats
Total Body Extensions
Side Plank Left
Side Plank Right
Elbow Plank
Rest up to 60 seconds at end of circuit and repeat 2 more times.

Finish with a cool down and stretch.

Workout C: Phase 1

Equipment: Bench, Step, Resistance Band

Duration: Allow for 25 minutes including warm-up

Note: See video for bodyweight alternatives to equipment. Video demonstrates 3 repeats per set for a 30 minute workout.

#1 – 30 seconds of work Repeat x2
Lateral Squat with High Knee Left
Lateral Squat with High Knee Right
Resistance Band Standing Overhead Press
Step-ups Left
Step-ups Right
Move between exercises with minimum rest. Take up to 30 seconds rest between circuits. Rest up to 60 seconds at end of circuit and then move on.

#3 – 30 seconds of work Repeat x2
Resistance Band Rows
Incline Spiderman Climb
1 Leg Romanian Deadlift Left
1 Leg Romanian Deadlift Right
Run/March on Spot
Move quickly between exercises. Rest up to 30 secs between circuits.

**Optional: Complete the Pilates Core Finisher.
Finish with a cool down and stretch.**

Workout A: Phase 2

Equipment: Dumbbells (DB), Bench, Step, Timer, Bands

Duration: Allow for 25 minutes including warm-up

Note: See video for bodyweight alternatives to equipment

#1 – 10 reps of each exercise. Repeat x 3
DB Squat Press
Pushups
Fast Step Ups Right
Fast Step Ups Left
Move between exercises with minimum rest. Take up to 30 seconds rest between circuits. Repeat x 3 times. Rest 60 seconds at end of circuit and then move on.

#2 – 10 reps of each exercise. Repeat x 3
Resistance Band Rows
Stepping Lunge Left
Stepping Lunge Right
Run/March on the Spot
Move between exercises with minimum rest. Take up to 30 seconds rest between circuits. Repeat x 3 times. Rest 60 seconds at end of circuit and then move on.

#3 – 10 reps of each exercise. Repeat x 3
Lateral Lunges Left
Lateral Lunges Right
Wall Sit Stickups
Total Body Extensions
Move between exercises with minimum rest. Repeat x 3 times. Take up to 30 seconds rest between circuits.

**Optional: Complete the Pilates Core Finisher
Finish with a cool down and stretch.**

Workout B: Phase 2

Equipment: Bodyweight, Bench, Timer

Duration: Allow for 25 minutes including warm-up

Set your timer for 20 seconds of work with 10 seconds rest. Work through all exercises taking no additional rest until end of circuit.
BW Squats
Incline Squat Thrusts
Split Squat Left
Split Squat Right
Run/March on the Spot
Incline Pushups
Total Body Extensions
Squat and Squeeze Back
Skater Hops
Wall Sit and Stick Ups
Jumping/Stepping Jacks
Rest 60 seconds and repeat up to 2 more times for a total of 3 rounds.

Optional: Complete the Pilates Core Finisher
Finish with a cool down and stretch.

Workout C: Phase 2

Equipment: Bench, Band, Timer,

Duration: Allow for 25 minutes including warm-up

Note: See video for bodyweight alternatives to equipment

#1 – 30 seconds of work. Repeat x3
1 Leg Romanian Deadlift Left
1 Leg Romanian Deadlift Right
Incline Spiderman Climb
Move between exercises with minimum rest. Take up to 30 seconds rest between circuits. Repeat x 3 times. Rest 60 seconds at end of circuit and then move on.

#2 – 30 seconds of work. Repeat x3
Alternating Curtsy Lunges
Push ups
Incline Mountain Climbers
Move between exercises with minimum rest. Take up to 30 seconds rest between circuits. Repeat x 3 times. Rest 60 seconds at end of circuit and then move on.

#3 – 30 seconds of work. Repeat x3
Resistance Band Overhead Presses
Alternating Lateral Squats
Total Body Extensions
Move between exercises with minimum rest. Take up to 30 seconds rest between circuits. Repeat x 3 times.

Optional: Complete the Pilates Core Finisher
Finish with a cool down and stretch.

Workout A: Phase 3

Equipment: Dumbbells (DB), Jump Rope, Bench, Timer

Duration: Allow for 30 minutes including warm-up

Note: See video for bodyweight alternatives to equipment

30 seconds of work – 5 seconds transition
DB Goblet Squat
Total Body Extensions
Rest up to 30 seconds
1 arm DB Rows Left
1 arm DB Rows Right
Skater Hops
Rest up to 30 seconds
Pushups
Jump Rope/Run on Spot
Rest up to 30 seconds
Elbow Plank
Incline Mountain Climbers
Rest up to 60 seconds and repeat 2 more times for a total of 3 rounds.

Optional: Complete the Pilates Core Finisher
Finish with a cool down and stretch.

Workout B: Phase 3

Equipment: Bodyweight, Bench, Timer, Step

Duration: Allow for 25 minutes including warm-up

Set your timer for 20 seconds of work with 10 seconds rest. Complete required number of sets before moving onto next exercise.
BW Squats x 8 rounds
Incline Push ups x 4 rounds
Incline Elbow Plank x 2 rounds
Rest 30 seconds
Total Body Extensions x 8 rounds
Prisoner/Cossack Squats x 4 rounds
Incline Cross Body Mountain Climbers x 2 rounds
Rest 30 seconds
Running Step Ups (alt lead leg each round) x 8 rounds
BW rows x 4 rounds
Incline Slow Mountain Climbers x 2 rounds

**Optional: Complete the Pilates Core Finisher
Finish with a cool down and stretch.**

Workout C: Phase 3

Equipment: Dumbbells, Bench, Resistance Bands, Clock

Duration: Allow for 25 minutes including warm-up

Note: See video for bodyweight alternatives to equipment

AMRAP 20 minutes. Complete 10 reps of each exercise and move quickly between exercises. Rest as required aiming to complete as much work as possible in the time.
Total Body Extensions
1 Arm DB Rows Left
1 Arm DB Rows Right
Incline Mountain Climbers
DB Squat Press
Total Body Extensions
Reverse Stepping Lunge Left
Reverse Stepping Lunge Right
Incline Mountain Climbers
Band Pull-aparts
Total Body Extensions
Incline Mountain Climbers
Rest as required

Optional: Complete the Pilates Core Finisher
Finish with a cool down and stretch.