



SHIFT HAPPENS; UNPAUSE

A 6-WEEK REBELLION
AGAINST THE “RULES” OF
MIDLIFE

BY COACH KACI SUNSHINE

DISCLAIMER

Before beginning any exercise or nutrition program, it is important to consult with your healthcare provider. The information provided by the personal trainer is for educational purposes only and is not intended to be a substitute for professional medical advice, diagnosis, or treatment.

The personal trainer is not a licensed healthcare provider and does not have the authority to diagnose or treat any medical conditions. The client assumes full responsibility for any risks, injuries, or damages, known or unknown, which may occur as a result of participating in the exercise or nutrition program.

The client assumes all risks associated with participating in the exercise and nutrition program. By participating in the exercise and nutrition program, the client acknowledges that they have read, understood, and agree to the terms of this disclaimer.



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WELCOME TO SHIFT HAPPENS; UNPAUSE

You're stepping into a 6-week journey designed to help you rebuild strength, reset your mindset, and reimagine what's possible in midlife.

This isn't about chasing perfection or shrinking yourself to fit into a mold you never asked for.

This is about rising, reclaiming, and remembering who the hell you are.

Inside these pages, you'll find:

- A full-body strength training plan that meets you where you are—and pushes you to where you're going
- Mindset tools to quiet the noise, trust your gut, and show up boldly
- Simple, flexible nutrition guidance that works with your hormones, not against them
- Real talk, rebel truths, and reminders that midlife isn't an ending—it's a power surge
-

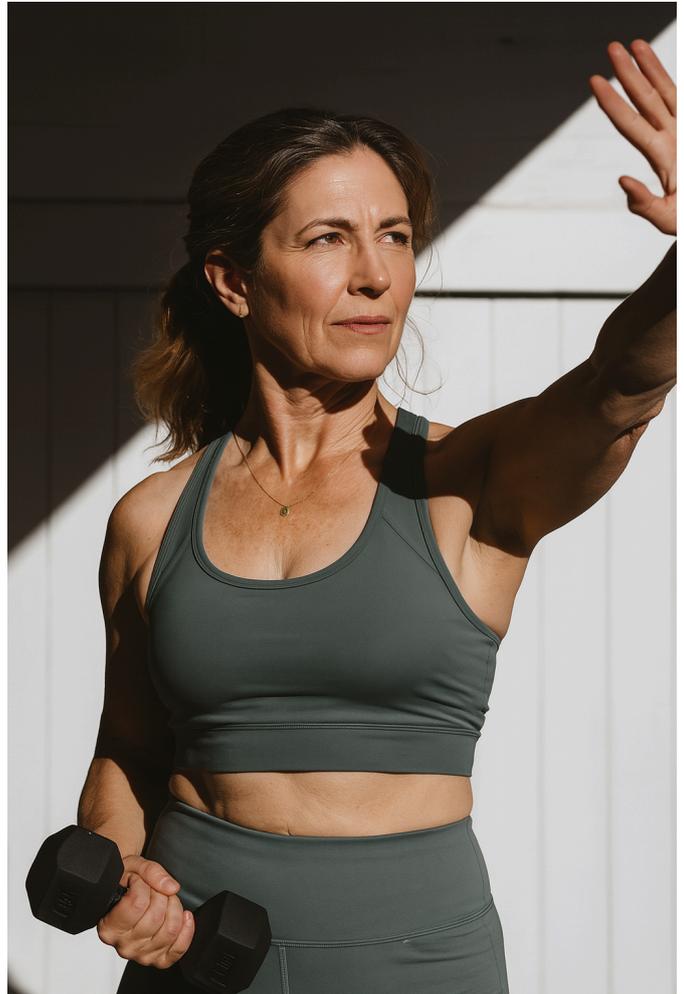
This is your time. Your fire. Your fight.

Let's make *shift happen*.
Let's *unpause* menopause.

With fire & belief,

Coach Kaci Sunshine

Certified Personal Trainer | Nurse | One-Kidney
Warrior | Fellow Rebel



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YOUR 6-WEEK ROAD MAP

Where Strength, Story, and Science Collide

When it comes to thriving in midlife, four key pillars make all the difference—and this guide was built to help you master them:

GOALS

Forget “weight loss” as a default. In this space, we set goals that light us up: strength, energy, confidence, endurance, or just proving to ourselves that we still freakin’ can.

You’ll learn how to define goals that matter to you—and build habits that support them every damn day.

MINDSET

Midlife is noisy. Between hormone shifts, external expectations, and past programming, it’s easy to lose ourselves.

But here? We rewire that narrative.

You’ll get tools to quiet the chaos, reconnect to your power, and show up boldly (even when it’s messy).

NUTRITION

Nutrition is not about restriction—it’s about fueling your fire.

Inside, you’ll find simple, flexible approaches to food that honor your body’s needs and support strength, energy, and hormone balance.

TRAINING

This isn’t about shrinking. It’s about building.

You’ll follow a 6-week progressive strength training plan built for real women with real lives, focused on full-body power, functional movement, and unapologetic muscle.

💡 Pro Tip: You don’t have to be perfect. You just have to keep showing up. Let’s get moving. 🔥



A 3D target on a stand with three arrows hitting the bullseye, overlaid with the text 'SET YOUR GOALS'. The target is a circular disc with concentric rings, mounted on a three-legged stand. Three arrows are shown in flight, hitting the center bullseye. The entire scene is rendered in a monochromatic pink color scheme. Two horizontal white lines are positioned above and below the text.

SET YOUR
GOALS

GOAL SETTING 101

Set goals that move your soul—not just your scale.

This isn't about making yourself smaller. It's about making your life bigger.

So before you dive into squats, deadlifts, and macros, let's get clear on what really matters to you. This page is your chance to set the tone—for your strength, your mindset, and your whole damn story.

01

🔥 Step 1: Define Your Rebellion!

What are you ready to reclaim? Is it strength? Energy? Confidence in your own skin? Stamina for adventures? A deep knowing that your body still belongs to you? Be bold! Write it like you mean it!! This is your **why**. 🖊️ I want to... 🖊️
Because...

02

🔥 Step 2: Break It Down

Big goals are built on tiny, gritty actions. Pick a few benchmarks you'll use to track your progress over the next 6 weeks: Try a heavier weight, Complete 3 workouts in one week, Do a pull-up or push-up without help, Improve your mood, sleep, or energy, Say "yes" to yourself more often, etc...

03

🔥 Step 3: Choose Your Mantra

Every rebel needs a rally cry. Pick one that speaks to you—or write your own.

Examples: 🗨️ "I Can Do Hard Things."

🗨️ "Every rep is a reclamation."

🗨️ "This is MY midlife."

🗨️ "Every Mile is Magic"

PRE-6-WEEK FITNESS ASSESSMENT SHEET

Because strength is more than measurements.

Before you begin, take a snapshot of where you are—not to judge, but to honor your starting point. This isn't about a "before and after."

It's about the story you'll write in between.

♥ *Reminder: This assessment isn't a test. It's a declaration: **I'm starting.***

START

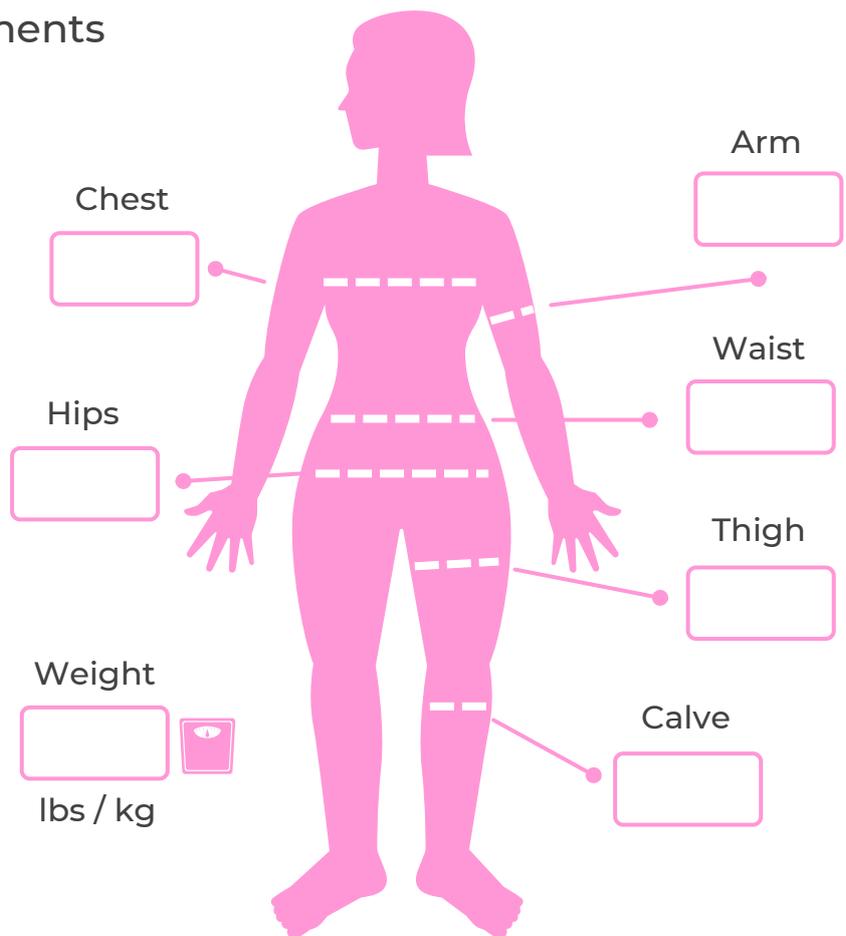
Week 1 Date:

Physical Measurements

Front Photo

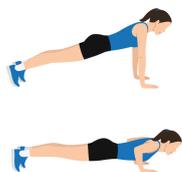
Side Photo

Back Photo



Notes/extras:

Strength Assessment



Push-Ups

Total

Perform as many full-body push-ups as you can with proper form. If you can't do full push-ups, opt for modified or knee push-ups.



Squats

Total

Perform bodyweight squats for one minute, aiming to maintain proper form and technique. If that is too easy for you, feel free to add a barbell or dumbbell.



Plank Hold

Total

Hold a plank position for as long as possible, maintaining a straight line from head to heels. If you can't do a full plank, opt for a kneeling plank.

Notes/extras:

POST-6-WEEK FITNESS ASSESSMENT SHEET

Because you're not who you were 6 weeks ago.

You showed up. You moved through it. You proved to yourself that you're strong, capable, and still full of fire.

This isn't about how much you lost—it's about how much you *gained*:

confidence, consistency, and power in your own skin.

Let's reflect on how far you've come.

FINISH

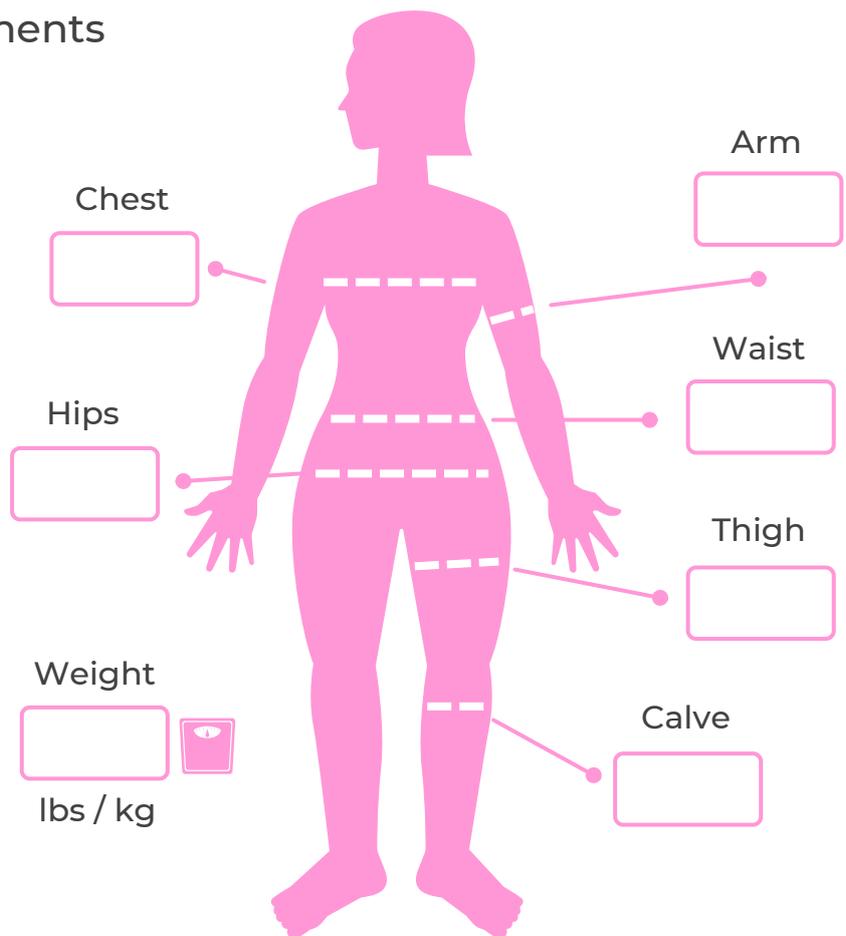
Week 6 Date:

Physical Measurements

Front Photo

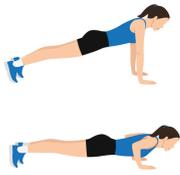
Side Photo

Back Photo



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Push-Ups

Total

Perform as many full-body push-ups as you can with proper form. If you can't do full push-ups, opt for modified or knee push-ups.



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Perform bodyweight squats for one minute, aiming to maintain proper form and technique. If that is too easy for you, feel free to add a barbell or dumbbell.



Plank Hold

Total

Hold a plank position for as long as possible, maintaining a straight line from head to heels. If you can't do a full plank, opt for a kneeling plank.

♥ Notes & Reflections

- What surprised you?
- What are you most proud of?
- What shift did you feel—in your mindset, mood, or motivation?

📝 Write it down. You earned this.



UNLOCK YOUR
MINDSET

MASTERING YOUR MINDSET

Your mindset isn't just a piece of the puzzle—it's the whole damn frame. It's what keeps you moving when motivation fades.

It's how you bounce back, show up again, and write your own rules. This journey will ask you to unlearn the noise, tune into your truth, and remember who you are. Let's unlock some tools to help you do exactly that.

Visualisation

Take a moment every day to see the strongest version of yourself. Imagine completing your final rep, climbing that hill, or walking into the room with unshakable confidence.

Visualisation isn't woo—it's mental reps for success. Feel your breath steady, your posture shift, your mindset align with your goals. See it. Believe it. Then go become it.

Gratitude Practice

Gratitude doesn't mean pretending things are perfect. It means choosing to notice what is good—even when everything feels hard.

Name what's working. Name what your body did today. Find something worth celebrating—even if it's just showing up.

Gratitude grounds you in the now, and that's where your power lives.

Embracing the Setbacks

Midlife isn't linear—and progress sure as hell isn't perfect. You'll miss workouts. You'll have hard days. That doesn't mean you failed—it means you're human.

When setbacks show up, ask: "What is this here to teach me?" Use it. Learn from it. Then pivot. You're not behind—you're building strength in the mess.

Every crack lets in more light.

Mindful Breathing

One breath at a time. In. Out. Again. You've got this.

Use your breath to calm the chaos—before a lift, after a stressful day, whenever the world feels heavy.

This is your anchor. Use it well.

Get Supportive People



Share your journey with people who get it—friends, family, or fellow rebels walking their own path. The right support system can make all the difference when motivation dips or life throws curveballs.

Surround yourself with people who cheer you on, hold you accountable, and remind you who the hell you are on the days you forget. You don't have to do this alone—and you were never meant to.

Practice Self-Care

Self-care isn't selfish—it's strategic. When you care for your body, mind, and spirit, you show up stronger in every part of your life.



Make time for what nourishes you: sleep, food that fuels you, fresh air, stillness, laughter, music, movement that feels good.

Create a routine that honors your energy, not just your to-do list. Because when you pour into yourself, you rise differently.

Your mindset is the foundation everything else is built on. These tools aren't just tips—they're your armor, your compass, and your reset button.

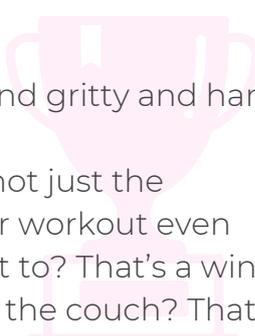
As you rise in strength, your mindset rises with you—fierce, resilient, and ready to handle whatever life throws your way.

You're not just training your body. You're rewriting your whole damn story.

Celebrate the Small Wins

Every rep, every choice, every moment you show up—it all counts. Progress isn't always loud.

Sometimes it's quiet and gritty and hard to see in the moment.



Celebrate your effort, not just the outcome. Finished your workout even though you didn't want to? That's a win. Chose movement over the couch? That's a win.

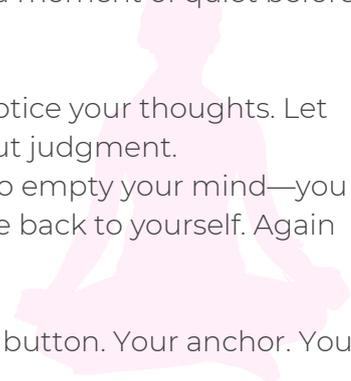
Those small wins stack up—and before you know it, you've built something powerful.

Meditation

Meditation doesn't have to look like silence and stillness. It can be a few mindful breaths in the car, a walk where you tune into the wind, or a moment of quiet before your workout.

Breathe deep. Notice your thoughts. Let them pass without judgment.

You don't need to empty your mind—you just need to come back to yourself. Again and again.



This is your reset button. Your anchor. Your power.

MOTIVATIONAL HANDBOOK

Every step forward matters. Use this space to track your wins, no matter how small they feel. These milestones are proof of your consistency, your strength, and your momentum.

Week 1 Milestones

1. _____
2. _____
3. _____

"Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle." – Christian D. Larson

Week 2 Milestones

1. _____
2. _____
3. _____

*"The only limit to our realization of tomorrow will be our doubts of today."
– Franklin D. Roosevelt*

Week 3 Milestones

1. _____
2. _____
3. _____

*"Success is not final, failure is not fatal: It is the courage to continue that counts."
– Winston Churchill*

Week 4 Milestones

1. _____
2. _____
3. _____

*"Every morning we are born again. What we do today matters most."
– Buddha*

Week 5 Milestones

1. _____
2. _____
3. _____

"Your dreams are achievable. You just need the courage to pursue them and the commitment to never give up."

Week 6 Milestones

1. _____
2. _____
3. _____

*"Don't wait for the perfect moment. Take the moment and make it perfect."
– Zoey Sayward*





DISCOVER
NUTRITION

GETTING ON TOP OF ENERGY BALANCE

Strong bodies need fuel—not restriction. Energy balance is simply the dance between what you take in and what you burn. It's not about punishment—it's about power, purpose, and meeting your body's needs like the badass machine it is.

When you strike the right energy balance, you're not just managing your weight—you're fueling strength, stamina, recovery, and hormonal harmony. Let's break it down:

What is Energy Balance?

Energy balance is the relationship between the food you eat (energy in) and how much your body burns (energy out) through daily activity, exercise, and basic functions like breathing and thinking. Your unique energy needs shift over time, especially in midlife—thanks, hormones.

Positive Energy Balance = Muscle Gain

Eating more than you burn can lead to weight gain—but that's not always a bad thing. When paired with strength training, a positive energy balance supports muscle growth and recovery. Think of it as building reserves—powerfully and purposefully.

Negative Energy Balance = Fat Loss

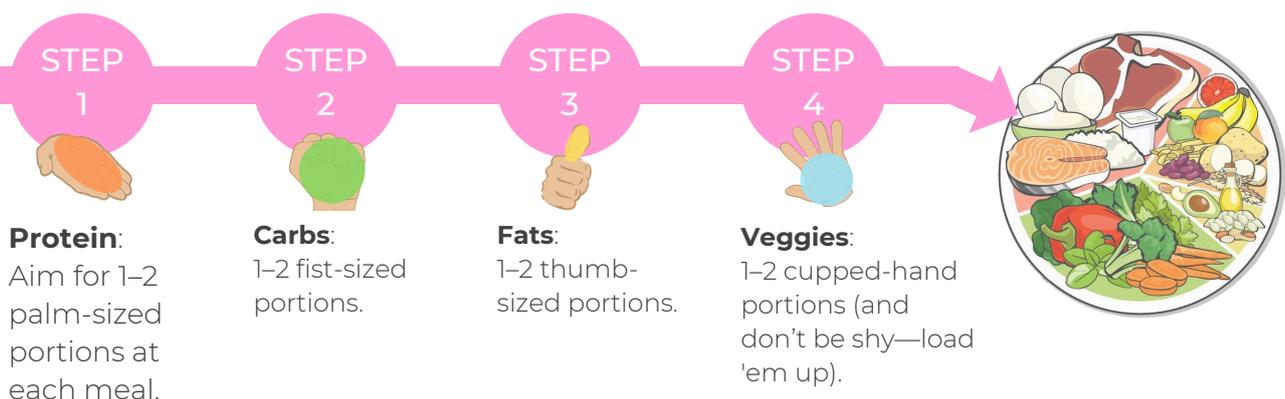
Eating less than you burn is how fat loss happens. But go too far, and your body thinks it's in danger. That's when metabolism slows and muscle loss creeps in. The key? A gentle calorie deficit, paired with protein and strength training to protect what you've built.



OPTION #1: USING PORTION SIZING

In this section, we're breaking nutrition down the simple way—no tracking apps or fancy scales required. Just your own two hands and some real-life wisdom. Using your hands to estimate portions is a practical and empowering way to stay consistent without obsessing over every bite.

For most active women, aiming for 1–2 portions from each food group per meal can support strength gains, fat loss, and feeling like a badass in your own body. But remember—**everyone's different**. Adjust based on your hunger, progress, and preferences. Here's a simple, no-stress guide to get you started.



IF YOU NEED MORE FOOD ON YOUR PLATE BECAUSE YOU'RE...

- Not feeling satisfied at meals
- Eating fewer meals through the day
- Not getting muscle-gain results

Try This Adjustment:

- 1 cupped handful of carbs and/or 
 - 1 thumb of fat 
- ...to 2-3 meals each day.

IF YOU NEED LESS FOOD ON YOUR PLATE BECAUSE YOU'RE...

- Feeling too full at meals
- Eating more meals through the day
- Not losing the weight you'd like

Try This Adjustment:

- 1 cupped handful of carbs and/or 
 - 1 thumb of fat 
- ...to 2-3 meals each day.

OPTION #2: TRACKING CALORIES & MACROS

In this section, we'll cover a more advanced—but totally doable—approach to nutrition by calculating and tracking your calories and macros. The precise amount of energy (calories) you need depends on your goals—fat loss, muscle building, or maintaining your weight. In the next few sections, we'll walk through how to set a specific quantity that works for your body and your life.

Find Your BMR (Basal Metabolic Rate)

This is the number of calories your body needs to function at rest. It's your baseline burn—before any movement, workouts, or daily activity.

Female equation:

$$(10 \times \text{kg}) + (6.25 \times \text{cm}) - (5 \times \text{age}) - 161 = \text{calories}$$

For example, a 25-year-old woman who weighs 60 kg and is 170 cm tall would have a BMR of 1376 calories.

Find Your TDEE (Total Daily Energy Expenditure)

Your TDEE (Total Daily Energy Expenditure) is the total number of calories your body burns in a day—including movement, workouts, and daily activity.

It's based on your BMR plus how active you are. This number tells you how much energy you're using, and helps you know how much food your body needs to feel fueled and function well.

1.2	Sedentary (Little-no exercise)
1.35	Lightly Active (1-3 days of exercise/ week)
1.55	Moderately Active (3-5 days of exercise per week)
1.75	Very Active (6-7 days of exercise per week)
2	Extremely Active (7 days of very hard exercise)

$$\text{BMR} \times \text{Activity Level} = \text{calories}$$

For example, a female who has a BMR of 1376 calories and activity level of 1.55 would have a TDEE of 2132 calories.

Time to Set Your Goal

Once you know your TDEE, you can set your calorie goal by adjusting based on whether you want to lose fat, gain muscle, or maintain your weight.

For example, if your TDEE is 2132 calories and your goal is fat loss, you might set your intake to around 1650–1700 calories to create a gentle deficit.

The key? Pick a starting point—and adjust as you go based on how your body feels and responds.

CALCULATING YOUR MACRO NEEDS

Once you know your calorie needs, it's time to break them down into protein, fat, and carbs—the macronutrients that fuel your goals and your gains.



Protein

Each gram of protein provides 4 calories. Your protein needs depend on factors like age, sex, weight, and activity level. If you're strength training or working toward fat loss, you may benefit from a higher intake—around 1.5–2 grams of protein per kilogram of body weight.



Fat

Fat also provides energy—9 calories per gram. How much you need depends on your body and activity level. Most adults should aim to get 20–35% of their daily calories from fat.



Carbohydrates

Like protein, each gram of carbohydrate provides 4 calories. Carbs should make up the remaining calories after protein and fat have been calculated—usually around 45–65% of your total intake. They're your body's favorite fuel for lifting, movement, and energy.

For example:

A female weighing 60kg, aiming for fat loss while training consistently and eating 1,632 calories, would aim for around 120g of protein (480 calories).

30% of her calories might come from fat—around 54g (490 calories).

The remaining 662 calories (165g) would come from carbohydrates.

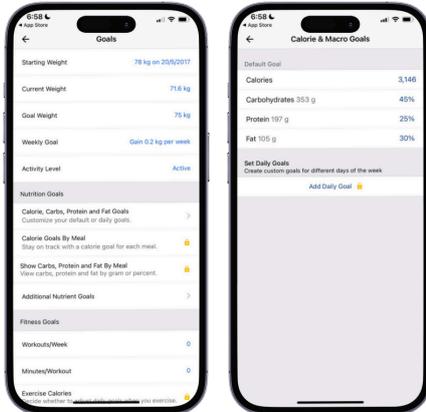
Need help figuring out your macros? Message Coach Kaci!

USING MY FITNESS PAL TO TRACK CALORIES

MyFitnessPal is a versatile and intuitive fitness app designed to support your health and wellness journey by providing a comprehensive and convenient way to track your daily caloric and macro intake. By inputting your meals and snacks, the app calculates and monitors your calorie consumption, making it easier to stay mindful of your dietary choices and progress towards your fitness goals. Here's a quick run through on how to get started on the app:

01 Downloading the app

- Go to your app store (Google Play Store for Android or App Store for iOS).
- Search for "MyFitnessPal" in the search bar.
- Click on the app icon and select "Install" or "Get" to download the app.

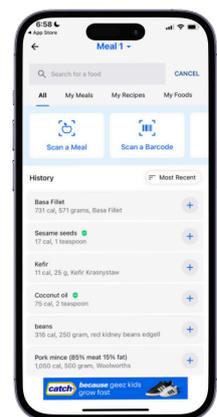


02 Setting up your calorie & macro goals

Based on the information you provided and your selected goal, MyFitnessPal will suggest daily calorie and macro (carbohydrates, protein, and fat) goals. Review these suggested goals and adjust them if needed. You can customize the calorie and macro goals to suit your specific preferences and dietary needs.

03 Start entering your food

Now that you've worked out how to set up your calorie and macros goals it's time to start eating your way to a better you! You'll have your diary which you can enter food in manually or otherwise, you can use the convenient barcode scanner to make things easier.



1500 CALORIE MEAL PLAN EXAMPLE

MEAL	CALS	PRO	FAT	CARB
Breakfast Total	350	17g	17g	34g
Scrambled Eggs (2 large eggs)	140	12g	9g	1g
Whole Wheat Toast (1 slice)	70	3g	1g	14g
Avocado (1/4 med avocado)	80	1g	7g	4g
Fresh Berries (1/2 cup)	60	1g	0g	15g
Lunch Total	450	39g	19g	40g
Grilled Chicken Breast (4 oz)	150	32g	3g	0g
Quinoa (1/2 cup, cooked)	111	4g	2g	20g
Mixed Vegetables	100	3g	0g	20g
Olive Oil (1 tbsp, for dressing)	120	0g	14g	0g
Afternoon Snack Total	200	22g	9g	10g
Greek Yogurt (6 oz, non-fat)	100	18g	0g	6g
Almonds (20 almonds)	100	4g	9g	4g
Dinner Total	500	38g	25g	32g
Baked Salmon (4 oz)	240	32g	11g	0g
Sweet Potato (1 medium, baked)	100	2g	0g	24g
Steamed Asparagus (1 cup)	40	4g	0g	8g
Olive Oil (1 tbsp, for seasoning)	120	0g	14g	0g
Evening Snack Total	100	4g	8g	28g
Apple (1 medium)	95	0g	0g	25g
Peanut Butter (1 tbsp - dipping)	100	4g	8g	3g
TOTAL	1500	84g	55g	180g

This meal plan serves as a mere example and should not be followed without proper consideration of individual dietary needs and preferences. Every person has unique nutritional requirements based on factors such as age, weight, activity level, and health conditions. While this sample plan incorporates a variety of nutrient-dense foods, it may not be suitable for everyone.

2000 CALORIE MEAL PLAN EXAMPLE

MEAL	CALS	PRO	FAT	CARB
Breakfast Total	450	30g	4g	75g
Pancakes (2 med-sized)	200	6g	4g	36g
Greek Yogurt (1 cup, non-fat)	130	23g	0g	9g
Fresh Berries (1/2 cup)	30	1g	0g	8g
Maple Syrup (2 tbsp, for topping)	90	0g	0g	22g
Lunch Total	551	48g	22g	46g
Grilled Chicken Salad	300	40g	12g	10g
Quinoa (1/2 cup, cooked)	111	4g	2g	20g
Avocado (1/4 medium avocado)	80	1g	7g	4g
Whole Grain Bread (1 slice)	60	3g	1g	12g
Afternoon Snack Total	250	27g	4g	20g
Cottage Cheese (1 cup, low-fat)	210	27g	4g	10g
Pineapple Chunks (1/2 cup)	40	0g	0g	10g
Dinner Total	635	55g	31g	35g
Baked Salmon (6 oz)	360	48g	17g	0g
Roasted Sweet Potatoes (1 med)	100	2g	0g	24g
Steamed Broccoli (1 cup)	55	5g	0g	11g
Olive Oil (1 tbsp, for seasoning)	120	0g	14g	0g
Evening Snack Total	150	12g	0g	25g
Low-Fat Greek Yogurt (1/2 cup)	65	11g	0g	4g
Mixed Berries (1/2 cup)	40	1g	0g	9g
Honey (1 tsp, for drizzling)	45	0g	0g	12g
TOTAL	2036	172g	61g	201g

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2500 CALORIE MEAL PLAN EXAMPLE

MEAL	CALS	PRO	FAT	CARB
Breakfast Total	350	14g	15g	41g
Whole Grain Oatmeal (1 cup, cook)	150	6g	3g	27g
Almond Butter (1 tbsp, for topping)	95	2g	9g	3g
Chia Seeds (1 tbsp, for topping)	60	2g	3g	5g
Skim Milk (1 cup)	45	4g	0g	6g
Mid-Morning Snack Total	250	27g	4g	20g
Low-Fat Cottage Cheese (1 cup)	210	27g	4g	10g
Fresh Pineapple Chunks (1/2 cup)	40	0g	0g	10g
Lunch Total	642	49g	27g	55g
Grilled Chicken Salad	300	40g	12g	10g
Quinoa (1 cup, cooked)	222	8g	4g	39g
Avocado (1/2 medium avocado)	120	1g	11g	6g
Afternoon Snack Total	350	12g	18g	37g
Greek Yogurt (1 cup, full-fat)	300	11g	18g	25g
Mixed Berries (1 cup)	50	1g	0g	12g
Dinner Total	755	73g	24g	59g
Grilled Steak (8 oz)	500	64g	24g	0g
Roasted Sweet Potatoes (2 med)	200	4g	0g	48g
Steamed Broccoli (1 cup)	55	5g	0g	11g
Evening Snack Total	190	3g	13g	19g
Dark Chocolate (1 oz)	150	1g	9g	17g
Almonds (10 almonds)	40	2g	4g	2g
TOTAL	2537	178g	101g	231g

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HEALTHY
RECIPES

ZUCCHINI AND PESTO ITALIAN OMELETTE

1 SERVING | PREP TIME: 5 MINS | COOK TIME: 10 MINS



Ingredients

- Salt and Pepper, to taste
- 2 tablespoons Nutritional yeast seasoning
- 2 cups chopped Zucchini
- 1 slice Bread
- 1 medium Egg
- 1 tsp Oil
- 1 cup Cherry tomatoes
- 1 tsp Italian seasoning, dried
- 2 tsp Pesto
- 3/4 cup Egg whites
- 1 cup Arugula

Instructions

1. In a bowl, whisk egg whites, whole egg, and nutritional yeast. Season with salt and pepper.
2. Heat oil in a nonstick pan. Cook the egg mixture on low heat, 3 minutes per side, to make the omelette.
3. Transfer the omelette to a plate. In the same pan, cook zucchini with salt, pepper, and Italian seasoning until tender.
4. Add cherry tomatoes, arugula, and pesto to the pan. Stir for a minute, then remove from heat.
5. Place some veggies on the omelette and fold it in half to make a half-moon shape.
6. Serve the remaining veggies as a side dish.
7. Enjoy with toast on the side.

	Calorie	Protein	Carb	Fat
Per Serving	464	45g	35g	17g

SCRAMBLED SWEET POTATO PANCAKES

1 SERVING | PREP TIME: 5 MINS | COOK TIME: 10 MINS



Ingredients

- 1 tsp Pumpkin spice
- 2 tsp Vanilla extract
- 2 tsp Cinnamon
- 2 tsp Baking powder
- 2 scoops Raw organic vanilla plant protein powder
- 1/2 cup, mashed Baked sweet potato
- 1 tbsp Peanut butter
- 1/2 cup Silk almond milk
- 1 tbsp Chia seeds
- 2 sprays (about 1/3 second each spray) Vegetable cooking spray oil

Instructions

1. Blend all the ingredients (except peanut butter) to form a smooth pancake batter.
2. Heat a skillet and spray vegetable oil. Pour the pancake mix onto the skillet and cook.
3. Use a spatula to crumble the pancake into small pieces. Cook and stir for 2-3 minutes over medium heat until fully cooked and slightly crispy.
4. Transfer the scrambled pancake to a bowl.
5. Top with peanut butter and garnish with extra pumpkin spice.

	Calorie	Protein	Carb	Fat
Per Serving	545	52g	46g	19g

VEGAN GARLIC, ZUCCHINI AND SPINACH STEW

1 SERVING | PREP TIME: 15 MINS | COOK TIME: 30 MINS



Ingredients

- 2 medium Zucchini, raw
- 1 1/2 cloves Garlic
- 2 tsp Italian seasoning, dried
- 1/4 cup Vegan mozzarella cheese, shredded
- 2 sprays (about 1/3 second each spray) Vegetable cooking spray oil
- 1 cup Spinach
- 1/2 cup pieces or slices Mushrooms
- 1/3 cup Tomatoes, diced (canned)
- 2 tablespoons Nutritional yeast seasoning
- 1 1/2 cups Beef-free crumble
- 1/2 small Onion

Instructions

1. Preheat the oven to 365°F (185°C). Cut the zucchini lengthwise.
2. In a large skillet over medium heat, sauté onions and garlic until soft. Add Beyond Meat and cook briefly. Then, add tomatoes, mushrooms, spinach, and Italian seasoning. Cook until vegetables are tender. Season with salt and pepper.
3. In a baking dish, layer zucchini and Beyond Meat mixture. Sprinkle yeast seasoning and vegan mozzarella cheese on top.
4. Bake for 15 minutes or until zucchini is tender and cheese is melted.
5. Serve hot and enjoy

	Calorie	Protein	Carb	Fat
Per Serving	548	55g	44g	18g

EGG, RADISH AND AVOCADO SALAD BAGEL

1 SERVING | PREP TIME: 5 MINS | COOK TIME: 0 MINS



Ingredients

- 2 large Eggs, whole, hard-boiled
- 3 Egg whites, boiled
- 1 oz (28 g) Alfalfa seeds, sprouted, raw
- 1 tablespoon Light or Lite mayonnaise
- 1 100% whole wheat whole-grain pre-sliced breakfast bagel
- 1/4 cup slices Cucumber, with peel, raw
- 1/4 cup slices Radishes, raw
- 1/4 Avocado, fruit without skin and seeds, raw (California)

Instructions

1. In a bowl, mix the chopped boiled eggs with mayonnaise, salt, and pepper.
2. Place the egg mixture on the sliced bagel.
3. Top the egg mixture with sliced cucumber, sliced radishes, mashed avocado, and sprouts.
4. Assemble the sandwich by placing the other half of the bagel on top.
5. Enjoy your delicious Avocado and Egg Bagel Sandwich!

	Calorie	Protein	Carb	Fat
Per Serving	519	34g	44g	23g

EGG AND DIJON MUSTARD OPEN SANDWICH

1 SERVING | PREP TIME: 5 MINS | COOK TIME: 0 MINS



Ingredients

- 1 tsp Dijon Mustard
- 1 large Egg, whole, hard-boiled
- 1 thin slice Whole-wheat bread
- Salt and Pepper, to taste
- Lettuce romaine, raw (as desired for serving)
- 1/4 medium Tomato, red, raw (2-3/5" diameter)
- 1 1/2 tsp Light mayonnaise

Instructions

1. In a bowl, mix the roughly chopped egg with mayonnaise, Dijon mustard, salt, and pepper.
2. Place the lettuce on the slice of whole-wheat bread.
3. Top the lettuce with thinly sliced tomatoes.
4. Spread the egg mixture over the tomatoes.
5. Place another slice of bread on top to form the sandwich.
6. Enjoy your delicious Egg Salad Sandwich!

	Calorie	Protein	Carb	Fat
Per Serving	203	10g	21g	8g

TURKEY ROLL UPS WITH CREAM CHEESE

1 SERVING | PREP TIME: 10 MINS | COOK TIME: 0 MINS



Ingredients

- 1 1/3 slices Turkey breast, sliced (prepackaged or deli meat)
- 2/3 slices (1 oz) Low-fat Swiss cheese
- 1/3 medium Tomatoes, red, raw (2-3/5" diameter)
- Lettuce romaine, raw (as desired for serving)
- 2/3 medium Tortillas, white flour (approx 6" diameter)
- 1/3 tbsp Cranberry sauce
- 0.67 oz (19 g) Low-fat Cream cheese

Instructions

1. In a small bowl, mix cream cheese with cranberry sauce until combined.
2. Lay the tortillas flat on a cutting board and spread a layer of the cream cheese mixture all the way to the edges. Layer lettuce leaves down the centre of the wraps.
3. Layer two slices of turkey and Swiss cheese on top of the lettuce. Top with thinly sliced tomatoes.
4. Starting at one end of the tortilla, roll tightly towards the filling. Continue rolling until the filling is tightly wrapped and the cream cheese holds the wrap closed.
5. Slice the wrap into 8 1-inch rounds all the way across.

	Calorie	Protein	Carb	Fat
Per Serving	211	15g	18g	7g



YOUR TRAINING
PROGRAM

UNDERSTAND YOUR TRAINING PROGRAM



When it comes to building strength and transforming your body in midlife, your workouts need to work smarter—not harder. That’s where compound exercises come in. These multi-joint movements recruit multiple muscle groups at once, helping you burn more, build more, and move better in everyday life.

Whether you’re brand new to strength training or have a bit of experience under your belt, this program will walk you through a progressive, full-body approach designed to boost your power, confidence, and stamina—one rep at a time.

This guide focuses on an intermediate level of fitness. If you’re just getting started, no worries—listen to your body, modify as needed, and celebrate every win along the way. You’re right on time.

Your body is ready.

Now it’s time to

remind it what it **can**

do.

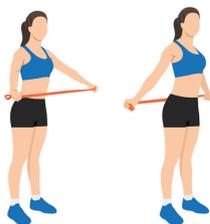
WARMING UP AND STRETCHING

Prior to weight training, warming up and stretching play a crucial role in injury prevention and enhancing performance. A well-executed warm-up gradually elevates the heart rate, improves blood flow to the muscles, and primes the body for the upcoming workout.

Adapting your warm-up and stretching routine to suit your body's needs is of utmost importance. Listening to your body's signals allows you to make necessary adjustments. If you have specific injuries or concerns, seeking guidance from a specialist or healthcare provider ensures the development of a tailored warm-up and stretching regimen that addresses your individual requirements.

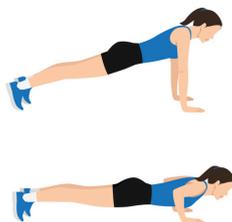
Here are a few warm-up/stretching options you can consider before starting your workouts:

1



Banded Shoulder Stretch

2



Bodyweight Push Ups

3



Bodyweight Curtsy Lunge

4



Hip Flexor Stretch

5



Cobra Back Stretch

6



Glute Stretch

WEEKLY WORKOUT SCHEDULE

**PHASE 1:
Week 1-3**

Fit & Tone	5 Exercises	20 Sets	10 Reps
Day 1 Upper Body			
Day 2 Lower Body			
Day 3 Upper Body			
Day 4 Lower Body			
Day 5 Upper Body			
Rest/Recovery Day			
Rest/Recovery Day			

**PHASE 2:
Week 4-6**

Fit & Tone	5 Exercises	24 Sets	8 Reps
Day 1 Upper Body			
Day 2 Lower Body			
Day 3 Upper Body			
Day 4 Lower Body			
Day 5 Upper Body			
Rest/Recovery Day			
Rest/Recovery Day			

BARBELL BENCH PRESS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Lie on a flat bench and start by holding a barbell above your chest with your hands slightly wider than shoulder width.
2. Slowly lower the barbell to the middle of your chest and then press the barbell back up to the same start position until your arms are straight.
3. Repeat.

SETS x REPS	4 x 10	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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BARBELL INCLINE BENCH PRESS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Sit on an incline bench set at 45 degrees.
2. Start by holding the bar over your upper chest with your arms straight and grip slightly wider than shoulder width.
3. Slowly lower the bar until the barbell makes contact with your upper chest.
4. Then press the barbell straight up over your chest until your elbows are locked.

SETS x REPS	4 x 10	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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DUMBBELL INCLINE CHEST FLYS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Lie on an incline bench set at 45 degrees, holding dumbbells over your chest with your arms straight and palms facing each other.
2. Lower the dumbbells to the sides of your body in an arc-like motion, aligning with the middle of your chest until your hands are at chest level.
3. Raise the dumbbells back up over your chest, maintaining straight arms throughout the movement.
4. Repeat for the desired number of repetitions.

SETS x REPS	4 x 10	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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ASSISTED PULL UPS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Select your appropriate weight for the exercise on the machine. Using more weight makes it easier.
2. Grab the pull-up bar with hands facing forward. Place your knees on the machine's rest pad and slowly load your body weight onto the machine. Let your arms go to full extension, and your body is in a straight line from hands to knees.
3. Pull your body upwards until your nose is just over the level of the bar.
4. Lower your body, returning to the starting position.
5. Repeat.

SETS x REPS	4 x 10	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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SEATED CABLE ROW

[TAP FOR VIDEO DEMONSTRATION](#)



1. Sit upright holding the handle with your arms straight out in front and your back flat.
2. Pull the handle straight in to your chest, bending at the elbows and squeezing your shoulder blades together.
3. Release the handle, returning to the starting position. Remain upright throughout and do not sway back and forth.
4. Repeat.

SETS x REPS	4 x 10	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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SEATED LEG PRESS

[TAP FOR VIDEO DEMONSTRATION](#)

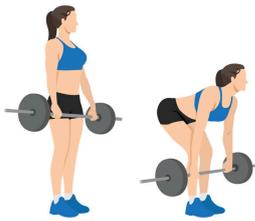


1. Start seated on the leg press machine, with feet shoulder-width apart on the plate.
2. Slowly lower the weight towards your body, while keeping your lower back in the seat, as low as you can comfortably and under control.
3. Push the weight back up to the start position. Avoid completely straightening or "locking out" the knees at the top.
4. Repeat.

SETS x REPS 4 x 10 WEIGHTS Week 1 Week 2 Week 3 Week 4

BARBELL STIFF LEG DEADLIFT

[TAP FOR VIDEO DEMONSTRATION](#)



1. Start by standing with your feet shoulder-width apart.
2. Pick up the barbell by bending your knees and hinge at your hips to grasp the barbell with a shoulder-width overhand grip while keeping your back straight.
3. Lift the weight to a standing position, keeping your back straight and core tight.
4. Begin by bending your hips to lower the bar to the top of your feet.
5. As you descend, make sure to bend your knees slightly with your waist kept straight.
6. With your knees still bent, lift the bar by extending at your hips until standing upright.

SETS x REPS 4 x 10 WEIGHTS Week 1 Week 2 Week 3 Week 4

TRX HAMSTRING CURLS

[TAP FOR VIDEO DEMONSTRATION](#)



1. When performing this exercise, use your glutes to lift your body up off the mat.
2. Also, keep your abdominals engaged to ensure that you don't overarch your lower back.
3. Lie down on the mat, arms on the side, palms flat on the ground.
4. With your feet suspended on the straps, lift your body up with your arms steady on the side. This will be your starting position.
5. Flex the knees, bringing your feet towards you while engaging your core. Then return to the starting position.

SETS x REPS 4 x 10 WEIGHTS Week 1 Week 2 Week 3 Week 4

REVERSE DUMBBELL LUNGES

[TAP FOR VIDEO DEMONSTRATION](#)



1. Stand with dumbbells in both hands hanging down your sides.
2. Extend one leg back and lower your body on the other leg until the knee of the rear leg is almost in contact with the floor.
3. Return to the original standing position.
4. Make sure your torso is straight during the whole exercise.

SETS x REPS 4 x 10 WEIGHTS Week 1 Week 2 Week 3 Week 4

SEATED MACHINE CALVE RAISES

[TAP FOR VIDEO DEMONSTRATION](#)



1. Position the ball of your foot on the edge of a step, leaving your heels hanging off the edge.
2. Adjust the lever pad on the calf raise machine to the height of your lower thighs.
3. Lower your heels by bending at the ankles until you feel a full stretch in your calves. Inhale as you do this.
4. Raise your heels by extending your ankles as high as possible, contracting your calves, and exhaling. Hold the top position for a second to maximize the contraction.
5. Repeat for the desired number of repetitions.

SETS x REPS 4 x 10 WEIGHTS Week 1 Week 2 Week 3 Week 4

DUMBBELL BENT OVER ROW

[TAP FOR VIDEO DEMONSTRATION](#)

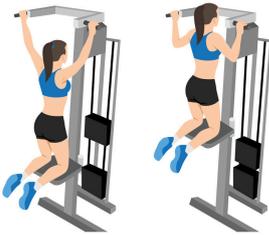


1. When performing this exercise, maintain a safe back by arching or keeping a neutral spine throughout the movement.
2. Assume a position similar to that of the deadlift, with your feet shoulder-width apart and a slight bend in your knees.
3. Hold a dumbbell in each hand with your palms facing your body.
4. Pull the dumbbells towards your stomach, retracting your shoulder blades and flexing your elbows.
5. Lower the dumbbells back down in a controlled manner, fully extending your arms.

SETS x REPS	4 x 10	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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ASSISTED PULL UPS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Select your appropriate weight for the exercise on the machine. Using more weight makes it easier.
2. Grab the pull-up bar with hands facing forward. Place your knees on the machine's rest pad and slowly load your body weight onto the machine. Let your arms go to full extension, and your body is in a straight line from hands to knees.
3. Pull your body upwards until your nose is just over the level of the bar.
4. Lower your body, returning to the starting position.
5. Repeat.

SETS x REPS	4 x 10	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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SINGLE ARM DUMBBELL ROW

[TAP FOR VIDEO DEMONSTRATION](#)



1. Place one knee on a bench, one hand in a push-up position. Keep your body parallel to the floor with your back straight. Hold a dumbbell in your free hand, allowing it to hang down to your side.
2. Pull the dumbbell up to the side of your chest, keeping your elbow close to the body and squeezing your shoulder blade.
3. Lower the dumbbell, returning to the starting position with your arm fully extended.
4. Complete all reps on one side before switching to the other side.

SETS x REPS	4 x 10	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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DUMBBELL DECLINE CHEST PRESS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Lie on a decline bench with two dumbbells.
2. Start with dumbbells positioned just below the nipples.
3. Raise the dumbbells all the way up, pause, and then lower the weights. Make sure to keep your back flat on the bench at all times.

SETS x REPS	4 x 10	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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CHEST PRESS MACHINE

[TAP FOR VIDEO DEMONSTRATION](#)



1. Sit upright on the chest press machine, making sure your back is rested on the backrest. Hold both handles in a horizontal position close to your shoulders, with your elbows bent.
2. Push both handles forward to a straight arm position in front of your chest.
3. Bending at the elbows, slowly return to the starting position.
4. Repeat.

SETS x REPS	4 x 10	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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BARBELL SQUATS

[TAP FOR VIDEO DEMONSTRATION](#)



1. With the barbell across your upper back, set your feet slightly wider than shoulder-width apart. Have your feet turned out slightly.
2. Keep your chest up and knees out as you sit back and down into your hips.
3. Under control, reverse the motion and push yourself back up to a standing position.

SETS x REPS	4 x 10	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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SEATED LEG PRESS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Start seated on the leg press machine, with feet shoulder-width apart on the plate.
2. Slowly lower the weight towards your body, while keeping your lower back in the seat, as low as you can comfortably and under control.
3. Push the weight back up to the start position. Avoid completely straightening or "locking out" the knees at the top.
4. Repeat.

SETS x REPS	4 x 10	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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SEATED LEG EXTENSIONS

[TAP FOR VIDEO DEMONSTRATION](#)



1. For this exercise, ensure that the pad rests just above the ankle.
2. Secondly, you want to make sure that the weights don't tap down in between each repetition.
3. Keep a tall body throughout the exercise.
4. Extend your knees fully, raising your legs straight out.

SETS x REPS	4 x 10	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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SUMO DEADLIFTS

[TAP FOR VIDEO DEMONSTRATION](#)



1. When performing this exercise, get your hips as low as you can while maintaining a slight extension throughout your spine.
2. Stand with your feet wide and turned out at about 45 degrees.
3. Position your knees in line with your feet and hips while keeping your rib cage high and both hands on the barbell. This will be your starting position.
4. Drive up through your heels, slightly pushing your knees laterally. Pause at full extension. Then return to the starting position.

SETS x REPS	4 x 10	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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SEATED CALVE RAISES

[TAP FOR VIDEO DEMONSTRATION](#)



1. When performing this exercise, put the ball of your foot on the step.
2. Place your lower thighs under the lever pad, which will need to be adjusted according to the height of your thighs.
3. Slowly lower your heels by bending at the ankles until the calves are fully stretched. Inhale as you perform this movement.
4. Raise the heels by extending the ankles as high as possible as you contract the calves and breathe out. Hold the top contraction for a second.

SETS x REPS	4 x 10	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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STANDING DUMBBELL SHOULDER PRESS

[TAP FOR VIDEO DEMONSTRATION](#)

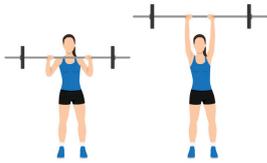


1. Stand upright, holding dumbbells at shoulder height with your fists facing outwards.
2. Press the dumbbells overhead by extending your arms fully. Keep your back flat and maintain an upright posture throughout the movement.
3. Lower the dumbbells back to shoulder height in a controlled manner.
4. Repeat the exercise for the desired number of repetitions.

SETS x REPS 4 x 10 WEIGHTS Week 1 Week 2 Week 3 Week 4

BARBELL SHOULDER PRESS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Begin by standing with your feet shoulder-width apart and the barbell resting on the front of your shoulders, just below your chin. Grip the barbell with your hands slightly wider than shoulder-width apart, palms facing forward.
2. Press the barbell overhead by extending your arms fully while keeping the barbell balanced over your head and in line with your ears.
3. Lower the barbell back down to the starting position, slowly and with control.
4. Repeat the movement for the desired number of repetitions.

SETS x REPS 4 x 10 WEIGHTS Week 1 Week 2 Week 3 Week 4

REAR DELT DUMBBELL FLYS

[TAP FOR VIDEO DEMONSTRATION](#)

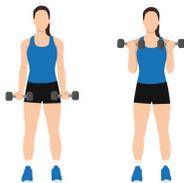


1. Start by standing with your feet shoulder-width apart and a dumbbell in each hand.
2. Hinge at your hips and slightly bend your knees to maintain a flat back position. Your chest should be almost parallel to the floor.
3. Keep a slight bend in your elbows and raise both arms out to the sides until they are parallel to the floor. Focus on squeezing your shoulder blades together during this movement.
4. Lower the dumbbells back down in a controlled manner to the starting position.

SETS x REPS 4 x 10 WEIGHTS Week 1 Week 2 Week 3 Week 4

CABLE BICEP CURLS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Stand up straight with a dumbbell in each hand, palms facing forward, and your arms hanging down at your sides.
2. Keep your elbows close to your body and curl the dumbbells upwards, squeezing your biceps as you lift.
3. Continue the curl until the dumbbells reach shoulder level or slightly higher.
4. Slowly lower the dumbbells back down to the starting position in a controlled manner.

SETS x REPS 4 x 10 WEIGHTS Week 1 Week 2 Week 3 Week 4

DUMBBELL TRICEP SKULL CRUSHERS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Begin by holding the dumbbells with your hands, keeping your grip less than 12 inches apart.
2. Extend your arms straight up towards the ceiling, with the dumbbells directly above your shoulders.
3. Slowly lower the dumbbells towards the sides of your head, allowing your elbows to bend.
4. Pause briefly when the dumbbells are near your head, then raise them back up to the starting position, fully extending your arms.

SETS x REPS 4 x 10 WEIGHTS Week 1 Week 2 Week 3 Week 4

Day 1 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				
Day 2 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				
Day 3 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				
Day 4 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				
Day 5 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				
Day 6 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				
Day 7 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 1 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 2 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 3 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 4 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 5 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 6 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 7 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 1 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 2 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 3 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 4 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

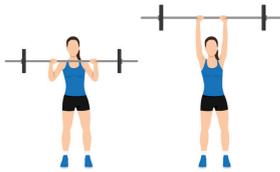
Day 5 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 6 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 7 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

BARBELL SHOULDER PRESS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Begin by standing with your feet shoulder-width apart and the barbell resting on the front of your shoulders, just below your chin. Grip the barbell with your hands slightly wider than shoulder-width apart, palms facing forward.
2. Press the barbell overhead by extending your arms fully while keeping the barbell balanced over your head and in line with your ears.
3. Lower the barbell back down to the starting position, slowly and with control.
4. Repeat the movement for the desired number of repetitions.

SETS x REPS **5 x 8** WEIGHTS Week 1 Week 2 Week 3 Week 4

SEATED ARNOLD SHOULDER PRESS

[TAP FOR VIDEO DEMONSTRATION](#)

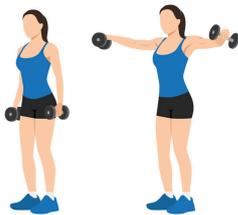


1. Sit on a bench with back support and hold a dumbbell in each hand at shoulder height with palms facing your body and elbows bent.
2. Start with the dumbbells at shoulder height and your palms facing your body.
3. Press the dumbbells overhead while rotating your palms outward until your arms are fully extended.
4. Lower the dumbbells back down to the starting position, reversing the palm rotation.
5. Repeat for the desired number of repetitions.

SETS x REPS **5 x 8** WEIGHTS Week 1 Week 2 Week 3 Week 4

DUMBBELL SIDE LATERAL RAISES

[TAP FOR VIDEO DEMONSTRATION](#)



1. Stand with your feet shoulder-width apart, holding a dumbbell in each hand with your palms facing your body.
2. Keep a slight bend in your elbows and your back straight.
3. Raise both dumbbells to the sides at the same time until your arms are parallel to the floor.
4. Keep your elbows slightly bent as you lift the dumbbells to shoulder height.
5. Pause briefly at the top of the movement, squeezing your shoulder muscles.
6. Lower the dumbbells back down to the starting position in a controlled manner.

SETS x REPS **5 x 8** WEIGHTS Week 1 Week 2 Week 3 Week 4

T-BAR ROW

[TAP FOR VIDEO DEMONSTRATION](#)

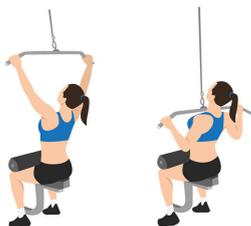


1. Position one end of a barbell into a landmine attachment or T-bar row machine.
2. Stand with feet shoulder-width apart, gripping the barbell with both hands using an overhand grip.
3. Bend at hips and knees, keeping back straight at a 45-degree angle.
4. Pull the barbell towards your torso, retracting shoulder blades and bending elbows.
5. Squeeze back muscles at the top, then lower the barbell in control.
6. Repeat for desired reps.

SETS x REPS **5 x 8** WEIGHTS Week 1 Week 2 Week 3 Week 4

WIDE GRIP LAT PULLDOWN

[TAP FOR VIDEO DEMONSTRATION](#)

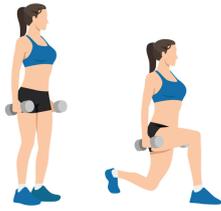


1. Sit on a lat pulldown machine with your knees positioned under the leg pads and your feet flat on the floor.
2. Reach up and grasp the wide bar with an overhand grip (palms facing away from you), hands wider than shoulder-width apart.
3. Keep your chest up, shoulders back, and maintain a slight arch in your lower back.
4. Pull the bar down towards your chest by engaging your lats and squeezing your shoulder blades together.
5. Lower the bar back up to the starting position with control, fully extending your arms.

SETS x REPS **4 x 8** WEIGHTS Week 1 Week 2 Week 3 Week 4

WALKING DUMBBELL LUNGES

[TAP FOR VIDEO DEMONSTRATION](#)



1. Begin by standing with your feet hip-width apart, holding a dumbbell in each hand with your arms at your sides.
2. Take a step forward with your right foot, and simultaneously lower your body into a lunge position, ensuring both knees are bent at 90-degree angles.
3. As you lower into the lunge, keep your chest up and core engaged for stability.
4. Push through your front heel to return to the starting position and take a step forward with your left foot, repeating the lunge on the opposite side.
5. Continue alternating legs as you walk forward

SETS x REPS	5 x 8	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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SEATED LEG EXTENSIONS

[TAP FOR VIDEO DEMONSTRATION](#)

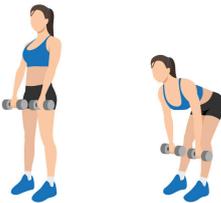


1. Sit on a leg extension machine with your back against the backrest and your feet positioned under the leg pads.
2. Adjust the machine so that the leg pads are just above your ankles.
3. Grip the handles on the sides of the seat for stability.
4. Straighten your legs and extend them fully, lifting the weight until your legs are straight in front of you.
5. Slowly lower the weight back down to the starting position with control, bending your knees.

SETS x REPS	5 x 8	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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DUMBBELL STIFF LEG DEADLIFT

[TAP FOR VIDEO DEMONSTRATION](#)

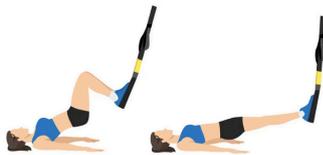


1. Stand with your feet shoulder-width apart and a slight bend in your knees.
2. Hold a dumbbell in each hand with a neutral grip (palms facing your body) and your arms fully extended down in front of your thighs.
3. Keeping your back flat, hinge at your hips and lower the dumbbells down towards the ground while maintaining a slight bend in your knees.
4. Lower the dumbbells as far as your flexibility allows, feeling a stretch in your hamstrings.
5. Engage your hamstrings and glutes to raise your body back up to the starting position, keeping your back straight throughout the movement.

SETS x REPS	5 x 8	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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TRX HAMSTRING CURLS

[TAP FOR VIDEO DEMONSTRATION](#)

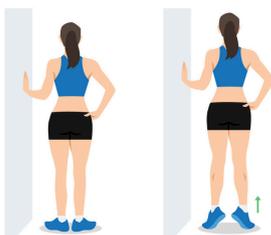


1. When performing this exercise, use your glutes to lift your body up off the mat.
2. Also, keep your abdominals engaged to ensure that you don't overarch your lower back.
3. Lie down on the mat, arms on the side, palms flat on the ground.
4. With your feet suspended on the straps, lift your body up with your arms steady on the side. This will be your starting position.
5. Flex the knees, bringing your feet towards you while engaging your core. Then return to the starting position.

SETS x REPS	5 x 8	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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STANDING CALVE RAISES

[TAP FOR VIDEO DEMONSTRATION](#)

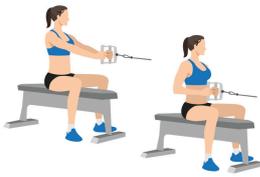


1. Stand up straight with a dumbbell in each hand, palms facing your body, and arms fully extended down at your sides.
2. Keep your feet shoulder-width apart and your toes pointed forward.
3. Rise up on the balls of your feet as high as possible, lifting your heels off the ground.
4. Hold the top position for a second to fully contract your calf muscles.
5. Slowly lower your heels back down to the starting position in a controlled manner.

SETS x REPS	4 x 8	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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SEATED CABLE ROW

[TAP FOR VIDEO DEMONSTRATION](#)

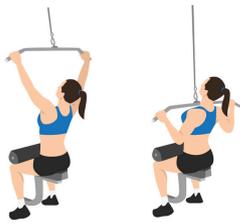


1. Sit upright holding the handle with your arms straight out in front and your back flat.
2. Pull the handle straight in to your chest, bending at the elbows and squeezing your shoulder blades together.
3. Release the handle, returning to the starting position. Remain upright throughout and do not sway back and forth.
4. Repeat.

SETS x REPS	5 x 8	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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WIDE GRIP LAT PULLDOWN

[TAP FOR VIDEO DEMONSTRATION](#)

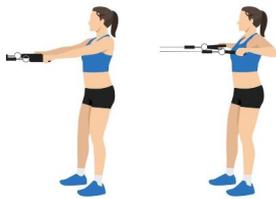


1. Sit on a lat pulldown machine with your knees positioned under the leg pads and your feet flat on the floor.
2. Reach up and grasp the wide bar with an overhand grip (palms facing away from you), hands wider than shoulder-width apart.
3. Keep your chest up, shoulders back, and maintain a slight arch in your lower back.
4. Pull the bar down towards your chest by engaging your lats and squeezing your shoulder blades together.
5. Lower the bar back up to the starting position with control, fully extending your arms.

SETS x REPS	5 x 8	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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HIGH CABLE ROW

[TAP FOR VIDEO DEMONSTRATION](#)



1. Set the cable pulleys at the highest position on both sides of the cable machine.
2. Stand facing the machine, grab one handle in each hand with an overhand grip, and step back to create tension on the cables.
3. Position your feet shoulder-width apart and slightly bend your knees.
4. Keep your back straight and chest up as you pull the handles back towards your upper abdomen, retracting your shoulder blades.
5. Squeeze your back muscles at the peak of the movement, then slowly release the tension and bring the handles back to the starting position.

SETS x REPS	5 x 8	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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STANDING DUMBBELL SHOULDER PRESS

[TAP FOR VIDEO DEMONSTRATION](#)

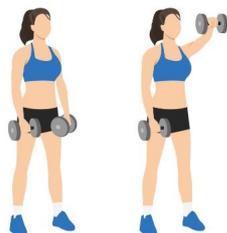


1. Stand upright, holding dumbbells at shoulder height with your fists facing outwards.
2. Press the dumbbells overhead by extending your arms fully. Keep your back flat and maintain an upright posture throughout the movement.
3. Lower the dumbbells back to shoulder height in a controlled manner.
4. Repeat the exercise for the desired number of repetitions.

SETS x REPS	5 x 8	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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STANDING ALTERNATING FRONT RAISES

[TAP FOR VIDEO DEMONSTRATION](#)



1. Stand up straight with a dumbbell in each hand, palms facing your body.
2. Keep your feet shoulder-width apart and your knees slightly bent.
3. Begin by lifting one dumbbell straight out in front of you, keeping your arm extended and your palm facing down.
4. Raise the dumbbell to shoulder level or slightly higher.
5. Lower the dumbbell back down in a controlled manner.
6. Repeat the same movement with the other arm, raising it alternately with the first arm.

SETS x REPS	4 x 8	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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SEATED LEG PRESS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Start seated on the leg press machine, with feet shoulder-width apart on the plate.
2. Slowly lower the weight towards your body, while keeping your lower back in the seat, as low as you can comfortably and under control.
3. Push the weight back up to the start position. Avoid completely straightening or "locking out" the knees at the top.
4. Repeat.

SETS x REPS **5 x 8** WEIGHTS Week 1 Week 2 Week 3 Week 4

REVERSE BARBELL LUNGES

[TAP FOR VIDEO DEMONSTRATION](#)



1. Stand with your feet hip-width apart and hold a barbell on your upper back, resting it behind your shoulders.
2. Take a step backward with one foot and lower your body into a lunge position, bending both knees at 90-degree angles.
3. Ensure your front knee is directly above your ankle and your back knee hovers just above the floor.
4. Push through your front heel to return to the starting position.
5. Alternate legs and repeat for the desired number of repetitions.

SETS x REPS **5 x 8** WEIGHTS Week 1 Week 2 Week 3 Week 4

SEATED LEG EXTENSIONS

[TAP FOR VIDEO DEMONSTRATION](#)

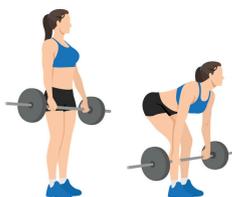


1. Sit on a leg extension machine with your back against the backrest and your feet positioned under the leg pads.
2. Adjust the machine so that the leg pads are just above your ankles.
3. Grip the handles on the sides of the seat for stability.
4. Extend your legs fully, lifting the weight until your legs are straight in front of you.
5. Slowly lower the weight back down to the starting position, bending your knees.
6. Repeat for the desired number of repetitions.

SETS x REPS **5 x 8** WEIGHTS Week 1 Week 2 Week 3 Week 4

STIFF LEG BARBELL DEADLIFTS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Start by standing with your feet shoulder-width apart.
2. Pick up the barbell by bending your knees and hinge at your hips to grasp the barbell with a shoulder-width overhand grip while keeping your back straight.
3. Lift the weight to a standing position, keeping your back straight and core tight.
4. Begin by bending your hips to lower the bar to the top of your feet.
5. As you descend, make sure to bend your knees slightly with your waist kept straight.
6. With your knees still bent, lift the bar by extending at your hips until standing upright.

SETS x REPS **5 x 8** WEIGHTS Week 1 Week 2 Week 3 Week 4

SEATED MACHINE CALVE RAISES

[TAP FOR VIDEO DEMONSTRATION](#)



1. Sit on a calf raise machine with your back resting against the back pad and your feet on the foot platform.
2. Adjust the machine so that the balls of your feet are on the platform, and your heels can move freely off the edge.
3. Place your hands on the side handles or hold onto the front handles for stability.
4. Press through the balls of your feet to raise your heels as high as possible.
5. Hold the top position for a second to fully contract your calf muscles.
6. Slowly lower your heels back down until you feel a stretch in your calves.

SETS x REPS **4 x 8** WEIGHTS Week 1 Week 2 Week 3 Week 4

DUMBBELL ALTERNATING CHEST PRESS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Lie on a flat bench with a dumbbell in each hand, held at shoulder level, and your palms facing away from you.
2. Start with both arms fully extended, holding the dumbbells directly above your chest.
3. Lower one dumbbell down towards your chest while keeping the other arm extended.
4. As you press the first dumbbell back up to the starting position, lower the other dumbbell down to your chest.
5. Continue alternating the movement, pressing one dumbbell up while lowering the other down.

SETS x REPS	5 x 8	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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DECLINE DUMBBELL BENCH PRESS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Lie down on a decline bench with your head lower than your feet, securing your feet under the footpads or having a spotter hold them in place.
2. Hold a dumbbell in each hand at shoulder level with your palms facing forward.
3. Lower the dumbbells down towards your chest, keeping your elbows at a 90-degree angle or slightly lower.
4. Press the dumbbells back up to the starting position, fully extending your arms.
5. Keep your core engaged and maintain control throughout the movement.

SETS x REPS	5 x 8	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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DUMBBELL INCLINE CHEST FLYS

[TAP FOR VIDEO DEMONSTRATION](#)



1. Lie on an incline bench set at 45 degrees, holding dumbbells over your chest with your arms straight and palms facing each other.
2. Lower the dumbbells to the sides of your body in an arc-like motion, aligning with the middle of your chest until your hands are at chest level.
3. Raise the dumbbells back up over your chest, maintaining straight arms throughout the movement.
4. Repeat for the desired number of repetitions.

SETS x REPS	5 x 8	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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TRICEP BENCH DIPS

[TAP FOR VIDEO DEMONSTRATION](#)

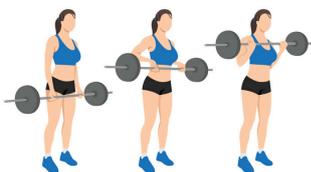


1. Sit on the edge of a bench with hands beside hips, fingers pointing forward.
2. Slide hips off the bench, knees bent at 90 degrees.
3. Lower body by bending elbows until arms are parallel to the ground.
4. Push through palms to extend arms and return to starting position.
5. Keep core engaged and repeat for desired reps.

SETS x REPS	5 x 8	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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BARBELL CURL

[TAP FOR VIDEO DEMONSTRATION](#)



1. Stand with your feet shoulder-width apart, holding a barbell with an underhand grip (palms facing up) and your hands shoulder-width apart.
2. Keep your elbows close to your sides and your upper arms stationary throughout the exercise.
3. Curl the barbell upward by bending your elbows, while keeping your upper arms stationary.
4. Continue to curl until the bar is at shoulder level and your biceps are fully contracted.
5. Lower the barbell back down to the starting position in a controlled manner.

SETS x REPS	4 x 8	WEIGHTS	Week 1	Week 2	Week 3	Week 4
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Day 1 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				
Day 2 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				
Day 3 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				
Day 4 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				
Day 5 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				
Day 6 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				
Day 7 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 1 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 2 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 3 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 4 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 5 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 6 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 7 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

Day 1 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				
Day 2 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				
Day 3 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				
Day 4 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				
Day 5 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				
Day 6 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				
Day 7 Reflections	Sleep	Energy	Water	Mood
.....	/Hrs	/10	/Litres	/10
.....				

RECOVERY AND INJURY PREVENTION

In your pursuit of building strength and toning up, recovery and injury prevention are essential aspects to ensure progress and long-term well-being. Let's discuss the importance of sleep and rest, injury prevention strategies, managing stress, and the role of nutrition.

SLEEP & REST

Adequate sleep and rest are crucial for effective recovery and muscle repair. During sleep, the body undergoes essential processes to heal and regenerate, allowing muscles to recover from the stress of intense workouts. Aim for 7-9 hours of quality sleep each night and incorporate rest days into your weekly routine. Rest days give your muscles time to recuperate and reduce the risk of overuse injuries.

STRESS

Managing stress is crucial for overall health and recovery. High-stress levels can hinder progress and lead to an increased risk of injuries. Incorporate stress-reducing techniques into your routine, such as yoga, meditation, or spending time in nature.

NUTRITION

Proper nutrition is a key component of recovery and injury prevention. Ensure you consume a balanced diet rich in protein, complex carbohydrates, healthy fats, and essential nutrients. Protein is vital for muscle repair and growth, while carbohydrates replenish glycogen stores for energy. Staying well-hydrated is equally important, as it supports nutrient transport to muscles and aids in recovery.

INJURY PREVENTION

Injury prevention post-training is essential for optimizing recovery and reducing the risk of injuries. After workouts, focus on proper cool-down exercises, such as stretching and foam rolling, to promote muscle flexibility and reduce muscle soreness.

RECOMMENDED SUPPLEMENTS

Supplements can be valuable additions to your diet, aiding in supporting your strength and fitness goals. However, it's crucial to remember that supplements should never replace a balanced diet, but rather complement it. This page will explore some recommended supplements that may benefit your fitness journey, promoting muscle recovery, strength gains, and overall performance.



GET THIS ONE

Protein Powder

Protein powder is a popular and convenient supplement to increase your protein intake. Protein powders provide essential amino acids to support muscle repair and growth, making them particularly useful for individuals engaging in strength training and toning exercises.



GET THIS ONE

Creatine

Creatine is a naturally occurring compound found in small amounts in certain foods and produced by the body. Supplementing with creatine has been shown to enhance performance during high-intensity, short-duration exercises like weight lifting and sprinting.



GET THIS ONE

Omega-3 Fatty Acids

Omega-3 fatty acids, found primarily in fish oil supplements, are essential for heart health and inflammation reduction. They also support joint health and recovery, making them beneficial for individuals engaging in intense workouts.



Multivitamin

A high-quality multivitamin can help fill potential nutrient gaps in your diet, providing a range of vitamins and minerals essential for overall health and well-being. While a well-balanced diet should ideally cover all nutritional needs, a multivitamin can act as a safety net.

GET THIS ONE



Branched-Chain Amino Acids (BCAAs)

BCAAs are a group of three essential amino acids: leucine, isoleucine, and valine. They play a crucial role in muscle protein synthesis and energy production during exercise. Supplementing with BCAAs before or during workouts may help reduce muscle breakdown and improve exercise performance.

GET THIS ONE



FREQUENTLY ASKED QUESTIONS

Q Who is the 6-week program suitable for?

A This program is suitable for individuals of various fitness levels, from beginners to intermediate and advanced athletes. The program can be tailored to individual needs, making it accessible for those looking to start or progress their fitness journey.

Q How often should I work out during the 6-week program?

A The frequency of workouts in the program will be 5 days a week. The specific number of weekly workouts will depend on individual fitness goals, preferences, and available time. Beginners may start with 3 days a week and gradually increase to 5 days as they build stamina and strength.

Q Will the program help me lose weight?

A Certainly! Combining strength training and a balanced diet can create a calorie deficit, leading to fat loss. Additionally, as you build lean muscle mass through strength training, your body's metabolism may increase, contributing to long-term weight management.

Q Can I modify the program if I have specific health concerns or limitations?

A Absolutely! The program is completely modifiable so that anyone can participate. If you have specific health conditions or injuries, it is recommended to consult with a healthcare professional or fitness specialist before starting the program. They can help you modify certain exercises or suggest alternative movements to accommodate your needs safely and effectively.

THANK YOU

We're so glad you chose to walk this path with us.

Your curiosity, your courage, and your commitment to growth are powerful. This guide was created to help you reconnect with your strength, rewrite your story, and reignite what makes you feel fully alive. Remember: knowledge is power, but action is transformation. The steps you've taken here—whether big or small—matter deeply. They're proof that it's never too late to reclaim your body and take up space like the badass you are.

As you continue on your wellness journey, know that I'll be cheering you on every step of the way. And if you ever feel stuck or need support, you've got a coach in your corner.

You're right on time. Keep going.

With belief and fire,

Coach Kaci Sunshine

Nurse. Coach. Advocate. Fellow Rebel. ☀️



BOOK A CALL

Wanna keep making shift happen?

