

12 weeks of strength *for women over 40*

Three sessions a week, about 35 minutes each, built on five movements: squat, hinge, push, pull, carry. Alternate Session A and B with a rest day between. Week 1 is A-B-A, week 2 is B-A-B, and so on.

The three phases

PHASE	WEEKS	SETS × REPS	THE POINT
1 · Learn	1–4	2 × 10–12	Learn the moves with light weight. Form first.
2 · Build	5–8	3 × 8–10	Add a set, add weight. The last two reps should be hard.
3 · Load	9–12	3 × 6–8	Heavier still. This is where bone and muscle really respond.

Session A

PATTERN	EXERCISE	CUE
Squat	Goblet squat	Dumbbell at your chest, sit between your hips, chest tall
Push	Dumbbell bench press (or floor press)	Lower slowly, press straight up
Hinge	Dumbbell Romanian deadlift	Hips back, weights close to your legs, flat back
Pull	One-arm dumbbell row	Elbow to hip, shoulder away from your ear
Carry	Farmer's carry	Heavy, 30 seconds, walk tall

Session B

PATTERN	EXERCISE	CUE
Hinge	Glute bridge (phase 1) → dumbbell hip thrust	Squeeze at the top, ribs down
Push	Seated dumbbell overhead press	Ribs down, press straight up, don't arch
Squat	Reverse lunge (or split squat)	Step back, drop straight down, front heel planted
Pull	Lat pulldown or band row	Pull to your chest, elbows down and back
Carry	Suitcase carry (one side at a time)	Don't lean. 30 seconds each side

THE ONLY PROGRESSION RULE

Add weight when you finish every set at the top of the rep range with good form: 2.5–5 lb for upper body, 5–10 lb for lower body. If you can't finish the sets at the new weight, stay there until you can.

Warm-up, 5 minutes

- 2 min brisk walk or march in place
- 10 bodyweight squats · 10 hip hinges
- 10 arm circles each way · 10 wall slides
- One light set of your first exercise

Check with your doctor first if you have a heart condition, high blood pressure, osteoporosis, a past fracture, a recent surgery or an injury. Form comes before weight; stop anything that causes sharp pain. General fitness education, not medical advice.

The rest of the week

- Walk 30 minutes on non-lifting days
- Protein at every meal, about 30–35 g
- Sleep 7–9 hours, same window nightly

Your *training log*

Write the weight you used for each exercise. When every set hits the top of the rep range, go up next time. You cannot progress what you don't track.

Session A · Phase 1 (2×10–12) and 2 (3×8–10)

EXERCISE	WK 1	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7	WK 8
Goblet squat								
DB bench press								
DB Romanian deadlift								
One-arm DB row								
Farmer's carry								

Session B · Phase 1 and 2

EXERCISE	WK 1	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7	WK 8
Glute bridge / hip thrust								
Seated DB overhead press								
Reverse lunge								
Lat pulldown / band row								
Suitcase carry								

Session A · Phase 3 (3×6–8)

EXERCISE	WK 9	WK 10	WK 11	WK 12
Goblet squat				
DB bench press				
DB Romanian deadlift				
One-arm DB row				
Farmer's carry				

Session B · Phase 3

EXERCISE	WK 9	WK 10	WK 11	WK 12
Glute bridge / hip thrust				
Seated DB overhead press				
Reverse lunge				
Lat pulldown / band row				
Suitcase carry				

You don't have to do this
alone.

If a week stalls or life gets in the way, that's what a coach is for. Jill checks in with you every week, reviews your form on video, and adjusts the plan as you go. **Free 30-minute consult:** nextphasephysique.com/inquiry
Form cues, the full guide and the protein calculator: nextphasephysique.com/guides