Perimenopause & Menopause

Workout 1 of 4: Full Body Circuit | Beginner | 15 min warm-up + 30 min workout + 15 min abs

LEVEL	TIME	FOR	EQUIPMENT
Beginner	60 minutes	Perimenopause and menopause	Sturdy chair, resistance band, dumbbells (3-12 lb), mat, water, fan

Workout 1 of 4: Full Body Circuit. As estrogen drops, muscle and bone are lost faster. Strength training is the best way to protect both, and it also helps with sleep, mood, belly fat and joint aches. Work at a moderate effort (about 4-6 out of 10) and slowly progress to heavier weights as you get stronger.

Before you start

- Get your doctor's OK, especially if you have bone loss, heart concerns or are starting hormone therapy.
- Train in a cool room with a fan and water if hot flashes are a problem.
- If you leak urine when you exercise, breathe out on effort and talk to a pelvic floor physical therapist.
- When 12 reps feels easy, move up to a slightly heavier weight.

Stop right away and get help if you feel

- Chest pain, pressure or a racing heartbeat
- Dizziness or feeling faint
- Sharp joint pain
- Leaking or pelvic heaviness that gets worse

This workout is general fitness guidance from Conquer Boxing Fitness & Health and is not medical advice. It does not replace care from your doctor. Always follow your healthcare provider's instructions about exercise, and stop any movement that causes pain.

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WARM-UP 15 MIN

Format: Move straight through each exercise at an easy, steady pace.

#	Photo	Exercise	Dose	How to do it
1		**March in place with arm swings**	3 min	Lift knees to a comfortable height and swing arms naturally. Breathe steadily.
2		**Shoulder rolls and arm circles**	2 min	Roll shoulders back 10 times, forward 10 times, then small arm circles both directions.
3		**Side step-touch**	2 min	Step side to side, tapping feet together. Add a light reach across the body as you go.
4		**Supported leg swings**	2 min	Hold a chair or wall. Swing one leg forward and back, then side to side, 30 seconds each way per leg.
5		**Light shadowboxing**	3 min	Soft knees, hands up. Easy jab-cross combinations at a relaxed pace. Exhale on every punch.
6		**Slow sit-to-stand**	3 min	Stand up from a chair and sit back down slowly, 1 minute on and 30 seconds easy marching, twice. Exhale as you stand.

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MAIN WORKOUT — 30 MIN

Format: Circuit. Complete all 6 exercises, resting 45 seconds between exercises. Rest 2 minutes and repeat for 3 rounds total.

#	Photo	Exercise	Dose	How to do it
1		**Chair squat**	10-12 reps	Sit back toward the chair until you lightly touch it, then stand tall. Exhale on the way up.
2		**Wall push-up**	10-12 reps	Hands on the wall at shoulder height, body straight. Lower chest toward the wall, exhale as you push away.
3		**Resistance band row**	10-12 reps	Anchor the band at chest height. Pull elbows back and squeeze shoulder blades together.
4		**Glute bridge**	10-12 reps	On your back, knees bent. Lift hips, squeeze, lower slowly. Roll to your side to get up.
5		**Supported split squat**	10 each leg	Hold a chair. Lower straight down a few inches, keep the front knee over the ankle.
6		**Steady shadowboxing**	1 min	Relaxed jab-cross-hook at a pace you could keep up for several minutes.

Progressing your weights over time is what builds bone and muscle.

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ABS & CORE — 15 MIN

Format: Easy pace. Work for the time shown, rest 20 seconds. Do exercises 1-9 twice (about 12 minutes), then finish with the cool-down. Skip any move that hurts your back or neck.

#	Photo	Exercise	Dose	How to do it
1		**Crunches**	20 sec	Knees bent, exhale and lift your shoulders. Gently lift your pelvic floor as you exhale.
2		**Heel taps**	20 sec	On your back, knees bent, shoulders slightly lifted. Reach side to side to tap each heel.
3		**Bent-knee leg raises**	20 sec	On your back, hands under your hips. Keep knees bent and lift them toward your chest, then lower slowly. Low back stays on the mat.
4		**Flutter kicks**	20 sec	On your back, hands under your hips. Small, slow kicks with legs held high toward the ceiling. Keep your low back pressed down.
5		**Russian twists**	20 sec	Sit with knees bent, heels on the floor, lean back just a little. Turn your shoulders side to side, hands together, no weight.
6		**Low plank (forearms)**	15 sec	Elbows under shoulders, knees down. Lift to your toes only when it feels easy. Keep breathing the whole time.
7		**Side plank, each side**	10 sec each	Elbow under shoulder, knees bent and stacked, hips lifted. Keep breathing.
8		**Toe touches**	20 sec	On your back, knees bent and lifted over your hips. Exhale and reach hands toward your shins.
9		**Sit-ups with punches**	20 sec	Knees bent, feet anchored under a couch or held by a partner. Roll up halfway, throw a jab-cross, roll down slowly. Exhale on the punches.
10		**Cool-down: breathing and stretch**	3 min	Slow breaths in for 4, out for 6. Stretch chest, hamstrings, hips and calves. Stand up slowly.