

Strength & Vitality



The Strength Training for Life Starter Guide for Women Over 40

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Welcome

If you are over 40, your fitness strategy needs to shift.

This is not about shrinking your body.
It is about protecting it.

Beginning in our 30s and accelerating during perimenopause, muscle mass declines. Bone density decreases. Insulin sensitivity changes. Recovery takes longer.

Strength training is not optional in midlife. It is foundational.

This starter guide gives you a simple, sustainable structure to begin building strength that protects your independence and vitality for decades to come.

You do not need perfection. You need consistency.

How to Use This Guide

- Perform 3 strength workouts per week
- Leave at least one rest day between sessions
- Walk on non-lifting days if desired
- Choose weights that feel challenging by the final 2 repetitions
- Increase weight gradually when exercises feel manageable

Each session is designed to take approximately 30 minutes.

If you are new to strength training, begin conservatively and build gradually.

Flexible Weekly Structure

Day 1 – Workout A

Day 2 – Workout B

Day 3 – Workout C

You may arrange these days in a way that fits your schedule.

Optional walking or mobility work may be done on non-lifting days.

Workout A – Lower Body Foundation (Approx. 30 Minutes)

Warm-Up (5 minutes):

- March in place
- Bodyweight squats
- Arm circles
- Hip hinges

Main Strength Work:

1. Goblet Squats – 3 sets of 8–10 reps
2. Glute Bridges – 3 sets of 10–12 reps
3. Step-Ups – 2–3 sets of 8 reps per leg
4. Plank Hold – 2–3 rounds of 20–40 seconds

Rest 45–60 seconds between sets.

Science Insight:

Lower body compound movements stimulate large muscle groups, increase insulin sensitivity, and support bone density through mechanical loading.

Faith Reflection:

Strong legs support a steady walk. When you strengthen your body, you strengthen your ability to move through life with confidence.

Workout B – Upper Body & Posture (Approx. 30 Minutes)

Warm-Up (5 minutes):

- Shoulder rolls
- Wall slides
- Light band pulls

Main Strength Work:

1. Dumbbell Shoulder Press – 3 sets of 8–10 reps
2. Bent Over Row – 3 sets of 8–10 reps
3. Modified Push-Ups – 2–3 sets of 6–10 reps
4. Dead Bug – 2–3 sets of 8 reps per side

Rest 45–60 seconds between sets.

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Science Insight:

Upper body resistance training improves posture, protects shoulder integrity, and supports daily functional strength.

Faith Reflection:

You were created to carry responsibility with strength. Building upper body resilience supports your capacity to serve without strain.

Workout C – Strength & Stability (Approx. 30 Minutes)

Warm-Up (5 minutes):

- Light walking
- Hip openers
- Gentle torso rotation

Main Strength Work:

1. Romanian Deadlift – 3 sets of 8–10 reps
2. Reverse Lunges – 2–3 sets of 8 reps per leg
3. Farmer's Carry – 2–3 rounds of 30–45 seconds
4. Single-Leg Balance Hold – 2–3 rounds of 20 seconds per side

Rest 45–60 seconds between sets.

Science Insight:

Balance training combined with loaded carries improves neuromuscular coordination and reduces fall risk.

Faith Reflection:

Stability is strength under control. As you train balance, you practice steadiness in both body and life.

Protein & Recovery Guidance

Muscle is preserved when you train it and fuel it.

- Include a palm-sized portion of protein at each main meal
- Have a protein-rich snack or meal within 30–60 minutes after completing your workout
- Prioritize 7–8 hours of sleep
- Take at least one full rest day per week

Examples of simple protein options include eggs, Greek yogurt, chicken, fish, lean beef, cottage cheese, protein smoothies, or plant-based protein sources.

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Science Insight:

Protein supports muscle repair and recovery, especially in midlife when muscle maintenance requires more intentional nourishment.

Faith Reflection:

Rest and nourishment are not indulgent. They are wise stewardship.

Closing Encouragement

You are not behind. You are not too late.

You are building strength that supports your future self.

We do not train to be smaller. We train to remain capable.

Strength is how we age well.

Your Next Step

You have taken an important step by choosing strength.

If you are ready to go deeper and build structure around your wellness journey, here are three simple next steps to consider.

1. Visit the [Pure Lifestyle Wellness Website](#)

Explore additional blog articles, educational resources, and structured programs designed specifically for women over 40 who want to age well with strength and vitality.

2. Join the [7-Day Healthy Habits Kickstart](#)

If you need a simple reset to build consistency in nutrition, movement, hydration, and mindset, this short program will help you establish foundational habits without overwhelm.

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3. Try the [PLW App – 3-Day Free Trial](#)

Step inside the PLW app for guided workouts, structured wellness plans, devotionals, and a supportive community of women committed to building strength for life.

Start with the free 3-day trial and experience what it feels like to train with clarity and purpose.

You do not have to navigate midlife wellness alone.

Continue building strength. Continue protecting your independence.

Strength is how we age well.

~Jennifer C. Cornelius

Faith-based Wellness Architect

Designing faith-led wellness frameworks

that help women over 40 honor God with their health

