

Strong**HER**

FORMULA

Welcome to

StrongHER Formula

The StrongHER Formula is a FREE 7-day strength-building program designed specifically for women 40+ who want to increase their strength, sculpt lean muscle, and stop covering up to start enjoying how they look and feel, without having to live in the gym.

Are 7 days enough?
Of course not.

You already know there's no magic shortcut when it comes to transforming your body; real change takes time, intention, and consistency.

However, 7 days is enough to:

- Remind you what your body is capable of
- Build that momentum where you actually want to keep going.

And staying consistent over time will give you the results you want!

These are the exact workouts I personally use to stay strong, build muscle, and feel amazing in my 40s.

No spending hours in the gym.
No random workouts from social media.

Let's get you started with smart, effective training that actually works.



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STRONGHER FORMULA

StrongHER Formula

The StrongHer Formula is a FREE 7-day strength-building program designed specifically for women 40+ who want to sculpt lean muscle, increase strength, and feel incredible in their bodies.

After 40, your body doesn't necessarily need more exercise. It needs better programming, and what I mean by that is that you need to:

- ✓ Prioritise strength over endless cardio
- ✓ Train movement patterns your body uses every day, not just body parts
- ✓ Allow enough recovery
- ✓ Progress gradually and consistently

Strength training helps support:

- Muscle mass
- Bone density
- Hormonal health
- Joint stability
- Confidence and independence

Through our signature programme, **Rejuvenise 360 Holistic Healthy Living®**, we have helped several men and women over 40 to build strong, confident bodies with food freedom, while shedding fat, staying lean year-round and transforming their lives through neuroscience, emotional wellness, nutrition, and movement.

I also experienced firsthand how effective strength training can be for women in midlife, and now it's your turn to do the same!

Inside this guide, you get a complete 7-day strength plan you can do under 30 minutes a day.

Are you ready to get started?

StrongHER Formula

The StrongHer Formula features 4 strength-training workouts and 1 bonus short-interval training workout.

If you haven't worked out in a while and are slowly coming back to fitness, no worries! You can always start with only 2 workouts this week and then slowly add in more in the weeks to come.

1

2 FULL BODY WORKOUTS

These are your priority sessions. If life gets busy and you can only train twice that week, complete these full-body sessions first.

Why? Full-body training works all major muscle groups in one session, giving you the best return on your time while helping you maintain strength, muscle, and consistency, even during busy weeks.

2

2 SPLIT SESSIONS

The other 2 sessions are split into lower-body- and upper-body-focused training. These sessions allow for a little more training volume and attention to specific movement patterns, helping you improve technique, build strength in key areas, and create balanced muscular development.

3

PUSH AND PULL MOVEMENTS

Across all 4 sessions, you'll train both push and pull movements. Push exercises move weight away from your body, while pull exercises bring resistance toward you.

Training both patterns helps build balanced strength, improve posture, support joint health, and reduce injury risk—especially important for women 40+ for long-term strength, stability, and movement quality.

A woman with long brown hair, wearing a purple sports top and white leggings, is seated and smiling while holding a resistance band. She is performing a seated exercise, possibly a squat or lunge variation, with the band under her feet and hands. The background is a soft, out-of-focus indoor setting.

COACHING

TIPS FOR BEST RESULTS

Choose weights that feel challenging yet allow you to maintain good technique. If the resistance is too light, your muscles won't receive enough stimulus to build strength and adapt.

Always begin each session with a proper warm-up. Preparing your muscles, joints, and nervous system before lifting helps improve performance and reduces the risk of injury.

As you train, focus on bracing your core, maintaining good posture, and moving with control. Quality movement will always produce better long-term results than simply rushing through reps.

Stick to the program as closely as possible, but remember to listen to your body. Some days you may need to adjust by reducing the weight, reps, or number of sets, and that's part of training smart.

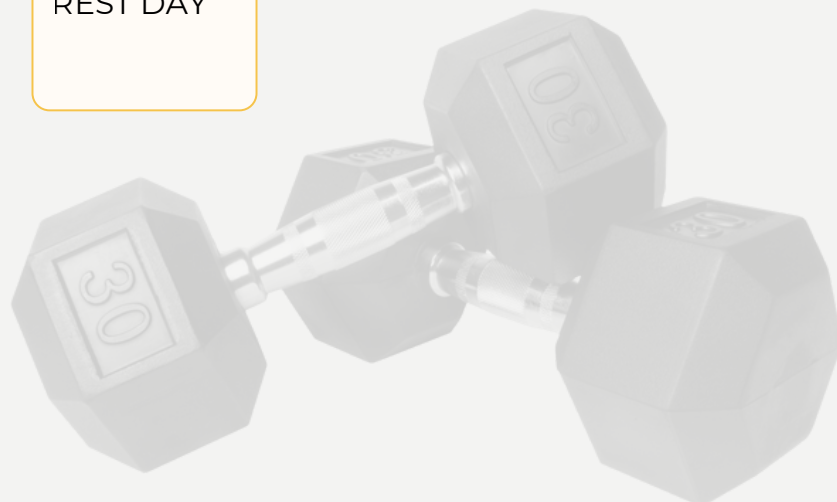
This program is designed to be followed for 4 weeks. As your strength and confidence improve, the exercises will begin to feel easier. When that happens, continue challenging your body by gradually increasing your weights, reps, or control. This process, known as progressive overload, is what drives long-term strength and muscle gains.

WORKOUT CALENDAR

This is a suggested workout calendar designed to help you find the right balance among strength training, recovery, and consistency. On the days between your strength sessions, you can either rest or do cardio, depending on your energy levels and recovery.

To support muscle growth, joint health, and long-term progress, aim to take at least one full rest day each week. On recovery days, gentle movement such as walking, Yoga, stretching, or mobility work can help improve circulation, reduce stiffness, and support recovery without placing extra stress on the body.

Remember, recovery is not time off from your progress; it's part of the process.



YOUR RECOVERY CHECKLIST

- ✓ **Prioritise Sleep:** Aim for 7–9 hours of quality sleep to support repair and recovery
- ✓ **Prioritise Protein:** Supports muscle repair, recovery, and strength adaptations
- ✓ **Stay Hydrated:** Fluids support performance, recovery, and muscle function
- ✓ **Keep Moving:** Light movement like walking can reduce stiffness and support recovery
- ✓ **Mobility & Breathwork:** Can support relaxation, recovery readiness, and movement quality
- ✓ **Check Key Nutrients:** Magnesium, Vitamin D, Calcium, and Omega-3s can all play a role in muscle recovery, bone health, and overall performance if intake is low, especially for women 40+



Protein

POWER

Midlife brings a number of changes to the body, including a gradual loss of muscle and slower recovery. Getting enough protein is a game-changer because it:

- Helps maintain your muscle mass as hormones change,
- Keeps you satisfied so you're not reaching for snacks all day,
- Supports your metabolism as it naturally slows, and
- Gives your body the building blocks it needs to make hormones.

Aim for around 1g of protein per pound of body weight per day. So if you weigh 120 pounds, you may aim to consume 120 g of protein per day.

35g Protein

CHEAT SHEET

An easy way to build around 35g of protein into each meal when eating 3 main meals per day:

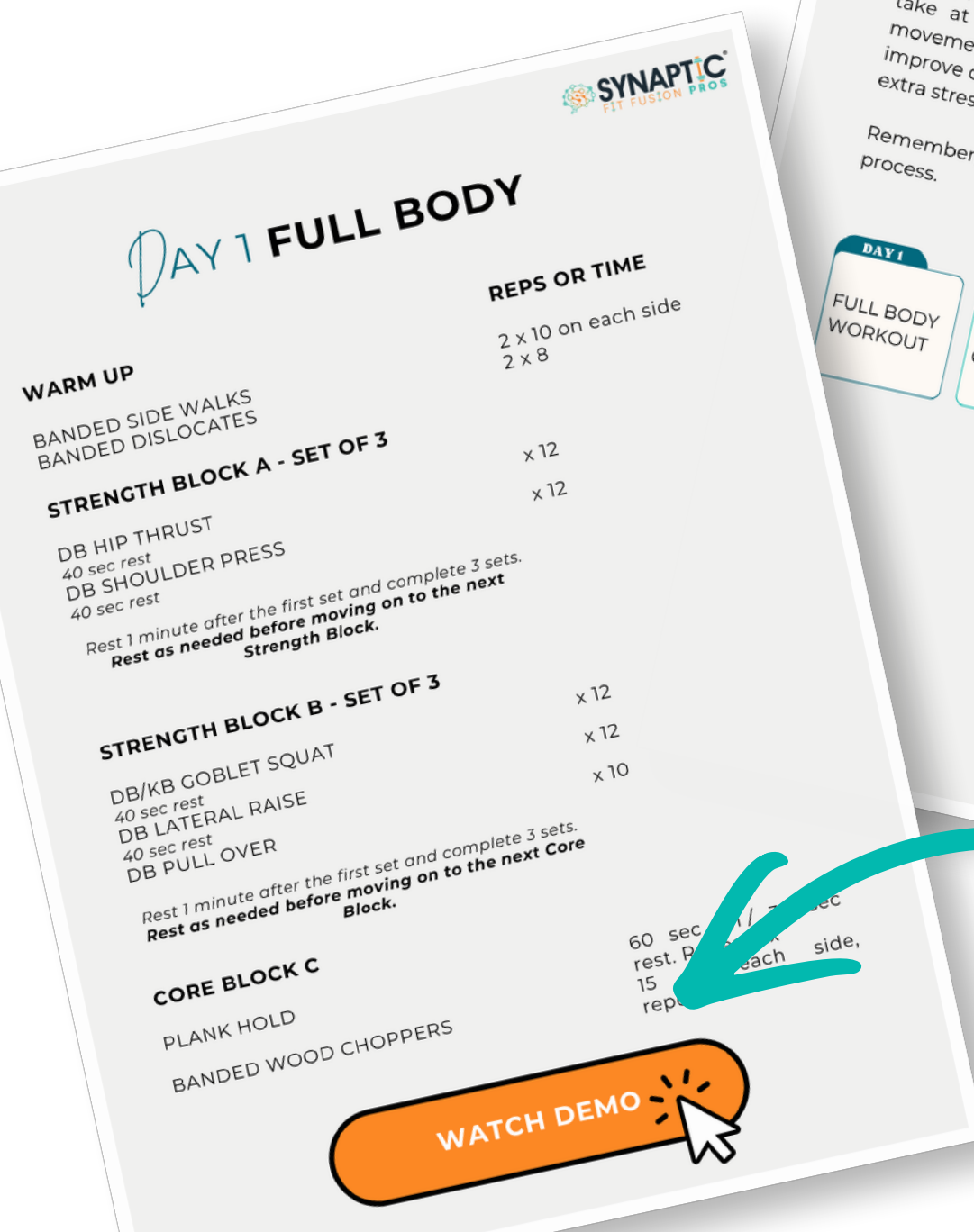
- ✓ 6 oz (170g) boneless, skinless chicken breast = ~38g
- ✓ 5 oz (140g) turkey breast + ½ cup (120g) Greek yogurt = ~35–37g
- ✓ 5 oz (140g) salmon + ½ cup (120g) cottage cheese = ~36g
- ✓ 1 can tuna + 3 eggs = ~40g
- ✓ 4 oz (113g) lean beef + 2 eggs = ~37g
- ✓ 1 scoop whey protein + 200g Greek yogurt = ~40g

Plant-Based Options

- ✓ 8 oz (225g) tofu + 1 cup (155g) edamame = ~42g
- ✓ 3.5 oz (100g) tempeh + 1 cup (200g) lentils + nutritional yeast = ~35–38g
- ✓ Vegan protein shake (2 scoops) + 1 cup edamame = ~38g

StrongHER Formula

Each workout has its own page for easy navigation. At the bottom of each page, click the link to view the exercise demos and guidance on proper technique.



DAY 1 FULL BODY

WARM UP

- BANDED SIDE WALKS
- BANDED DISLOCATES

STRENGTH BLOCK A - SET OF 3

EXERCISE	REPS OR TIME
DB HIP THRUST	2 x 10 on each side
DB SHOULDER PRESS	2 x 8

Rest 1 minute after the first set and complete 3 sets.
Rest as needed before moving on to the next Strength Block.

STRENGTH BLOCK B - SET OF 3

EXERCISE	REPS OR TIME
DB/KB GOBLET SQUAT	x 12
DB LATERAL RAISE	x 12
DB PULL OVER	x 10

Rest 1 minute after the first set and complete 3 sets.
Rest as needed before moving on to the next Core Block.

CORE BLOCK C

EXERCISE	REPS OR TIME
PLANK HOLD	60 sec
BANDED WOOD CHOPPERS	15 sec rest. 15 sec work each side, repeat

WATCH DEMO



WORKOUT CALENDAR

This is a suggested workout calendar designed to help balance among strength training, recovery, and consistency between your strength sessions, you can either rest depending on your energy levels and recovery.

To support muscle growth, joint health, and long-term progress, take at least one full rest day each week. On recovery days, movement such as walking, Yoga, stretching, or mobility work can improve circulation, reduce stiffness, and support recovery without extra stress on the body.

Remember, recovery is not time off from your progress; it's a process.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
FULL BODY WORKOUT	REST DAY OR CARDIO	LOW BODY WORKOUT	REST DAY OR CARDIO	FULL BODY WORKOUT	UPPER BODY WORKOUT	REST DAY

**Clickable
links within
the PDF.**

DAY 1 FULL BODY

WARM UP

BANDED SIDE WALKS
BANDED DISLOCATES

REPS OR TIME

2 x 10 on each side
2 x 8

STRENGTH BLOCK A - SET OF 3

DB HIP THRUST

x 12

40 sec rest

DB SHOULDER PRESS

x 12

40 sec rest

Rest 1 minute after the first set and complete 3 sets.

Rest as needed before moving on to the next Strength Block.

STRENGTH BLOCK B - SET OF 3

DB/KB GOBLET SQUAT

x 12

40 sec rest

DB LATERAL RAISE

x 12

40 sec rest

DB PULL OVER

x 10

Rest 1 minute after the first set and complete 3 sets.

Rest as needed before moving on to the next Core Block.

CORE BLOCK C

TALL PLANK HOLD

60 sec on / 30 sec
rest. Repeat 2x

BANDED WOOD CHOPPERS

15 on each side,
repeat 2x

[WATCH DEMO](#)



DAY 2

REST OR CARDIO



DAY 3 LOW BODY

WARM UP

LEG SWINGS - FRONT & SIDE
BUTTERFLY STRETCH

REPS OR TIME

2 x 10 on each leg
2 x 20

STRENGTH BLOCK A - SET OF 3

DB DEADLIFT

40 sec rest

DB REVERSE LUNGES

40 sec rest

x 15

x 12 on each leg

Rest 1 minute after the first set and complete 3 sets.

Rest as needed before moving on to the next Strength Block.

STRENGTH BLOCK B - SET OF 3

SINGLE LEG FOOT ELEVATED GLUTE BRIDGE

40 sec rest

DB RDL

40 sec rest

SEATED BANDED HIP ABDUCTION

x 10 on each leg

x 12

x 10

Rest 1 minute after the first set and complete 3 sets.

Rest as needed before moving on to the next Strength Block.

SUPERSET C - SET OF 2

STANDING CALF RAISES

SIT UPS

x 12

x 15

[WATCH DEMO](#)



DAY 4

REST OR CARDIO



DAY 5 FULL BODY

WARM UP

BODY WEIGHT SPLIT SQUATS
CABLE OR BANDED FACE PULLS

REPS OR TIME

2 x 8 on each leg
2 x 10

STRENGTH BLOCK A - SET OF 3

DB MILITARY PRESS
40 sec rest
DB BULGARIAN SPLIT SQUATS
40 sec rest

x 15
x 12 on each leg

*Rest 1 minute after the first set and complete 3 sets.
Rest as needed before moving on to the next Strength Block.*

STRENGTH BLOCK B - SET OF 3

DB FLAT BENCH PRESS
40 sec rest
DB LYING LEG CURL
40 sec rest
DB KNEELING BACK ROW

x 12
x 12
x 8 on each side

*Rest 1 minute after the first set and complete 3 sets.
Rest as needed before moving on to the next Core Block.*

CIRCUIT C - SET OF 2

BANDED DB GLUTE BRIDGE
DB HAMMER CURL
PLANK LEG LIFTS

x 15
x 10
60 sec

Complete the exercises with minimal rest in between. Rest 40 seconds after the first set and complete 2 sets.

WATCH DEMO



DAY 6 UPPER BODY

WARM UP

DB EXTERNAL ROTATORS
PULL APARTS

REPS OR TIME

2 x 10
2 x 10

STRENGTH BLOCK A - SET OF 3

PUSHUPS

x 10

40 sec rest

DB ARNOLD PRESS

x 12

40 sec rest

DB TRICEP EXTENSIONS

x 12

40 sec rest

Rest 1 minute after the first set and complete 3 sets.

Rest as needed before moving on to the next Strength Block.

STRENGTH BLOCK B - SET OF 3

DB PEC FLY

x 12

40 sec rest

DB REAR DELT FLY

x 12

40 sec rest

DB FRONT RAISE

x 10

Rest 1 minute after the first set and complete 3 sets.

Rest as needed before moving on to the next Core Block.

CORE BLOCK C

REVERSE CRUNCHES

x 15

BICYCLE TWISTS

x 16

[WATCH DEMO](#)



DAY 7

REST



DAY 2 OR 4 CARDIO

This session will take approximately 27 minutes to complete.

CIRCUIT A & B: Set a 10-minute timer. Complete **10 reps of each exercise**, and repeat the circuit continuously with no rest until the timer ends (AMRAP = AS MANY ROUNDS AS POSSIBLE).

Use heavy weights: Choose a weight that allows you to complete all 10 reps with good form, but the last few reps should feel challenging.

WARM UP

JUMPING JACKS
SHOULDER CIRCLES

REPS OR TIME

40 seconds
5 Backward & 5 Forward

CIRCUIT A - AMRAP

10 minutes

DB FLOOR CHEST PRESS
INCHWORM PLANK JACKS
DB BICEP CURL TO OVERHEAD PRESS
DB SUMO DEADLIFT
DB SIT-UPS

Rest 1 minute before the next circuit!

CIRCUIT B - AMRAP

10 minutes

DB REVERSE LUNGES
FOREARM PLANK TO HIGH
BANDED SQUAT JUMPS
BANDED BRIDGE & SKULL CRUSHER
DB THRUSTER

Rest 1 minute before the finisher!

FINISHER

4 minutes

KETTLEBELL SWINGS
BICYCLE TWISTS

[WATCH DEMO](#)



MEET YOUR COACHES

Coach Zita

Fitness and Nutrition Coach

I am here to help you figure out exactly what foods to eat to achieve your fat loss goals and design a movement plan that supports your body's needs.



Coach Terry

Neuro - Psychology and Body Image Coach

Using neuroscience, I am here to help you rewire emotional eating, break through self-sabotage, and shift the deep-rooted patterns keeping you stuck, because fat loss or body transformation isn't just physical, it's mental and emotional, too.



MEET **YOUR COACHES**

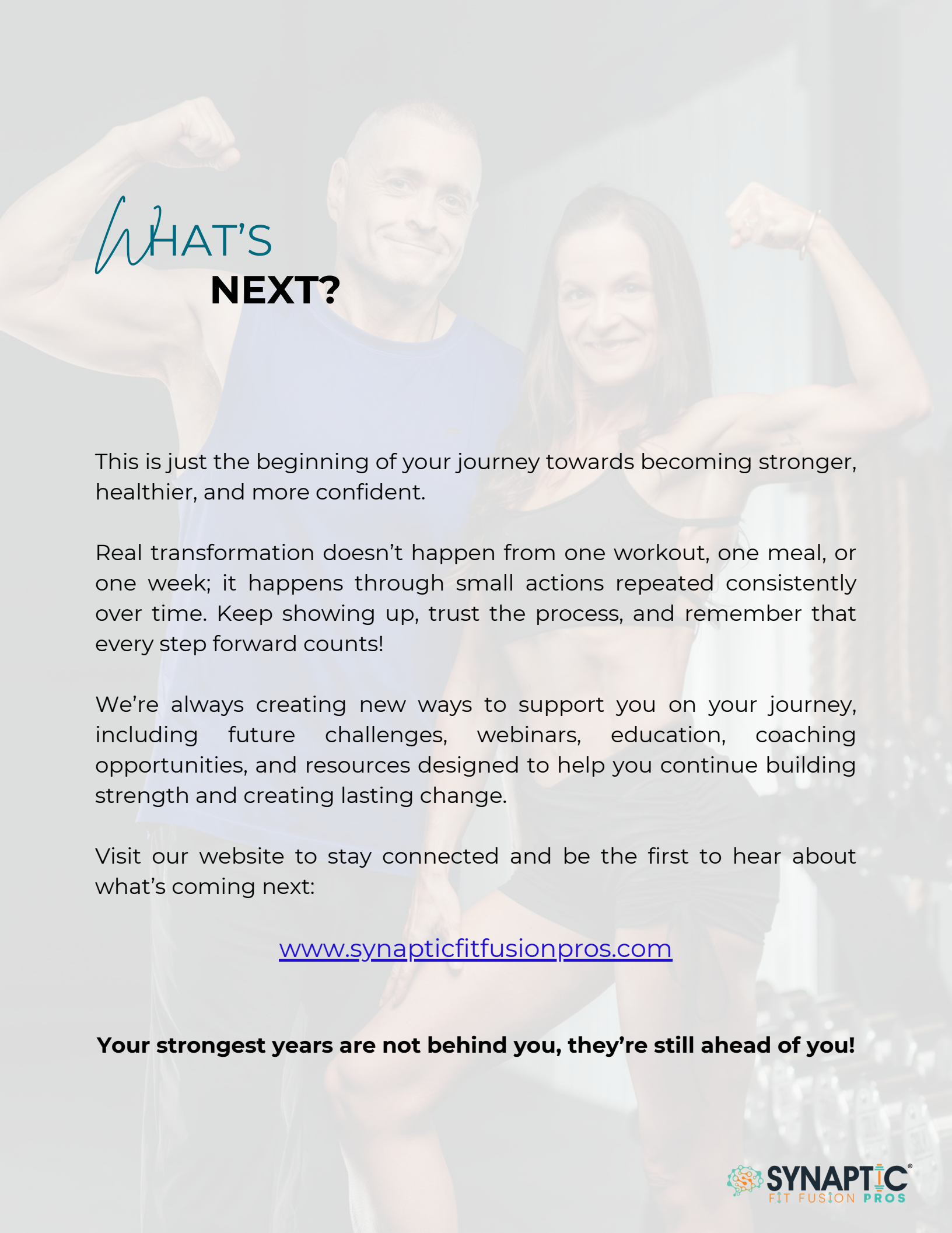
We believe women over 40 deserve to feel strong, confident, energised, and capable in their bodies. Too often, this stage of life is seen as a time to simply accept slowing down, losing strength, or feeling less like yourself, but we believe the opposite. Midlife can be a powerful opportunity to become stronger than ever, physically and mentally.

For over a decade, we have been helping people transform their health through a holistic approach that goes beyond workouts and meal plans

We combine smart strength training with neuropsychology and neuro-nutrition, recognising that lasting change is not just about what you do, but understanding why you do it. By supporting both the body and the brain, we help improve mindset, build healthier habits, strengthen the relationship with food, and create sustainable change that lasts.

Our goal is not simply to help you lose weight; it's to help you build strength, increase energy, improve confidence, and create a healthier lifestyle that supports you for years to come.



A man and a woman are flexing their biceps in a gym setting. The man is on the left, wearing a blue tank top, and the woman is on the right, wearing a black sports bra and shorts. They are both smiling and looking towards the camera. The background is slightly blurred, showing gym equipment.

WHAT'S NEXT?

This is just the beginning of your journey towards becoming stronger, healthier, and more confident.

Real transformation doesn't happen from one workout, one meal, or one week; it happens through small actions repeated consistently over time. Keep showing up, trust the process, and remember that every step forward counts!

We're always creating new ways to support you on your journey, including future challenges, webinars, education, coaching opportunities, and resources designed to help you continue building strength and creating lasting change.

Visit our website to stay connected and be the first to hear about what's coming next:

www.synapticfitfusionpros.com

Your strongest years are not behind you, they're still ahead of you!