

Strength starts here:

A BEGINNER'S GUIDE TO HOME WEIGHT TRAINING FOR WOMEN 40+



Includes 2 FREE training
sessions + Nutrition guide



Kelly Jarvis Fitness

OPTIMISE FUNCTIONALITY

Why Weight Training Is Essential After 40

As we age, our bodies naturally lose muscle mass, leading to reduced strength and a slower metabolism. Weight training helps counteract these effects, offering benefits such as:

- Increased Bone Density: Reduces the risk of osteoporosis.
- Improved Metabolism: Supports weight management.
- Better Joint Health: Strengthens muscles that support your joints.
- Boosted Mood and Energy Levels: Releases endorphins and combats fatigue.



Approximately 1 in 2 women over the age of 50 will experience a bone fracture due to osteoporosis in their lifetime



Common myths about women & weight training

1. Weight training makes women bulky
The Truth: Women have lower testosterone levels than men, making it unlikely to build large, bulky muscles. Instead, weight training tones and strengthens your body

2. Cardio is better for weight loss than weight training

The Truth: While cardio has benefits of its own, and should be included in a well-balanced fitness regime, weight training primes muscle tissue for optimal fat burning. Healthy muscles are fat burning factories.

3. Weight training is unsafe for older women

The Truth: When done correctly, weight training is one of the safest and most effective ways to improve bone density, joint health, and overall strength, especially as you age.

Bodyweight exercises and minimal equipment are sufficient to build strength and improve fitness at home.



NB!

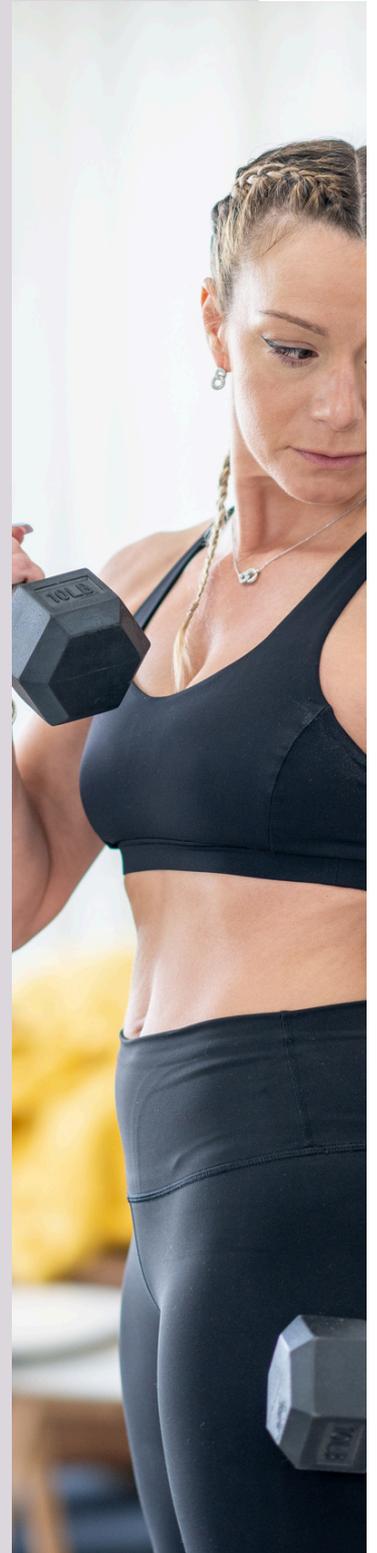
A strong core over 40 is essential! Good weight training programmes are centred around improving and maintaining core function and stability. This is especially important to prevent injury, improve posture and enhance overall balance & coordination

Benefits of Weight Training for Peri-, Menopausal, and Post-Menopausal Women

- **Hormonal Balance:** Weight training helps mitigate some symptoms of hormonal changes, such as mood swings and fatigue.
 - **Bone Health:** It's crucial during menopause, as the risk of osteoporosis increases. Weight-bearing exercises strengthen bones and reduce this risk.
 - **Improved Body Composition:** Helps counteract the natural loss of muscle mass and increase in body fat that can occur during and after menopause.
 - **Enhanced Quality of Life:** Boosts energy, reduces stress, and improves overall physical and mental well-being.
-

Why Bodyweight Exercises and Minimal Equipment Are Perfect for Beginners

1. **Low Risk of Injury:** Bodyweight movements teach proper form and control without overloading your joints.
2. **Convenience:** You can work out anywhere—at home, in a park, or while traveling
3. **Affordability:** Minimal equipment, like resistance bands or a pair of dumbbells, is inexpensive and versatile.



“You must strength train to maintain your muscles. Lift heavy weight. Aim to do some strength training an average of 2 or 3 days a week.”

– Dr Stacy Sims

Why choose my programmes?

Time saving

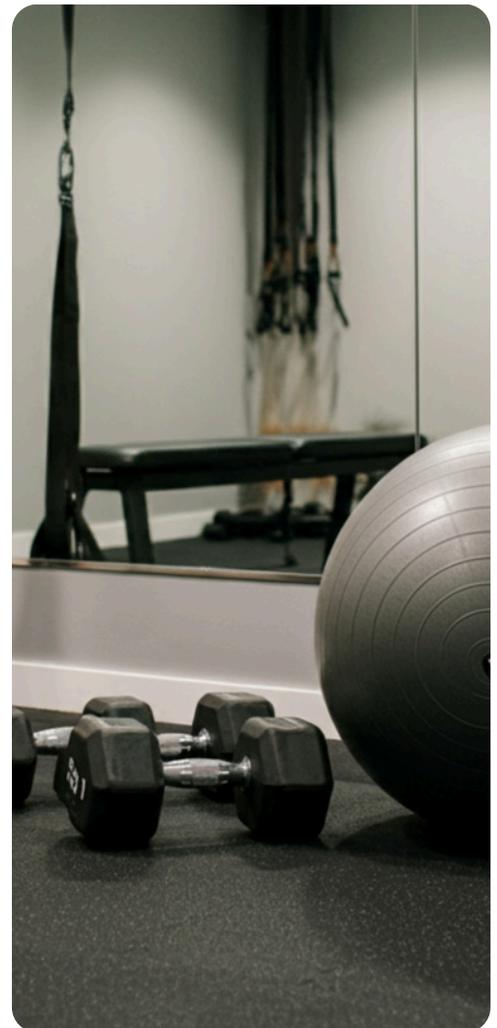
My simple circuits only take between 15 - 30 minutes to complete. Stay consistent 2 - 3 days a week and results are guaranteed!

Full body workouts

Each workout is crafted to hit every major muscle group & emphasize core engagement.

Functional longevity

These workouts will ensure you will be able to carry out your daily tasks with comfort and ease at any age.



Let's Go!

Now it's time to get your home gym set up and ready for your first workout!

Below is a list of the equipment you'll need. Everything can easily be found at very reasonable prices online or at your nearest sporting goods store.

Don't forget your nutrition guide - your body cannot build lean mass out of nothing, therefore it is important that you include the correct nutritional building blocks in your meals every day.





HOME GYM

EQUIPMENT

01



suspension trainer

No need for anything fancy. Many equipment brands that produce suspension trainers cater for home gyms. A door anchor is included in the kit if you don't have any wall space for an attachment.

dumbbell kit

Look for a kit that adds up to at least 20kg. These kits come packaged in a case, making storage and transport easy.



02



03



resistant band loops

Resistance bands come in many shapes and sizes, but the loops are the most versatile. Look for a light resistance and a medium resistance. If you like, you can purchase a kit, like the one shown in the picture.

04



exercise ball

Make sure you get a 65cm ball, or if you're tall (1,7m +) then perhaps a bigger one will work better. A pump is usually included in the purchase.



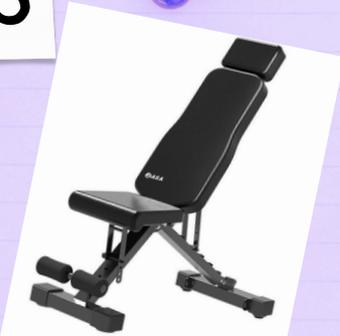
05

Mat

A comfortable mat makes a big difference. Usually a standard yoga mat is too thin, especially for exercises that require weight on the knees or elbows.



06



adjustable bench

A bench is an optional piece of equipment for beginners. If you prefer not to add one for now, not to worry, you can substitute with a chair. If you opt in to getting a bench, make sure it is fully adjustable for maximum versatility.



THE LEAN MUSCLE MASS

NUTRITION PROTOCOL

Fueling Strength Training

Strength training puts stress on muscles, which need proper nutrition to recover, grow, and become stronger. The right nutrition ensures that the body can perform at its best and help manage hormonal fluctuations.

Protein: The Building Block of Muscle

How Much Protein Do You Need?

It is recommended that women over 40 aim for 1.6 to 2.2 grams of protein per kilogram of body weight per day, especially if they are training regularly. This amount supports muscle growth, repair, and maintenance.

Opt for protein-rich foods that are also nutrient-dense. Some examples include:

- Lean meats (chicken, turkey)
- Fish (salmon, tuna)
- Eggs
- Plant-based proteins
- Dairy products

Consume protein within 30 - 45 minutes after a workout to enhance muscle repair and recovery



Vegetarian options include:

- Lentils
- Chickpeas
- Tofu
- Tempeh
- Greek Yogurt
- Edamame beans
- Cottage Cheese
- Nuts and Seeds (e.g., Almonds, Pumpkin Seeds, Chia Seeds)



Carbohydrates: Fuel for Workouts and Recovery

Why Carbs Are Important

Carbohydrates are the body's primary source of energy. For women over 40 who engage in strength training, carbs provide the necessary fuel for intense workouts and aid in recovery.

Choosing the Right Carbs

Focus on complex carbohydrates like whole grains, fruits, vegetables, and legumes. These provide sustained energy and prevent blood sugar spikes. Examples include: Brown rice, sweet potatoes, oats, whole-wheat pasta, berries and apples.

Recommended Intake

3-5 grams per kilogram of body weight per day

Eat a small amount of carbs before training (about 30-60 minutes) to fuel the session. Post-workout, a balanced meal with protein and carbs aids in recovery and replenishes glycogen stores.

Healthy Fats: Supporting Hormonal Health

The Role of Fats

Fats are essential for hormone production, including the production of testosterone, which is important for muscle repair and growth. Healthy fats also support overall energy levels.

Sources of Healthy Fats

Include sources of omega-3 fatty acids and monounsaturated fats in your diet, such as:

- Fatty fish (salmon, sardines)
- Nuts and seeds (almonds, chia seeds)
- Avocados
- Olive oil
- Flaxseed and chia seeds

Recommended Intake

1-1.5 grams per kilogram of body weight per day.

How Much Water Do You Need?

Aim for around 2.7 liters of water per day, adjusting based on activity level and climate. You may need more during or after intense workouts. Consider adding electrolytes to your water if you sweat heavily during training.



Proper hydration is critical for muscle function, recovery, and joint health. Dehydration can impair performance and increase the risk of injury.

Micronutrients: necessary or not?

An intake of the correct vitamins and minerals can support training, bone health, and recovery. However, not everyone needs to supplement with micronutrients. It is advised to first check with your doctor whether supplementation is necessary. She/he will be able to advise the necessary tests.

The following have shown to be beneficial to women over 40

- Vitamin D: Vital for calcium absorption and bone health. Get it from sunlight, fortified foods, or supplements.
- Calcium: Important for bone density, which may decrease with age.
- Magnesium: Supports muscle function and recovery.
- Iron: Essential for energy production, especially for women who may have low iron levels or who prefer a vegan/vegetarian eating plan.



Aim for a diet rich in colorful vegetables, fruits, and whole grains to get a variety of micronutrients. Supplements can be considered if deficiencies are identified.

Supplements: What to Consider

Protein Powder

A high-quality protein powder can be a convenient way to meet your protein goals, especially post-workout. Look for powders with minimal additives.

Creatine

Creatine is beneficial for women who want to increase strength and power. It helps improve performance in high-intensity training and promotes muscle growth. It has also been linked to enhanced mood, brain and gut health.

Omega-3s

If you're not consuming enough fatty fish, an omega-3 supplement (from fish oil or algae) can support muscle health, reduce inflammation, and improve overall well-being.

BCAAs (Branched-Chain Amino Acids)

BCAAs, particularly leucine, play a key role in muscle protein synthesis and can help reduce muscle soreness and fatigue, making them a useful supplement for recovery in women who strength train.

Vitamin D3

Vitamin D3 is essential for bone health, immune function, and muscle strength, particularly in postmenopausal women who are at a higher risk for bone density loss. Aim for 1,000-2,000 IU daily or as recommended by your healthcare provider, especially if sun exposure is limited.

Supplements can complement a well-balanced diet, but whole foods should always be the foundation

Sample meal plan

breakfast

Protein-Packed Scramble with Toast

- 2 large eggs
- 100g tofu (crumbled)
- 1 cup spinach (chopped)
- ¼ cup cherry tomatoes (halved)
- 1 slice whole-grain toast
- 1 tsp olive oil for cooking
- Optional: Sprinkle with chili flakes or a dash of soy sauce for flavour.



Instructions:

1. Heat olive oil in a pan, sauté spinach and cherry tomatoes until softened.
2. Add crumbled tofu and eggs, scrambling together until cooked through.
3. Serve with a slice of whole-grain toast.

lunch

Lentil and Quinoa Power Bowl

- ½ cup cooked quinoa
- ½ cup cooked lentils
- 1 cup roasted vegetables (e.g., zucchini, sweet potato, red bell peppers)
- 1 cup mixed greens
- 1 tbsp olive oil
- ½ lemon (juice)



Instructions:

1. Assemble quinoa, lentils, roasted vegetables, and greens in a bowl.
2. Drizzle with olive oil and lemon juice for a simple dressing.

Dinner

Baked fish with Sweet Potato and Broccoli

- 120g fish fillet
 - 1 medium sweet potato (sliced)
 - 1 cup broccoli florets
 - 1 tsp olive oil
 - Optional: Season salmon with garlic, lemon, and herbs.
-
- Instructions:
 - Preheat oven to 200°C (400°F). Place sweet potato slices and broccoli on a baking tray, drizzle with olive oil, and bake for 20 minutes.
 - Add salmon to the tray and bake for another 12-15 minutes or until cooked through.



Snack

Protein Smoothie

- 1 cup unsweetened almond milk
 - ½ frozen banana
 - 1 scoop plant-based or whey protein powder
 - 1 tbsp peanut butter
-
- Instructions:
 - Blend all ingredients until smooth.



Use any nutrition tracker app to easily determine your daily nutritional needs & help you track



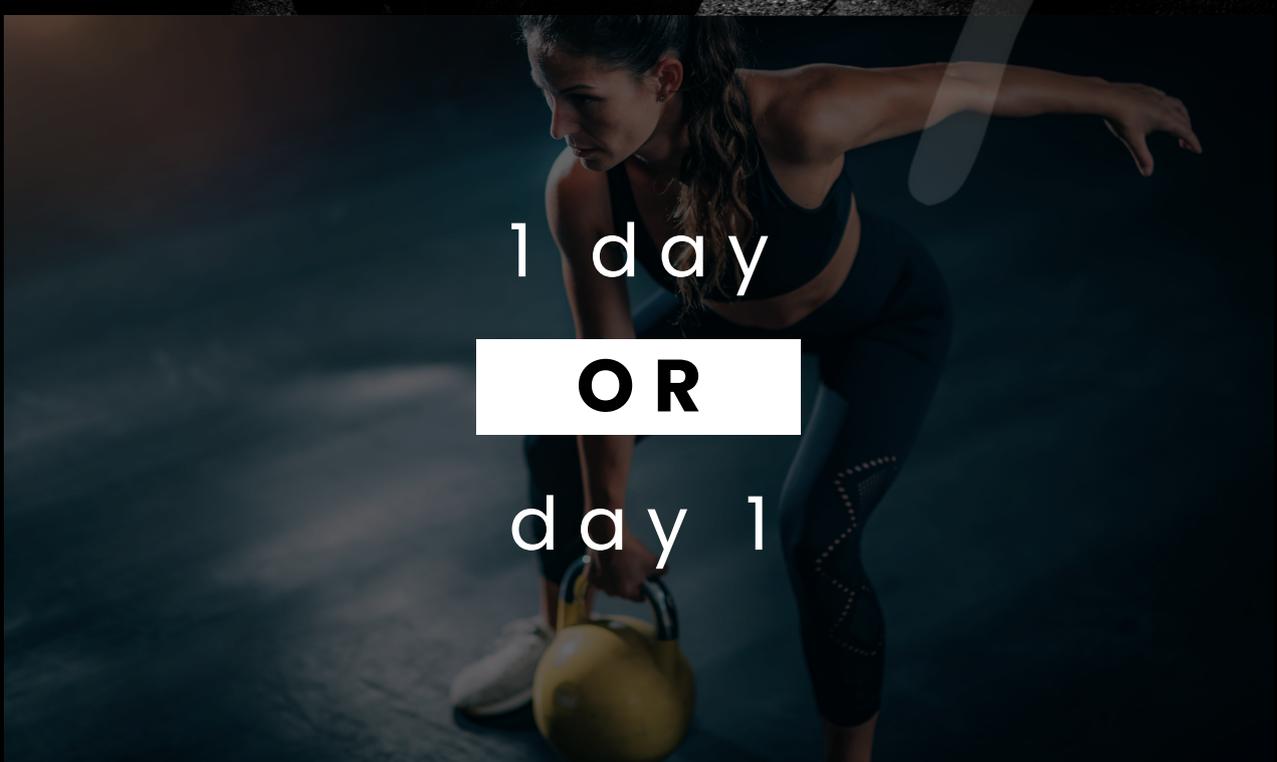


—
**Home
Workout.**



1 day

OR



day 1

HOME WEIGHT TRAINING SESSION 1



WARM UP

- foam rolling x 10 min
- cat stretches x 10 reps
- side lying rotations x 10 reps p/side
- hip bridges x 15 reps
- prone cobra lifts x 15 reps

CIRCUIT 1

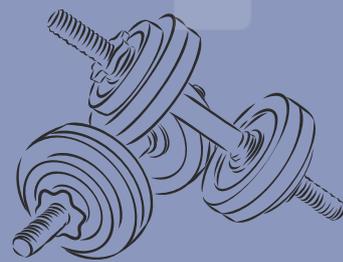
- wall sit + DB bicep curls x 12 reps
- hip bridge hold + DB chest presses x 10 reps
- bicycle crunches x 20 total

x 3 rounds

CIRCUIT 2

- assisted goblet squat x 10 reps
- push-ups x 10 reps
- scissors toe taps x 20 total

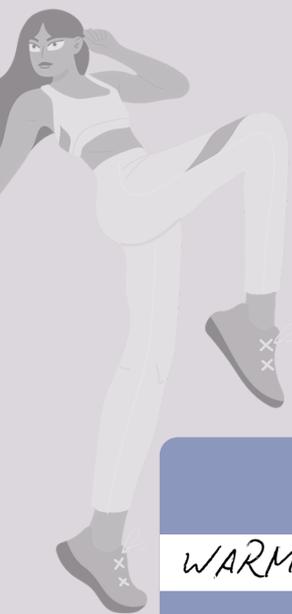
x 3 rounds



NOTES

See page 2!





HOME WEIGHT TRAINING SESSION 2

WARM UP

- foam rolling x 10 min
- cat stretches x 10 reps
- side lying rotations x 10 reps p/side
- hip bridges x 15 reps
- prone cobra lifts x 15 reps

CIRCUIT 1

- suspension trainer squat to row x 12 reps
- single leg hip bridge + DB press x 10 p/side
- bicycle crunches x 20 total

x 3 rounds

CIRCUIT 2

- suspension trainer lunges x 10 p/leg
- high plank shoulder taps x 20 total
- double leg lift & lower x 15

x 3 rounds



NOTES

- DB = dumbbell
- make sure you use a challenging enough weight, i.e. the last 2 reps of the set feel especially challenging
- check out my Youtube channel for exercise videos!

hi, I'm Kelly



After completing an Honours degree in Sport Science and qualifying as a Pilates instructor in 2011, I've helped hundreds of people enhance their core strength, fitness, and overall physical capacity. Over the years, I've continually expanded my knowledge by attending a wide variety of workshops and courses, deepening my understanding of what it takes to create effective, science-backed programs for functional longevity.

I have a particular passion for working with women—especially those over 40—supporting them through life's transitions with training that empowers, educates, and builds lasting confidence in their bodies.



For more information, freebies and programs, head over to www.kellyjfitness.com or check out my Instagram or Youtube page at [kellyjarvisfitness](https://www.instagram.com/kellyjarvisfitness)