PRINTABLE 4-WEEK PLAN FOR WOMEN 40+

# 28-Day Menopause Belly Workout

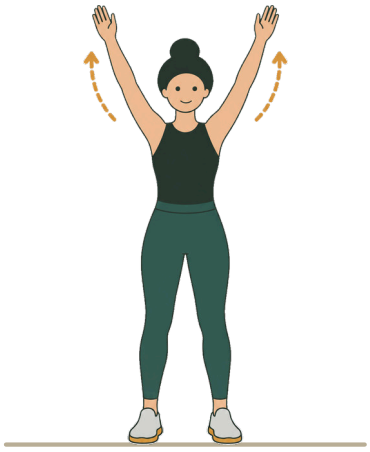
Core strength, posture, strength training and daily habits. 15 to 30 minutes a day. No crunches, no gimmicks, no false promises.



**16 illustrated moves**



**3 short workouts**



**Habit + check-in trackers**

**26 pages** | **Letter + A4** | **Free bonus emails**

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START HERE

# Welcome to your 28 days

Hi, I'm Coach Luke. I've coached for more than 20 years, and the question I hear most from women in their 40s and 50s is: *"Why is my belly changing when nothing else has?"*

This plan is my honest answer. It won't promise a flat stomach in two weeks. It will give you a stronger core, better posture, real strength in your legs, back and arms, and a handful of daily habits that move the needle on your midsection over time. All in 15 to 30 minutes a day, at home.

## What's inside


- **The honest truth** about menopause belly and what actually helps (p.3)
- **Safety + setup**, including pelvic floor tips (p.4) and breathing basics (p.5)
- **16 illustrated moves** with step-by-step cues, Easier and Harder options (p.6-13)
- **3 short workouts**: Core 10, Strength circuit and a 5-minute Posture Reset (p.14)
- **5 daily belly habits** for steps, protein, sleep, fiber and stress (p.15)
- **Check-in** on Day 1, 14 and 28 (p.16), **calendar** (p.17) and **weekly plans** (p.18-21)
- **Poster** of all 16 moves (p.22), **habit tracker** (p.23), **Weeks 5-8** (p.24) and a certificate (p.25)
- **Free bonus:** 28 daily coaching emails from me (scan the code on p.26)


### You need

A mat or rug, a sturdy chair, a kitchen counter and a pair of light dumbbells (5-12 lb). Water bottles work to start.

### Time

Strength days 20-30 min. Core days 12-18 min plus a walk. Posture Reset 5 min.

### Level

Beginner-friendly. Every move has an Easier and a Harder option, so it grows with you.

**How to use it:** print the calendar (p.17) and the habit tracker (p.23), stick them on the fridge, and do today's box. That's it. Missed a day? Pick up where you left off. Consistency beats perfection.

READ THIS FIRST

# The honest truth about menopause belly

## Why the middle changes

As estrogen drops through perimenopause and menopause, the body tends to store more fat around the middle instead of the hips and thighs. Many women also lose muscle faster after 40, and sleep and stress often get harder. None of this is your fault, and none of it is permanent.

## What doesn't work

No exercise burns fat from one spot. Hundreds of crunches won't melt belly fat, and neither will a tea, a wrap or a "belly-burning" pill. Anyone promising that is selling you something.

## What does help (and what this plan does)

- **Strength training 3 times a week** to keep and build muscle, the engine that burns energy all day.
- **A strong, supportive core** so your midsection feels firmer and your back feels better.
- **Better posture.** Standing tall changes how your belly looks in the mirror more than you'd think.
- **Daily walking**, one of the most underrated tools for overall fat loss and blood sugar.
- **Protein, fiber, sleep and stress care**: the habits that decide what happens to body fat over time.

## What to expect in 28 days

- A stronger core and longer plank holds
- Standing taller and moving with more ease
- Easier stairs, carrying and getting up
- A routine you actually keep

## About the scale and tape

Waist changes vary from woman to woman and take longer than four weeks to show. Track strength, energy and how clothes fit as well. If they move in the right direction, you're on track.

Want faster changes in body fat? The workouts and habits here pair with a steady eating plan built on whole foods and enough protein. Start where you are; small steps add up.

BEFORE YOU START

# Safety, pelvic floor + setup

### Check with your doctor first

If you have a heart condition, high blood pressure, osteoporosis, a recent injury or surgery, or you're new to exercise, get the OK from your doctor before you begin. Stop any move that causes sharp pain, dizziness or chest discomfort.

### Pelvic floor first

- Breathe out on the effort part of every move. Never hold your breath.
- If you notice leaking, a feeling of heaviness, or a ridge or "dome" along the middle of your belly during a move, use the Easier option or skip it.
- If that keeps happening, a pelvic floor physical therapist can help a lot. It's common and very treatable.

### Joints + bones

- Knees: use the chair and a shorter range on squats and split squats.
- Back: keep the low back steady on floor moves. Smaller range is fine.
- Bone health: strength training is great for bones. If you have osteoporosis, ask your doctor about forward bending and loaded moves.

### Your space

A clear 6 x 4 ft spot, a mat or rug, and a wall you can stand against.

### Your chair + counter

A sturdy chair without wheels, pushed against a wall. A kitchen counter that won't move.

### Your weights

Start light (5-8 lb). You should finish each set with 2-3 good reps left.

**The 2-hour rule:** a little muscle soreness the next day is normal. Joint pain, or pain that lasts more than 2 hours after a workout, means ease off: smaller range, lighter weight, or the Easier option.

THE BASICS

# Breathe, brace + read the pictures

### 360 breathing (1 minute)

Lie on your back, knees bent, hands around your lower ribs.

1. Breathe in through your nose. Feel your ribs widen into your hands, front, sides and back.
2. Breathe out slowly through pursed lips, like blowing through a straw. Feel your ribs knit down and your lower belly gently draw in.
3. Repeat 5 slow breaths. You'll use this exhale in every move.

### Your brace

Before each rep: tall spine, ribs stacked over hips, a gentle squeeze of your belly as if zipping up snug jeans. About 30 percent effort, not a full clench. Keep breathing through it.

**The rule:** breathe out on the hard part (the lift, the reach, the press). Breathe in on the easy part.

### How to read the pictures

Each move shows the **finish position**, or the **bottom position** on squats, push-ups and deadlifts. The amber arrow shows the direction of movement.

### How hard should it feel?

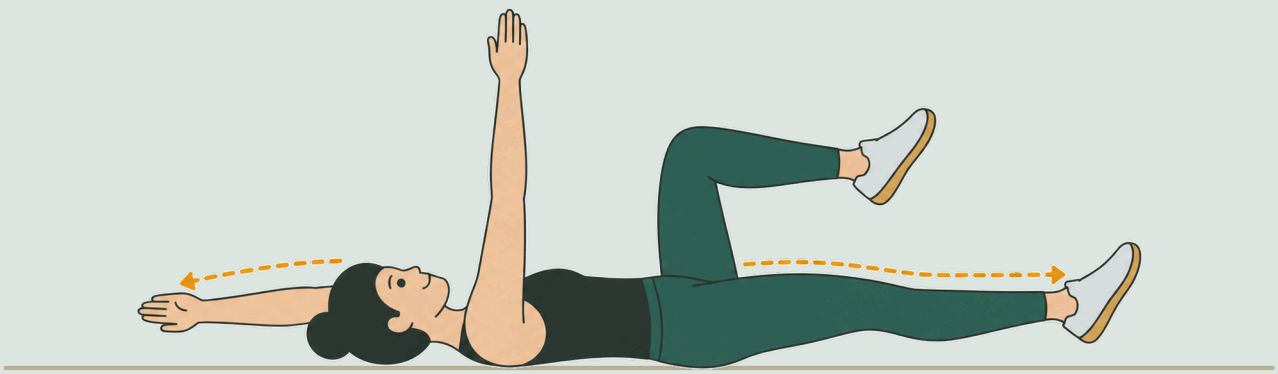
| Effort | What it feels like |
|---|---|
| 4-5 / 10 | Warm-up. You could chat easily. |
| 6-7 / 10 | **Your target.** Working, but form stays clean. |
| 8+ / 10 | Too hard for now. Pick the Easier option. |

### Warm up every time (3 minutes)

March in place 60 seconds • 10 arm circles each way • 10 slow hip hinges, hands on thighs • 5 chair sit-to-stands • 5 rounds of 360 breathing.

# The 16 moves

FINISH POSITION



## 01 Dead Bug

DEEP CORE

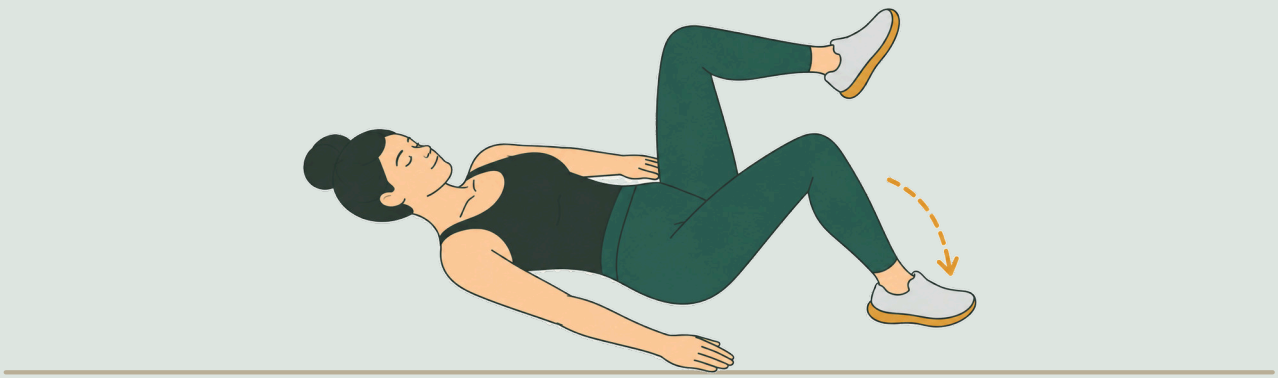
1. Lie on your back. Knees over hips at 90 degrees, arms reaching to the ceiling.
2. Exhale and draw your ribs down so your low back stays heavy on the mat.
3. Slowly reach one arm overhead and the opposite leg long. Return, then switch sides.

**Coach cue:** *Only move as far as your low back stays down.*

**EASIER**
Move only the legs

**HARDER**
3-second reach, pause at the end

FINISH POSITION



## 02 Toe Taps

LOWER CORE

1. Start in tabletop: knees over hips, shins level, arms by your sides.
2. Exhale and lower one foot to tap the floor. Keep the knee bent.
3. Bring it back to tabletop and switch legs.

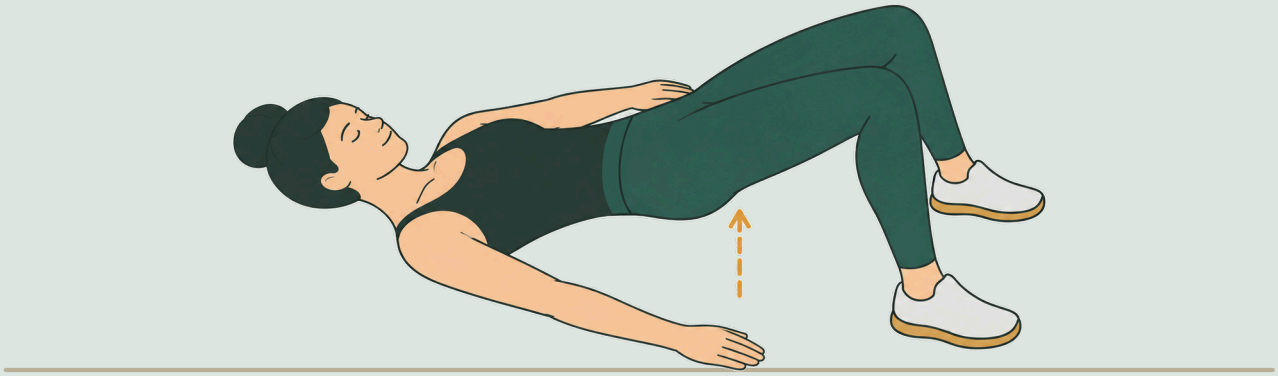
**Coach cue:** *Slow is the point. If your back arches, shorten the tap.*

**EASIER**
Keep one foot on the floor

**HARDER**
Tap both feet together

# The 16 moves

FINISH POSITION



## 03 Glute Bridge

GLUTES + CORE

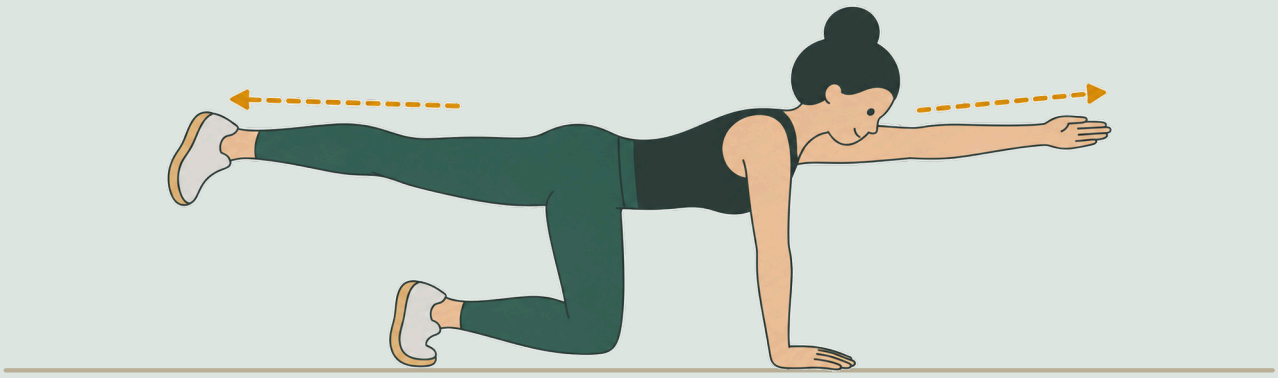
1. Lie on your back, knees bent, feet flat and hip-width apart.
2. Exhale, press through your heels and lift your hips until knees, hips and shoulders line up.
3. Pause 2 seconds at the top, then lower slowly.

**Coach cue:** *Squeeze your glutes, not your low back. Ribs stay down.*

**EASIER**
Smaller lift

**HARDER**
5-second hold, or one leg

FINISH POSITION



## 04 Bird Dog

CORE + BACK

1. Hands under shoulders, knees under hips, back flat.
2. Reach one arm forward and the opposite leg back until both are level with your body.
3. Pause, return with control, then switch sides.

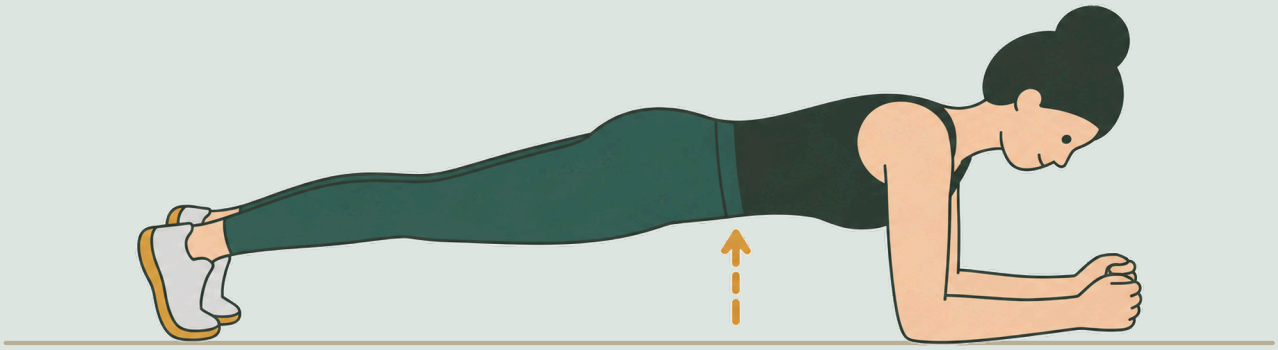
**Coach cue:** *Picture a cup of tea on your low back. Don't spill it.*

**EASIER**
Slide only the leg back

**HARDER**
3-second hold each rep

# The 16 moves

FINISH POSITION



## 05 Forearm Plank

FULL CORE

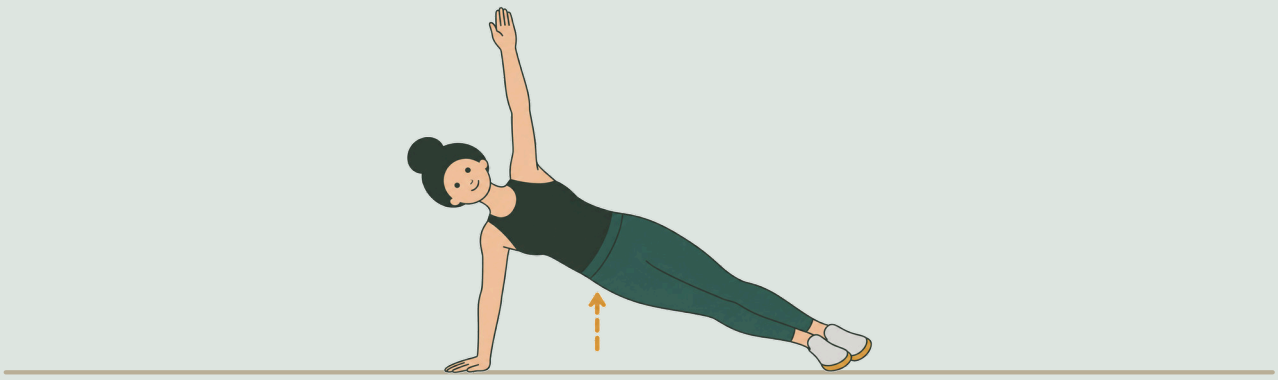
1. Forearms on the mat, elbows under your shoulders.
2. Start on your knees: one straight line from knees to head.
3. When that feels solid, lift onto your toes. Keep breathing the whole time.

**Coach cue:** *Push the floor away and tuck your tailbone a little.*

**EASIER**
Hands on a counter (incline)

**HARDER**
On toes, add 5 seconds a week

FINISH POSITION



## 06 Side Plank

SIDE CORE

1. Lie on your side, bottom hand under your shoulder (or drop to your forearm).
2. Stack or stagger your feet. Rest the top hand on your hip.
3. Exhale and lift your hips into a straight line. Reach the top arm up if you feel steady.

**Coach cue:** *Hips forward, not sagging back.*

**EASIER**
Bottom knee down

**HARDER**
Top arm up, longer hold

# The 16 moves

FINISH POSITION



## 07 Standing March

CORE + BALANCE

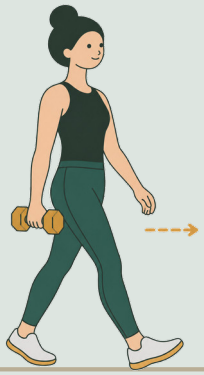
1. Stand tall with ribs stacked over hips. Use a wall or chair if you need it.
2. Lift one knee to hip height as the opposite arm swings forward.
3. Lower with control and switch sides.

**Coach cue:** *Stand taller as the knee rises. No leaning back.*

**EASIER**
Hold a chair, lower knee lift

**HARDER**
2-second pause at the top

FINISH POSITION



## 08 Suitcase Carry

CORE + GRIP + POSTURE

1. Hold one dumbbell (or a full grocery bag) at your side.
2. Stand tall, shoulders level, and walk slowly for 30 seconds.
3. Switch hands and repeat.

**Coach cue:** *Don't let the weight pull you sideways. Your core is the kickstand.*

**EASIER**
Lighter weight, shorter walk

**HARDER**
Heavier weight, 45 seconds

# The 16 moves

BOTTOM POSITION



## 09 Chair Squat

LEGS + GLUTES

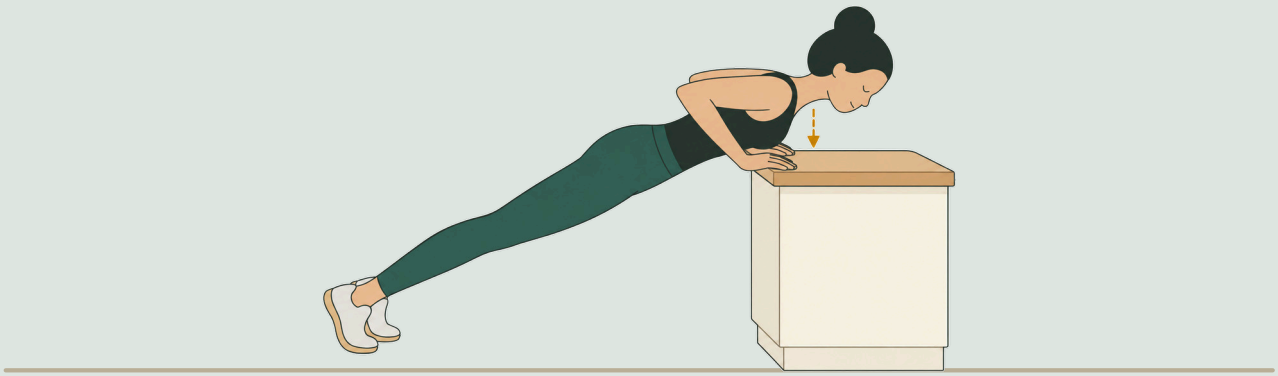
1. Stand in front of a sturdy chair, feet hip-width, arms forward.
2. Sit your hips back and down until you lightly touch the seat.
3. Drive through your whole foot to stand tall.

**Coach cue:** *Knees follow your toes. A light touch, no plopping.*

**EASIER**
Sit fully, then stand

**HARDER**
Hold a dumbbell at your chest

BOTTOM POSITION



## 10 Incline Push-Up

CHEST + ARMS + CORE

1. Hands on a sturdy counter, shoulder-width. Walk your feet back into one straight line.
2. Bend your elbows (about 45 degrees from your body) and lower your chest toward the edge.
3. Press back to straight arms.

**Coach cue:** *Move like a plank, not a wave.*

**EASIER**
Wall push-up

**HARDER**
Lower, sturdy surface

# The 16 moves

BOTTOM POSITION



## 11 Dumbbell Deadlift

HAMSTRINGS + GLUTES + BACK

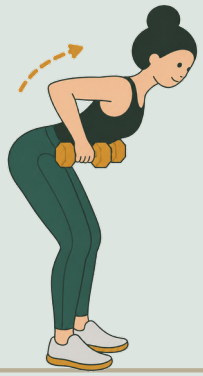
1. Stand tall with dumbbells in front of your thighs, knees soft.
2. Push your hips back and let the weights slide down your legs. Keep your back long.
3. Stop at a strong hamstring stretch, then drive your hips forward to stand.

**Coach cue:** *This is a hinge, not a squat. Long spine from head to tailbone.*

**EASIER**
No weights, hands on thighs

**HARDER**
3-second lowering

FINISH POSITION



## 12 Bent-Over Row

UPPER BACK + POSTURE

1. Hinge forward with a flat back, dumbbells hanging under your shoulders.
2. Pull your elbows back toward your hips and squeeze your shoulder blades.
3. Lower slowly.

**Coach cue:** *Shoulders away from your ears. Elbows to back pockets.*

**EASIER**
One arm, other hand on a chair

**HARDER**
2-second squeeze at the top

# The 16 moves

BOTTOM POSITION



## 13 Split Squat

LEGS + GLUTES + BALANCE

1. Take a long step so one foot is forward and the back heel is up.
2. Lower straight down until your back knee is just above the floor.
3. Push through the front foot to rise. Finish all reps, then switch sides.

**Coach cue:** *Torso tall. Front knee over the middle of your foot.*

**EASIER**
Hold a chair, shorter range

**HARDER**
Hold dumbbells

FINISH POSITION



## 14 Overhead Press

SHOULDERS + ARMS + CORE

1. Stand tall, dumbbells at shoulder height, palms forward.
2. Exhale and press straight up until your arms are by your ears.
3. Lower slowly back to your shoulders.

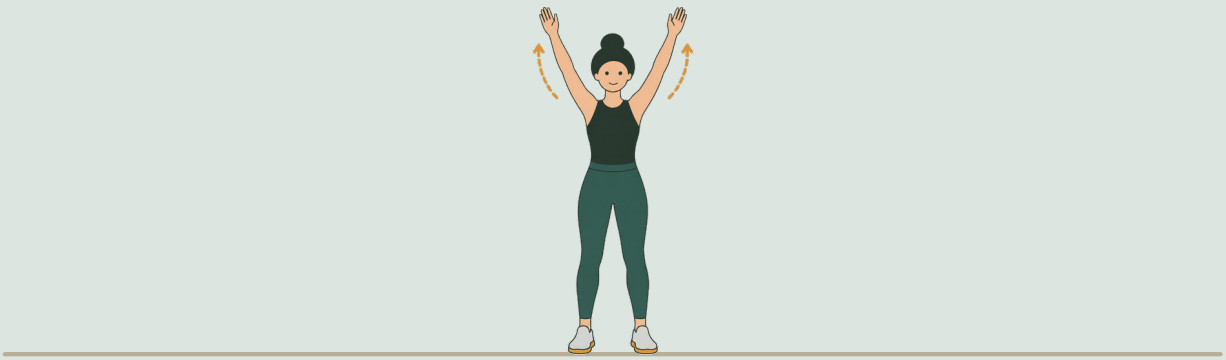
**Coach cue:** *Ribs down. Don't arch your back to finish the rep.*

**EASIER**
One arm at a time, or seated

**HARDER**
3-second lowering

# The 16 moves

FINISH POSITION



## 15 Wall Angel

POSTURE + UPPER BACK

1. Stand with your back to a wall, feet a little forward, arms in a "W".
2. Keep your head, upper back and hips close to the wall.
3. Slide your arms up into a "Y", then back down to the "W".

**Coach cue:** *Only go as high as your arms can stay near the wall.*

EASIER
Smaller range

HARDER
3-second pause at the top

FINISH POSITION



## 16 Half-Kneeling Hip Flexor Stretch

HIPS + POSTURE

1. Kneel on one knee (use a cushion), other foot flat in front.
2. Tuck your tailbone and gently shift your hips forward until you feel the front of the back hip stretch.
3. Reach the same-side arm up. Hold 30 seconds, then switch sides.

**Coach cue:** *A gentle stretch, never pain. Squeeze the glute of the kneeling leg.*

EASIER
Hold a chair for balance

HARDER
Lean a little away from the raised arm

YOUR 3 WORKOUTS

# Core 10, Strength + Posture Reset

## Core 10 about 12-18 min

Days 2 + 6. Do the moves in order, rest 30-45 sec between rounds.

| # | Move | Reps / time |
|---|---|---|
| 01 | Dead Bug | 8 each side |
| 02 | Toe Taps | 8 each side |
| 03 | Glute Bridge | 12 |
| 04 | Bird Dog | 6 each side |
| 05 | Forearm Plank | 20-30 sec |
| 06 | Side Plank | 15-20 sec each side |

## Posture Reset 5 min

Day 4, and after every Strength day.

| # | Move | Reps / time |
|---|---|---|
| 15 | Wall Angel | 8 slow reps |
| 16 | Hip Flexor Stretch | 30 sec each side |
| - | 360 breathing | 5 slow breaths |

360 breathing is on p.5.

## Strength circuit about 16-25 min

Days 1, 3 + 5. Do the moves in order, rest 60 sec between rounds. Rounds per week are on your week page.

| # | Move | Reps / time |
|---|---|---|
| 09 | Chair Squat | 10 |
| 10 | Incline Push-Up | 8-10 |
| 11 | Dumbbell Deadlift | 10 |
| 12 | Bent-Over Row | 10 |
| 13 | Split Squat | 8 each side |
| 14 | Overhead Press | 8-10 |
| 08 | Suitcase Carry | 30 sec each side |
| 07 | Standing March | 10 each side |

**Choosing weights:** pick a dumbbell you can lift for the listed reps with 2-3 reps to spare. When 12 reps feel easy two workouts in a row, go up a little. No dumbbells yet? Use water bottles or a backpack, or do the Easier option.

THE BELLY LEVERS

# 5 daily habits that matter

The workouts build strength. These five habits decide what happens to body fat over time. Tick them off on the tracker (p.23). Aim for most days, not perfect days.

### 1. Walk a little more

Find your current daily steps, then add about 1,000 a week. A 10-minute walk after meals is a great way to get there and helps with blood sugar.

### 2. Protein at every meal

A palm-sized portion (roughly 25-30 g) at breakfast, lunch and dinner: eggs, Greek yogurt, fish, chicken, tofu, beans, cottage cheese. It helps you keep muscle and stay full.

### 3. Half a plate of plants

Vegetables, fruit, beans and whole grains bring fiber, which keeps you full and supports a healthy gut. Build half of lunch and dinner from them.

### 4. Protect your sleep

Same wind-down time each night, screens off 30 minutes before bed, a cool dark room. Poor sleep makes cravings and belly fat harder to manage.

### 5. Lower the stress load

Two minutes of 360 breathing, a walk outside, or time with a friend. Stress is real and so is its effect on appetite and sleep. Many women also find that cutting back on alcohol helps their sleep and midsection; try at least 4 alcohol-free nights a week.

**Keep it simple:** pick the one habit that feels easiest and nail it this week. Add a second next week. By Day 28 you'll have a set of habits you can keep for life.

TRACK YOUR WINS

# Day 1, 14 + 28 check-in

Test yourself on Day 1 before your first workout, then again on Day 14 and Day 28. Warm up first and use the same chair and the same time of day each time.

| Test | Day 1 | Day 14 | Day 28 |
|---|---|---|---|
| Forearm plank hold (knees or toes) seconds | | | |
| Side plank hold (each side) seconds | | | |
| Chair sit-to-stands in 30 seconds reps | | | |
| Wall angel: arms reach the "Y"? (yes / almost / not yet) | | | |
| Waist at belly button (optional) in / cm | | | |
| How my clothes fit (1-10) | | | |
| Energy (1-10) | | | |
| Sleep quality (1-10) | | | |
| Back comfort (1-10) | | | |

## How to test

- **Plank:** hold good form, stop when your hips sag.
- **Sit-to-stand:** arms crossed, sit and stand fully, count in 30 seconds.
- **Waist:** tape level, relaxed exhale, same time of day.

## My why

Why do I want to feel stronger in my body?

**Optional photo:** a side-on photo in fitted clothes on Day 1 and Day 28 often shows posture changes the tape misses.

PRINT + PIN UP

# Your 28-day calendar

Tick the box when you finish the day. Same rhythm every week; rounds and walk times grow each week (p.18–21).

| | | | | | | |
|---|---|---|---|---|---|---|
| **1** Strength + CHECK-IN ☐ | **2** Core 10 + walk ☐ | **3** Strength ☐ | **4** Posture Reset + walk ☐ | **5** Strength ☐ | **6** Core 10 + walk ☐ | **7** Rest + reflect ☐ |
| **8** Strength ☐ | **9** Core 10 + walk ☐ | **10** Strength ☐ | **11** Posture Reset + walk ☐ | **12** Strength ☐ | **13** Core 10 + walk ☐ | **14** Rest + reflect + CHECK-IN ☐ |
| **15** Strength ☐ | **16** Core 10 + walk ☐ | **17** Strength ☐ | **18** Posture Reset + walk ☐ | **19** Strength ☐ | **20** Core 10 + walk ☐ | **21** Rest + reflect ☐ |
| **22** Strength ☐ | **23** Core 10 + walk ☐ | **24** Strength ☐ | **25** Posture Reset + walk ☐ | **26** Strength ☐ | **27** Core 10 + walk ☐ | **28** Rest + reflect + CHECK-IN ☐ |

**Strength**
Strength circuit + Posture Reset (p.14)

**Core 10 + walk**
Core 10 (p.14) + brisk walk

**Posture Reset + walk**
5-minute reset + an easy longer walk

WEEK 1 OF 4

# Week 1: Learn the moves

**This week:** Use the Easier option on any move that feels shaky. Rest 60 seconds between rounds. Finish every set with 2-3 good reps left in the tank.

| Day | Today's plan | Done |
|---|---|---|
| **Day 1** | Strength circuit (p.14) + 5-min Posture Reset (circuit: 2 rounds) **Check-in first (p.16)** | ☐ |
| **Day 2** | Core 10 (p.14) + 15-minute brisk walk (Core 10: 2 rounds) | ☐ |
| **Day 3** | Strength circuit (p.14) + 5-min Posture Reset (circuit: 2 rounds) | ☐ |
| **Day 4** | Posture Reset (p.14) + 20-minute easy walk | ☐ |
| **Day 5** | Strength circuit (p.14) + 5-min Posture Reset (circuit: 2 rounds) | ☐ |
| **Day 6** | Core 10 (p.14) + 15-minute brisk walk (Core 10: 2 rounds) | ☐ |
| **Day 7** | Rest. Gentle walk if you like. Fill in your week notes. | ☐ |

## Weights used

| Move | Day 1 | Day 3 | Day 5 |
|---|---|---|---|
| Chair Squat | | | |
| Dumbbell Deadlift | | | |
| Bent-Over Row | | | |
| Split Squat | | | |
| Overhead Press | | | |
| Suitcase Carry | | | |

## Week notes

What felt easier this week? What will I adjust?

**Small win:** You did your first week. That is the hardest one.

WEEK 2 OF 4

# Week 2: Build the habit

**This week:** Add 1-2 reps or 5 seconds to each hold. Same time of day, every day if you can: habits like a routine.

| Day | Today's plan | Done |
|---|---|---|
| **Day 8** | Strength circuit (p.14) + 5-min Posture Reset (circuit: 2-3 rounds) | ☐ |
| **Day 9** | Core 10 (p.14) + 20-minute brisk walk (Core 10: 2 rounds) | ☐ |
| **Day 10** | Strength circuit (p.14) + 5-min Posture Reset (circuit: 2-3 rounds) | ☐ |
| **Day 11** | Posture Reset (p.14) + 25-minute easy walk | ☐ |
| **Day 12** | Strength circuit (p.14) + 5-min Posture Reset (circuit: 2-3 rounds) | ☐ |
| **Day 13** | Core 10 (p.14) + 20-minute brisk walk (Core 10: 2 rounds) | ☐ |
| **Day 14** | Rest. Gentle walk if you like. Fill in your week notes. **Do your check-in (p.16).** | ☐ |

## Weights used

| Move | Day 8 | Day 10 | Day 12 |
|---|---|---|---|
| Chair Squat | | | |
| Dumbbell Deadlift | | | |
| Bent-Over Row | | | |
| Split Squat | | | |
| Overhead Press | | | |
| Suitcase Carry | | | |

## Week notes

What felt easier this week? What will I adjust?

**Small win:** Your Day 14 check-in is this week. Compare it to Day 1.

WEEK 3 OF 4

# Week 3: Add a round

**This week:** Third round on both workouts. If 12 reps of a dumbbell move feel easy, go up a little in weight.

| Day | Today's plan | Done |
|---|---|---|
| **Day 15** | Strength circuit (p.14) + 5-min Posture Reset (circuit: 3 rounds) | ☐ |
| **Day 16** | Core 10 (p.14) + 20-minute brisk walk (Core 10: 3 rounds) | ☐ |
| **Day 17** | Strength circuit (p.14) + 5-min Posture Reset (circuit: 3 rounds) | ☐ |
| **Day 18** | Posture Reset (p.14) + 30-minute easy walk | ☐ |
| **Day 19** | Strength circuit (p.14) + 5-min Posture Reset (circuit: 3 rounds) | ☐ |
| **Day 20** | Core 10 (p.14) + 20-minute brisk walk (Core 10: 3 rounds) | ☐ |
| **Day 21** | Rest. Gentle walk if you like. Fill in your week notes. | ☐ |

## Weights used

| Move | Day 15 | Day 17 | Day 19 |
|---|---|---|---|
| Chair Squat | | | |
| Dumbbell Deadlift | | | |
| Bent-Over Row | | | |
| Split Squat | | | |
| Overhead Press | | | |
| Suitcase Carry | | | |

## Week notes

What felt easier this week? What will I adjust?

**Small win:** Notice how you stand and carry the groceries now.

WEEK 4 OF 4

# Week 4: Own it

**This week:** Try the Harder option on two or more moves. Slow the lowering part of each rep to 3 seconds.

| Day | Today's plan | Done |
|---|---|---|
| **Day 22** | Strength circuit (p.14) + 5-min Posture Reset (circuit: 3 rounds) | ☐ |
| **Day 23** | Core 10 (p.14) + 25-minute brisk walk (Core 10: 3 rounds) | ☐ |
| **Day 24** | Strength circuit (p.14) + 5-min Posture Reset (circuit: 3 rounds) | ☐ |
| **Day 25** | Posture Reset (p.14) + 30-minute easy walk | ☐ |
| **Day 26** | Strength circuit (p.14) + 5-min Posture Reset (circuit: 3 rounds) | ☐ |
| **Day 27** | Core 10 (p.14) + 25-minute brisk walk (Core 10: 3 rounds) | ☐ |
| **Day 28** | Rest. Gentle walk if you like. Fill in your week notes. **Do your check-in (p.16).** | ☐ |

## Weights used

| Move | Day 22 | Day 24 | Day 26 |
|---|---|---|---|
| Chair Squat | | | |
| Dumbbell Deadlift | | | |
| Bent-Over Row | | | |
| Split Squat | | | |
| Overhead Press | | | |
| Suitcase Carry | | | |

## Week notes

What felt easier this week? What will I adjust?

**Small win:** Day 28 check-in, then your certificate. Then Weeks 5-8.

PRINT + PIN UP

# The 16 moves at a glance



1. Dead Bug



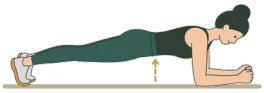
2. Toe Taps



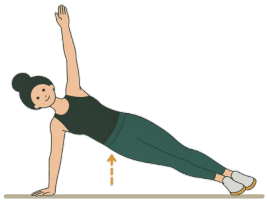
3. Glute Bridge



4. Bird Dog



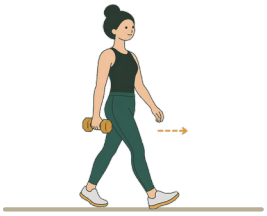
5. Forearm Plank



6. Side Plank



7. Standing March



8. Suitcase Carry



9. Chair Squat



10. Incline Push-Up



11. Dumbbell Deadlift



12. Bent-Over Row



13. Split Squat



14. Overhead Press



15. Wall Angel



16. Hip Flexor Stretch

DAILY HABITS

# Your 28-day habit tracker

Color in a box for each habit you hit today. Aim for most boxes, not every box.

| Habit | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Workout or walk | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Steps goal | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Protein x 3 meals | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Half a plate of plants | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Wind-down by bedtime | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Water | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 min of breathing | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

## My step goal

Current average: _____

Week 1: _____ Week 4: _____

## My go-to protein foods

Missed a day? Never miss two in a row. That's the whole trick.

AFTER DAY 28

# Weeks 5-8: keep going

Four weeks in, the habit is built. Here's how to keep progressing without a new program:

### Strength (3x a week)

- Stay at 3 rounds.
- When you can do 12 good reps, go up a little in weight.
- Switch to the Harder option on squats, push-ups and rows.
- Slow every lowering to 3 seconds.

### Core 10 (2x a week)

- Harder options on dead bug, bridge and planks.
- Add 5 seconds to plank holds each week.
- Keep breathing out on every effort.

### Walking

- Keep adding about 1,000 steps a week until you reach a level you can hold.
- Add a hill or a faster minute every few minutes.

### Habits

- Keep the tracker going for another 28 days.
- Repeat the check-in on Day 56.

### Free printables from my library

Protein guides, walking plans, meal ideas and more are waiting in my Free Resource Library at **coachluke.com/free-library**. Every guide is written by me, with the same honest, no-gimmick approach.

| Week | My plan |
|---|---|
| Week 5 | |
| Week 6 | |
| Week 7 | |
| Week 8 | |

CERTIFICATE OF COMPLETION

# 28 days.
# Stronger every one.

This certifies that

_____

completed the **28-Day Menopause Belly Workout**:
12 strength workouts, 8 core sessions, 28 days of better habits.

_____
Date

**Coach Luke**
NASM-CPT, CES, PES

FREE BUYER BONUS

# Your daily coaching emails

You bought the plan. Now let me coach you through it. Scan the code to get a short email from me every day of your challenge. It's free for buyers, and you can unsubscribe any time.

## What you get

- **Day 1 to Day 28:** the day's workout, one form tip and one small habit
- **Check-in reminders** on Day 14 and Day 28
- **Plain answers** about soreness, busy weeks, hot flashes and sleep
- **What to do after Day 28** so you keep your progress

Or type: **coachluke.com/menopause-belly-bonus**

**Thank you for supporting a small business.** Reply to any coaching email and tell me how it's going. More free workouts and recipes are waiting at **coachluke.com**.

**Disclaimer:** This guide is for general education and fitness information only and is not medical advice. It does not diagnose, treat or cure any condition, including menopause symptoms. Talk to your doctor before starting a new exercise program, especially if you have a medical condition, an injury, osteoporosis, pelvic floor symptoms, or are taking medication. Stop exercising and seek medical help if you feel chest pain, dizziness, or severe shortness of breath. Results vary from person to person. © 2026 Coach Luke, coachluke.com. For personal use only; please don't share or resell.