

## Menopause Wellness – Resistance workouts that work

### Resistance workout

This section gives details on the set up for the Tabata Pro timer if you are doing the same intervals as the workouts presented in the IJM videos. Watch the video of each session to see how each move is done and have a go at the workout alongside Nicky. Use the “Make it easier/make it harder” notes given on the written list of the exercises below, and refer to the video recording as needed to progress.

Remember that correct technique is vital to ensure you don't injure yourself, so it is just as important to make it easier while you master the technique as it is to make it harder in order to add challenge. Both approaches will lead to continued progress.

### Resistance Workout Tabata Pro timing set up

From your chosen App Store, download Tabata Pro – Tabata Timer by Simpletouch LLC.

You are going to set it up to do one round of six different exercises. For some of the exercises, you will do one set immediately followed by the same move for a second set. For others, you will work the right side of the body first and then the left. For each exercise, you will work for 30 seconds, take a break for 10 seconds then work for a second thirty seconds. This will complete one exercise. In the 10 second break, you may need to swap equipment over to the other hand or perhaps change the standing leg. Between each exercise, you will get a 30 second rest.

One time around is six exercises. Rest between rounds and repeat as necessary.  
Total time: 09:35

02 CYCLES  
06 TABATAS

Prepare: 00:10  
Work: 00:30  
Rest: 00:10  
Recover: 00.30  
Cooldown: 00:00

Skip Final Rest: On (Green)

Once set up, your Tabata Pro screens should look like those shown below:



## Workout 1

Move	Movement	Make it easier	Make it harder
1	Squat with resistance band (RB)(2 sets)	Don't use the band, focus on body weight squats	Descend into the squat for a count of 4, pulse for 3 then power upwards
2	3 x forward lunge repeater and resistance band chest press/twist with single arm 3 x rear lunge repeater and resistance band chest press/twist with single arm (Right/left)	Work without the band, focus on a strong leg swing, keeping shoulders above hips and controlled movements	Hold the lunge position to pulse for a count of 3 as the arms chest press/twist to alternate sides
3	Band under one foot deadlift adding heel raise and elbow raise (Right/left)	Work with deadlift without a band (optional elbow raise)	At the same time as lifting the elbow, raise the free knee to hip height
4	Walking lunge and rainbow (2 sets)	Slow the movement and master the full range of motion without wobbling	Hold a weighted object in two hands (eg a dumbbell)
5	Side lunge and step together – side arm raise on step together (Right/left)	Work with no resistance band	Instead of stepping the feet together, bring the stepping foot close to the static foot and lightly tap the toe
6	Rear toe tap to floor and overhead RB tricep (Right/left)	Stand evenly on two feet with one foot just a little in front of the other. Hold the abs strongly for the tricep worker	Strongly engage the glues to lift the rear leg as the arm raises overhead

## Workout 2

Move	Movement	Make it easier	Make it harder
1	Goblet squat – hold for bicep extension (2 sets)	Keep hands at shoulders and remove the squat hold and bicep extension	Hold the squat and make 4 bicep extension moves, stand upright then repeat
2	RB chest press/twist arms and forward to rear lunge lunge and pulse (R/L)	Return to 3 forward lunge repeaters and 3 rear lunge repeaters with press/twist	Replace resistance band with one or two dumbbells
3	Band under one foot, both ends in one hand deadlift with high elbow and side leg raise (R/L)	Remove side leg lift, work with one heel raised	Replace resistance band with one or two dumbbells
4	Walking lunge and woodchop and single/double dumbbell (2 sets)	Master the move weight-free	Perform three pulses on each forward stride
5	Side lunge to toe tap with dumbbell shoulder press (R/L)	Side lunge and toe tap resting dumbbells on shoulders	Replace the toe tap with a knee raise to hip height
6	Rear leg raise with resistance band tricep overhead (R/L)	Keep the toe of the rear leg resting on the floor	Double up the resistance band (fold in half and get double resistance)