

Exercise Plan for Menopause

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Weekly Exercise Schedule:

Mon: Strength Training - Upper Body 30 min

Tue: Brisk Walking 30-40 min

Wed: Strength Training - Lower Body 30 min

Thu: Yoga/Flexibility 30 min

Fri: Strength Training - Full Body 30 min

Sat: Cardio of choice 30-40 min

Sun: Rest or gentle walk

Beginner Strength Exercises:

- Wall push-ups: 3 sets of 10
- Chair squats: 3 sets of 10
- Resistance band rows: 3 sets of 12
- Glute bridges: 3 sets of 15
- Step-ups: 3 sets of 10 each leg