

The Menopause Strength Starter

Perimenopause brings the fastest bone and muscle loss of a woman's life, and the research says the right training, started now, changes that story. Here's what the science actually shows, and a first week you can start tomorrow.

INSIDE THIS GUIDE

- ✓ The five things the clinical trials say, including two popular myths to skip
- ✓ Your free first week: two 20-minute practice sessions, no gym required
- ✓ A one-page tracker to put on the fridge



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Five things the science says

1 • Lift heavy, this is the big one

Moderate weights maintain muscle, but in the clinical trials they did little for bone. When postmenopausal women with low bone density lifted genuinely heavy (safely, with good coaching), spine bone density **rose 2.9%** in eight months while gentle exercisers lost ground, with just two 30-minute sessions a week. Intensity, built up carefully, is the medicine.

2 • Jump, and don't wait

A few minutes of jumping a day built hip bone in premenopausal women, but the same routine did **nothing** after menopause. The window for banking bone with simple impact is open now and closing. This is the single most time-sensitive finding in the research.

3 • Train fast, not just strong

The fast-twitch muscle that catches you when you trip fades quickest after menopause. Moving with speed, quick step-ups, throws, brisk jumps, trains the strength that prevents falls.

4 • Keep your walks. Add short intervals.

Despite what the internet says, moderate cardio is **not** "useless" in menopause and does not "raise cortisol and belly fat", there's no trial evidence for that. Keep walking. Then add one or two 20-minute interval sessions a week: they improve insulin sensitivity and fitness in a fraction of the time.

5 • Eat roughly double the protein you think you need

In midlife, muscle responds less to food and training, so the standard protein advice is too low. Women who lift do best at **1.6–2.0 grams per kilogram of body weight daily** (about 110–135 g for a 150-lb woman), spread across meals. Creatine (5 g/day of plain monohydrate) adds a measurable edge to lifting.

The honest part: exercise reliably improves sleep, mood, strength, and long-term health through menopause. It is **not** a reliable hot-flash cure, the trials are clear on that, and anyone promising otherwise is selling something. We'd rather you know now.

Your first week, free

This is week one of the program's On-Ramp: light on purpose. You're practicing movements and waking up your tendons, not testing yourself. No gym needed, a sturdy chair, a backpack with some books, and a wall.

DAY	WHAT TO DO	TIME
Mon	Practice Session 1 (below)	~20 min
Tue	Heel drops: 3 rounds of 10 · brisk walk	3 min + walk
Wed	Walk. That's it.	,
Thu	Practice Session 2 (below)	~20 min
Fri	Heel drops: 3 rounds of 10 · brisk walk	3 min + walk
Sat	Gentle intervals: 30 sec brisk / 90 sec easy × 6 (walking a hill works)	~12 min
Sun	Walk.	,

Practice Session 1

- Sit-to-stand from a chair, 2 × 10, no hands if you can
- Hip hinge with a broomstick on your back, 2 × 10
- Wall or counter push-up, 2 × 10
- Backpack row (lean on the chair), 2 × 10 each arm
- Carry something heavy 30 meters, tall posture, × 2

Practice Session 2

- Squat to a chair and tap, don't sit, 2 × 10
- Hip hinge, reaching hips back, 2 × 10
- Counter push-up, slower this time, 2 × 10
- Backpack row, 2 × 10 each arm
- One-hand carry (switch halfway), no leaning, × 2

Effort check: everything should feel like you had five more reps in you. Heel drops: rise onto your toes, then drop your heels to the floor with a firm, quick landing, that little jolt is bone-building signal. Start the protein habit now too: protein at every meal, starting with breakfast.

Before you start: if you get chest pain with activity, have unexplained dizziness, or a doctor has told you not to exercise unsupervised, see your physician first. That's not a brush-off; it's how every good program starts.

Your week-one tracker

	MON	TUE	WED	THU	FRI	SAT	SUN
Today's session done	☐	☐		☐	☐	☐	
Walked today	☐	☐	☐	☐	☐	☐	☐
Protein at every meal	☐	☐	☐	☐	☐	☐	☐

What the full program adds

This starter week is real, and it's the shallow end. The full program takes you from here to genuinely heavy, bone-building lifting over 16+ weeks: a personalized plan for **your** gym (or living room), **your** schedule (2 or 3 days), and **your** joints (surgeon-written modifications for knees, shoulders, backs, and tendons), with printable weekly sheets, a jump progression matched to your bone density, protein and creatine guides, and every recommendation cited to the actual research. One-time purchase. Yours for good.

The Unlock Strong Program

Take the 2-minute setup quiz and get your personalized program today, less than the cost of a single personal-training session.

\$50

one-time · no subscription