

STRENGTH TRAINING FOR WOMEN

FIT OVER 40!



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The information provided in this fitness guide, including but not limited to recommendations on exercises, workout programs, supplements, vitamins, and nutrition, is for informational purposes only and should not be considered medical advice. The content is based on general knowledge and personal experience and is not intended to diagnose, treat, cure, or prevent any medical condition.

Before starting any new workout routine, supplement intake or making changes to your diet, including exercise routine, or wellness regimen, **consult with a qualified healthcare provider, physician, or registered dietitian**. Individual needs, health conditions, and possible interactions with medications should always be considered before using any supplement.

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To live your best life in the later decades, you need to prioritize building strength and muscle today!

Katalin Rodriguez Ogren

Owner of POW! GYM Chicago



Katalin Rodriguez Ogren is a fitness expert, career martial artist, speed & performance expert, and entrepreneur with over 30 years of experience in fitness, combat sports, and athletic performance training. She holds black belts in multiple martial arts and gained recognition for portraying Kitana, Mileena, and Jade in Mortal Kombat II. A respected writer and educator, she has authored over 200 articles, produced instructional DVDs, and led a nationwide speaking tour. She is the author of the book *Ultimate Guide to Strength Training in Martial Arts* and several industry training manuals.

In 2001, she founded POW! Gym Chicago, a premier training facility in the West Loop, offering combat sports, strength training, and the Parisi Speed School. Dedicated to empowering adults and athletes. Katalin continues to shape the fitness industry through her expertise and commitment to performance training.

Aging is a beautiful journey, but it can come with challenges. The aging process begins to set in around 40 years old. By adopting a proactive approach, you can thrive in this chapter of life, feeling vibrant, strong, and confident.





WHY IS STRONGER BETTER?

Fit Over 40!

Strength training helps maintain muscle mass and bone density, which naturally decline with age. In fact, research has shown that regular strength training can reverse many aspects of the aging process. By building and maintaining muscle, you can improve metabolic health, enhance balance and mobility, and reduce the risk of injuries.

Strength training also stimulates the production of growth hormones, which play a key role in repairing tissues and keeping your body youthful. Aim for at least two sessions per week, targeting all major muscle groups. Resistance exercises not only improve strength but also enhance metabolism and mobility.

HOW DOES STRENGTH TRAINING BUILD MUSCLE?

Strength training builds muscle mass through a process called muscle protein synthesis. During training, small microscopic tears occur in muscle fibers. The body repairs these tears by fusing new protein strands into the muscle, strengthening it and increasing its size and capacity to generate force. This natural repair and growth cycle is the foundation for building stronger, healthier muscles over time.

STRENGTH TRAINING = LEANER BODY MASS

STRENGTH TRAINING = IMPROVES THE METABOLISM

STRENGTH TRAINING = IMPROVES SELF-CONFIDENCE

> For adults over 40, muscle mass naturally declines at a rate of roughly 3-8% per decade due to a process called sarcopenia, meaning they experience a gradual loss of muscle tissue as they age; this decline becomes more noticeable after the age of 30 and can be mitigated through regular strength training and a proper diet with sufficient protein intake.

STUDIES SHOW

Maintaining Muscle Mass and Mobility: Research supported by the National Institute on Aging indicates that strength training helps older adults preserve muscle mass, enhance mobility, and increase the number of healthy years. - National Institute on Aging

National Institute on Aging

Improving Body Image and Quality of Life: A study published in the Journal of Extension found that strength training led to significant improvements in body image, health-related quality of life, and physical activity behaviors among aging women.

PMC PubMed Central

Enhancing Bone Density: According to Harvard Health, strength training can slow bone loss and even build bone, which is crucial for offsetting age-related declines in bone mass

Harvard Health





Beyond aesthetics, strength training is a cornerstone of living a healthier, longer, and more active life. It's not just about looking strong; it's about building resilience and vitality from the inside out. Research shows that strength training significantly enhances your healthspan which is the number of years you live with optimal health and vitality. Incorporating strength training even a few times a week provides powerful benefits for bone density, metabolic function, heart health, cognitive sharpness, and even longevity itself.



PROPER STRENGTH TRAINING

Progressive Functional Strength Training:

Focus: This type of training emphasizes building strength in movement patterns that mimic real-life activities. It prioritizes exercises that improve overall functional performance, such as squats, lunges, and presses, to help with daily tasks and enhance overall physical resilience.

Progression: The intensity and complexity of exercises are gradually increased based on individual ability. This approach ensures continual improvement in strength, balance, flexibility, and coordination.

Customization: Workouts are tailored to the individual's current fitness level, goals, and physical limitations, making it ideal for injury prevention and rehabilitation.

Goal: To improve mobility, stability, and strength for long-term health and performance while addressing the specific needs of aging or active populations.

NOT ALL STRENGTH WORKOUTS ARE CREATED EQUAL

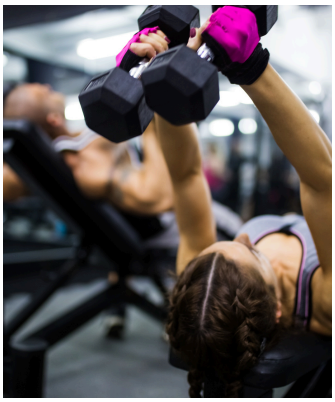
'OrangeTheory' type workouts are not considered true strength training:

1. Lack of Progressive Overload: True strength training involves gradually increasing resistance or load to build muscle and strength over time. OrangeTheory focuses on high-intensity intervals and lighter weights, which do not provide the progressive overload necessary for significant strength gains.
2. Limited Heavy Resistance Work: Strength training requires the use of heavy weights to challenge the muscles and promote hypertrophy (muscle growth). OrangeTheory's weight exercises are typically lighter and designed for endurance rather than maximal strength development.
3. Insufficient Rest Periods: Effective strength training includes adequate rest between sets to allow for recovery and optimal performance. OrangeTheory's fast-paced circuit format minimizes rest, prioritizing calorie burn and heart rate elevation over true strength adaptation.
4. One-Size-Fits-All Programming: OrangeTheory's workouts are standardized for a broad audience, lacking the individualized programming necessary to target specific strength-building goals, muscle imbalances, or functional needs.
5. Focus on Cardio Over Strength: The primary emphasis of OrangeTheory is cardiovascular fitness and calorie expenditure, as evidenced by the heart rate zone tracking. While it incorporates resistance exercises, they are secondary to the cardio component and not designed to produce significant strength gains.



THE AGING PROCESS

Turning 40, 50, or 60 is a powerful milestone—one that offers the opportunity to embrace health and live vibrantly. While certain health concerns become more common as we age, many of these challenges can be managed—and even prevented—with the right approach to self-care and movement.



Chronic conditions like Type 2 Diabetes, cardiovascular disease, and osteoporosis may seem daunting, but they're not inevitable. By making informed lifestyle choices, you can reduce your risk and maintain a strong, resilient body. Even issues like pain, injuries, or other health concerns shaped by both aging and lifestyle can be tackled with proactive strategies.



Here's the great news: it's never too late to invest in your health. One of the most important messages we share through this Exercise Physiology Blog is that staying active and prioritizing your well-being can transform every stage of life. Whether you're just getting started or looking to enhance your routine, small, consistent steps can make a big impact.



Exercise is your superpower. It helps you stay strong, flexible, and mentally sharp while promoting energy and vitality. Regular physical activity can mitigate age-related changes and empower you to keep doing the things you love—for decades to come.



SUPPLEMENTS **WOMEN** OVER 40 YRS SHOULDER RESEARCH

Omega-3 Fatty Acids

- Why: These essential fats help reduce inflammation and support heart and brain health. If incorporating fatty fish into your diet is challenging, an omega-3 supplement can be beneficial.

Probiotics

- Why: A healthy gut microbiome is crucial for digestion and immune function. Probiotics can help maintain this balance, especially if your diet lacks fermented foods like yogurt or sauerkraut.

Turmeric:

- Why: Known for its anti-inflammatory properties, turmeric can aid in managing oxidative stress and support joint health. It's particularly beneficial for those experiencing exercise-induced muscle soreness.

Vitamin D:

- Why: A significant number of individuals are deficient in Vitamin D, which plays a role in bone health, immune support, and mood regulation. Supplementation can help address this deficiency.

Fiber:

- Why: Adequate fiber intake supports digestive health and can help reduce inflammation markers in the body. If your diet is low in fiber-rich foods, consider a supplement to meet daily recommendations.

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SUPPLEMENTS **WOMEN** OVER 40 YRS SHOULD RESEARCH

Collagen:

- Collagen is essential for maintaining skin elasticity, joint health, and overall vitality—especially as natural production declines with age. It helps keep skin firm and hydrated while also strengthening hair and nails. But its benefits go beyond just appearance. Collagen plays a key role in joint mobility, bone density, and muscle recovery, all of which are crucial for staying active and feeling strong.

VERISOL®

- This is a patented form of bioactive collagen peptides developed by GELITA, designed to support skin health from within. Clinical studies have demonstrated that VERISOL® can improve skin elasticity, reduce wrinkles, and enhance the overall appearance of the skin by stimulating the body's own collagen production.

CREATINE

- Creatine helps women over 40 by improving muscle strength, energy production, and cognitive function. As we age, we naturally lose muscle mass and strength, which can slow metabolism and reduce overall mobility. Creatine works by replenishing ATP (adenosine triphosphate), the body’s primary energy source, allowing muscles to perform better during workouts and recover more efficiently. It also helps maintain lean muscle mass, which supports bone density and joint health. Additionally, creatine has neuroprotective benefits, improving brain function, memory, and mental clarity—making it a valuable supplement for both physical and cognitive health. For women that strength training, creatine will assist with performance and strength gains.

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SUPPLEMENTS I TAKE AS A WOMEN OVER 50

Combo: Vitamin D3, K2 with Omega 3

- Certain vitamins, minerals, and nutrients work better together, and the combination of omega-3, vitamin D3, and vitamin K2 is a perfect example. Since vitamins D and K are fat-soluble, pairing them with omega-3—an essential fatty acid—helps enhance absorption and maximize their benefits. This trio plays a key role in supporting brain function, joint mobility, eye health, immune resilience, cardiovascular function, and bone strength. Unfortunately, most people don't get enough of these nutrients from food alone. That's why, with guidance from a healthcare professional, incorporating them into a daily supplement routine can be a smart move for overall health and longevity.

The Pause Life Omega-3 + Vitamin D3 & K2
https://thepauselife.com/products/omega-3-d

Fiber

- Fiber is essential for people over 40, supporting digestion, heart health, and overall wellness. A balanced intake of both soluble and insoluble fiber helps maintain gut health, regulate blood sugar, and promote healthy cholesterol levels. Soluble fiber dissolves in water, forming a gel-like substance that slows digestion, stabilizes blood sugar, and supports heart health by lowering LDL (bad) cholesterol. Insoluble fiber, on the other hand, adds bulk to stool and promotes regular bowel movements, preventing constipation and supporting a healthy gut microbiome. Since metabolism and digestion slow with age, getting enough fiber from whole foods or supplements can be a simple yet powerful way to improve long-term health.

The Pause Life Fiber GDX
https://thepauselife.com/products/fiber-gdx-orange-flavor

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SUPPLEMENT I TAKE AS A WOMEN OVER 50

Combo: Collagen with VERISOL®
Studies have shown that pre/peri menopause stages of life, have declining estrogen levels. This leads to bone loss, increasing the risk of fractures and arthritis. Collagen plays a key role in bone mass, and supplementing with Collagen Peptides can help maintain bone density and strength. Studies also show that collagen may ease osteoarthritis symptoms, improving joint pain, stiffness, and mobility.

Collagen with VERISOL® is even more effective because it contains bioactive peptides specifically designed to stimulate collagen production at a deeper level. Research shows that VERISOL® helps improve bone mineral density while also promoting skin, hair, and nail health, making it a well-rounded choice for women over 40.

The Pause Skin Boost
https://thepauselife.com/products/collagen-skin-boost-plus-by-sparkle-wellness

ALGAECAL Hydrolyzed Collagen Complete - Anti-Aging Collagen
https://amzn.to/40HNb1H

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10 STRENGTH EXERCISES FOR WOMEN OVER 40





3 DUMBBELL STRENGTH EXERCISES





STRENGTH PROGRAMS FOR WOMEN OVER 40 YRS OLD

A

Weighted Squats	**Push Ups**	**Side Planks**
Weighted Lateral Step Ups	**Dumbbell Rows**	**Hip Bridges**
Medball Slams Alternating	**Seated Dumbbell Press**	**Sit Ups**
Dumbbells Chest Press	**Dumbbells Bicep Curls**	**Body Weight Dips**

→ Superset or pair exercises from left ro right. 3 Exercises per series, then move down to the next row.

B

Weighted Lateral Lunges	**Incline Dumbbell Press**	**Cable Pulls**
Weighted Deadlift Movement	**Weight Hip Bridges**	**Medball Rotations**
Dumbbell Side Raises	**TRX Bodyweight Pulls**	**Plank Twists**
Incline Pushups	**Crunch Variations**	**Bent Over Dumbbell Flyes**

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STRENGTH PROGRAMS FOR WOMEN OVER 40 YRS OLD

C

Weighted Sumo Squats	**Shuffles Back & Forth in space available**	**Mountain Climbers**
Weight Hip Bridges	**Dumbbell Pull to Press**	**Weighted Sit Ups**
Single Arm Dumbbell Row	**Dumbbell Front Raises**	**Sit to Stand Dumbbell Press**
Overhead Dumbbell Overhead Press	**Supermans**	**Dumbbells Bicep Curls**

→ Superset or pair exercises from left ro right. 3 Exercises per series, then move down to the next row.

D

Kettlebell Split Squats	**Plank Twists**	**Dumbbells Chest Press**
Weighted Step Ups	**Cable Vertical Pull**	**Weighted Drag Unders**
Chest Medball Throws	**Dumbbell Curls to Press**	**Cable Tricep Press Down**
Battle Ropes	**Sit Up & Rotate**	**Body Weight Dips**

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STRENGTH PROGRAMS FOR WOMEN OVER 40 YRS OLD

E

Medball Slams	**Medball Sit Ups**	**Medball Reverse Lunge & Rotate**
Jumping Jacks	**Weighted Side Step & Squats**	**Swiss Ball Hamstring Curls**
Alternating Dumbbell Chest press	**Side Plank Hip Dips**	**Banded Pull Aparts**
Plank Alligators	**Bicycle Crunches**	**Leg Lifts**

→ Superset or pair exercises from left ro right. 3 Exercises per series, then move down to the next row.

F

Weighted Deadlift Movement	**Weighted Sit Ups**	**Dumbbell Alternating Bent Over Row**
Lateral Shuffles	**Kettlebell Carry**	**Sled Push**
Single Leg Hip Bridges	**Sit to Stand Shoulder Press**	**Sit to Stand Dumbbell Press**
Supermans	**Plank Twists**	**Bird Dogs**

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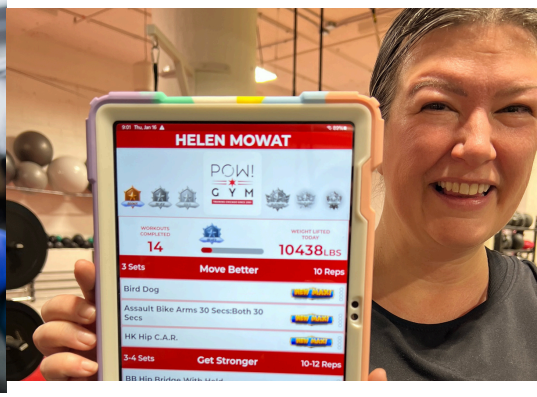
A WELL-ROUNDED STRENGTH PROGRAM : WEEKS 1-8

Week 1 10-12 reps 2-3 sets	Week 2 10-12 reps 2-3 sets	Week 3 10-12 reps 3-4 sets	Week 4 10-12 reps 3-4 sets
A	D	A	D
B	E	B	E
C	F	C	F

Week 5 15 reps 3 sets	Week 6 15 reps 3 sets	Week 7 15 reps 4 sets	Week 8 15 reps 4 sets
B	E	B	E
C	F	C	F
D	A	D	A







A WELL-ROUNDED STRENGTH PROGRAM :WEEKS 9-16

Week 9 Weights should increase 6-8 reps 3 sets	Week 10 Weights should increase 6-8 reps 3 sets	Week 11 Weights should increase 6-8 reps 3 sets	Week 12 Weights should increase 6-8 reps 3 sets
F	C	F	C
E	B	E	B
D	A	D	A

Week 13 Adjust Weights 5 reps 5 Sets	Week 14 Adjust Weights 5 reps 5 Sets	Week 15 Adjust Weights 5 reps 5 Sets	Week 16 Adjust Weights 5 reps 5 Sets
F	C	F	C
E	B	E	B
D	A	D	A



Strength Training Can Help You Live Longer

Research shows that engaging in regular strength training can reduce the risk of cardiovascular-related mortality by 30%, making it a powerful tool for longevity and heart health.



Boost Bone Density, Metabolism, and Body Composition

Strength training helps counteract age-related muscle loss, preserving strength and mobility. Research indicates that muscle mass decreases by approximately 3% to 8% per decade after age 30, accelerating after 50.



Boost Mental Health & Confidence

Studies focusing on older women participating in a 10-week strength training program reported significant enhancements in body image and health-related quality of life making it a powerful tool for boosting mental well-being and self-assurance.



Chili-Stuffed Poblano Peppers

Ingredients for Chili-Stuffed Poblano Peppers

- Turkey: Use 93% lean ground turkey for the best results.
- Chili: This recipe calls for chili without beans. Pre-made is easiest, but you can use homemade no-bean chili if you'd like.
- Salt: Salt really brings out the flavor of the turkey.
- Cheese: Opt for a shredded Mexican cheese blend. It'll contain some of the best melting cheeses.
- Tomato: A medium tomato, finely chopped, adds juiciness and flavor that can't be skipped.
- Green onions: Finely chopped green onions will add a touch of color or freshness.
- Poblano peppers: Look for large, uniform poblano peppers.
- Olive oil: Go for a mild or medium EVOO so as not to overpower the rest of the flavors

from https://www.tasteofhome.com/



Lentil Soup

This vegetarian soup is perfect for a cool fall or winter day.
Yield
11 servings
Ingredients
2 tablespoons olive oil
2 medium carrots (diced)
2 medium celery (stalks, chopped)
1 small onion (yellow, chopped)
2 cloves garlic (minced)
1 teaspoon oregano (dried)
1 teaspoon basil (dried)
1/2 teaspoon black pepper (ground)
2 cups lentils (dry)
1 can tomatoes (crushed, 14.5 ounces)
2 cups vegetable broth
6 1/2 cups water
Steps

1. In a large soup pot, heat oil over medium heat. Add carrots, celery, and onions; cook and stir until the onion is tender.
2. Stir in garlic, oregano, basil, and pepper. Cook for 2 minutes.
3. Stir in lentils and tomatoes, then add the vegetable broth and water. Cover and bring to a boil. Reduce heat and simmer for at least 1 hour or until lentils are tender.
4. Store leftovers in the refrigerator and reheat on the stove or in the microwave. The soup will taste better the next day!

Notes
Use whole grain bread for dipping to soak up all of the broth.
Meal Type: Lunch
Food group: Vegetables, Protein
Season: Winter, Fall
Source
National Heart, Lung, and Blood Institute; National Institutes of Health; U.S. Department of Health and Human Services.



Honey Garlic Glazed Salmon

1. Pat salmon filets dry and season with spices on all sides.
2. Heat butter and oil, then add garlic, water, soy sauce, sriracha, honey and lemon juice.
3. When hot, add salmon filets (skin side down if your filets have skin), and cook 3 minutes.
4. While salmon cooks, use a spoon to baste the filets.
5. Broil for 5-6 minutes, until salmon is sticky sweet, slightly charred, and cooked to desired doneness.

Sticky sweet and garlicky, this glazed salmon recipe comes together in just 20 minutes

SALMON

- 4 (6 oz each) salmon filets
- 1/2 tsp kosher salt
- 1/2 tsp black pepper
- 1/2 tsp smoked paprika (or regular paprika)
- 1/4 tsp blackening seasoning (optional)

SAUCE

- 3 Tbsp butter
- 2 tsp olive oil
- 6 cloves garlic minced
- 1/2 cup honey
- 3 Tbsp water
- 3 Tbsp soy sauce
- 1 Tbsp sriracha sauce
- 2 Tbsp lemon juice

Instructions

- Pat salmon dry, then season with salt, pepper, paprika and blackening seasoning (if using). Set aside.
- IMPORTANT: Adjust oven rack to middle position, then preheat broiler. If you broil this with the rack up high the sauce will burn.
- Add butter and oil to a large, oven-safe skillet over MED-HIGH heat. Once butter is melted, add garlic, water, soy sauce, sriracha, honey and lemon juice and cook 30 seconds or so, until sauce is heated through.
- Add salmon, skin side down (if using salmon with skin), and cook 3 minutes. While salmon cooks, baste frequently with sauce from the pan by spooning it over the top of the salmon.
- Broil salmon for 5-6 minutes, basting with sauce once during the broil, until salmon is caramelized and cooked to desired doneness.

https://www.thechunkychef.com/



Beef Stroganoff

Ingredients

1. 1/2 cup chopped onion
2. 1/2 pound boneless beef round steak, cut 3/4-inch thick, all fat cut off
3. 4 cups uncooked no-yolk egg noodles
4. 1/2 can low-fat, low-sodium cream of mushroom soup (not diluted)
5. 1/2 cup water
6. 1 tablespoon all-purpose (plain) flour
7. 1/2 teaspoon paprika
8. 1/2 cup fat-free or reduced-fat sour cream

Directions

In a nonstick frying pan, saute the onions over medium heat until they're see-through, about 5 minutes. Add the beef and keep cooking for another 5 minutes or until the beef is tender and browned all the way through. Drain well and set aside.

Fill a large pot 3/4 full with water and bring to a boil. Add the noodles and cook until al dente (tender), 10 to 12 minutes, or use the package directions. Drain the pasta all the way.

In a saucepan, whisk together the soup, water and flour over medium heat. Stir until the sauce thickens, about 5 minutes. Add the soup mixture and paprika to the beef in the frying pan. Over medium heat, stir the mixture until warmed through. Remove from heat and add the sour cream. Stir until combined.

To serve, divide the pasta among the plates. Top with the beef mixture and serve right away.

https://www.mayoclinic.org/



Sticky Turkey Stir-Fry

- 1/4 cup (60ml) oyster sauce
- 2 tbs soy sauce
- 1 tbs dark soy sauce
- 1 tbs mirin
- 850g frozen udon noodles
- 1 bunch broccolini, large stems split
- 1 tbs sesame oil
- 500g turkey mince
- 6 garlic cloves, crushed
- 3 long green shallots, cut into 5cm lengths on the diagonal
- White pepper, to season
- Sliced long green chilli, to serve (optional)

Method

- Combine the oyster sauce, soy sauces and mirin in a small bowl.
- Bring a large pot of water to the boil. Add noodles and broccolini and cook, stirring to loosen the noodles, for 2-3 minutes. Drain.
- Meanwhile, heat the oil in a large wok or frypan over high heat. Break up mince and add to pan. Cook without stirring, for 3 minutes to allow mince to get some colour, then stir-fry to further break up mince. Add the garlic and stir-fry for 2 minutes. Add the sauce mix, drained noodles and broccolini, and the shallot.
- Stir-fry over medium-low heat until well coated. Season with white pepper. Serve topped with green chilli, if using.

https://www.delicious.com

Katalin Rodriguez Ogren is the owner of POW! GYM Chicago. She is an active owner who leads sessions for adults and kids daily. Katalin is a mother of 3 and married to a Chicago Firefighter.

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