

LINDA FORD FIT



**FIT &
STRONG AT
HOME**

LINDAFORD.COM



DON'T MAKE EXCUSES

This guide features 5 effective, easy-to-follow workouts designed for women 40+ who want to build strength, enhance mobility, and stay fit—right from home! No gym required—just your body and a few everyday household items.

What You'll Need:

- A little floor space – Move freely without restrictions
- A sturdy chair or couch – For seated exercises and support
- A wall – Great for balance and stability work
- 2 light weights – Use water bottles, soup cans, or dumbbells
- Optional: Resistance bands, a towel, or a weighted backpack for added intensity



No gym? No problem! These simple items help you get a full-body workout from home.



EACH WORKOUT IS DESIGNED TO BUILD STRENGTH, BALANCE, AND FLEXIBILITY, HELPING YOU FEEL STRONGER, MOVE WITH EASE, AND STAY ACTIVE. WHETHER YOU'RE BEGINNING YOUR FITNESS JOURNEY OR MAINTAINING YOUR ROUTINE, THIS PLAN ADAPTS TO YOUR LIFESTYLE AND ALLOWS YOU TO PROGRESS AT YOUR OWN PACE.

NO GYM? NO PROBLEM.

WORKOUT 1

Core & Lower Body Strength Focus: Glutes, core stability, and mobility

Warm-up

March in place (1 min)
Arm swings & torso twists (30 sec)
Jumping Jacks (30 sec)

3-4 SETS

Exercise 1 - Glute Bridge (20 reps)

Lie on your back, feet flat, knees bent.
Lift hips, squeeze glutes, hold at top, lower slowly, repeat 20x.

Easier: Hold the bridge instead of repetitions.
Harder: Place a weight on your hips.

Exercise 2 - Seated Shoulder Taps (20 reps – 10 per side)

Sit in a chair, feet flat, and engage your core.
Tap opposite shoulder, keeping torso steady.

Easier: Keep both hands on your thighs and focus on engaging your core by slowly shifting your weight side to side.
Harder: Do it standing for extra balance.

Exercise 3 - Standing Superman (15 reps – hold 3 sec)

Stand, extend arms forward.
Lift one leg behind, hold, switch sides.

Easier: Keep toes on the floor for balance.
Harder: Hold for 5 seconds per rep.

Exercise 4 - Modified Bear Walk (10 reps)

Start on hands and knees.
Slightly lift knees, step one hand and foot forward.

Easier: Keep knees on the floor.
Harder: Move faster for a challenge.

Exercise 6 - Seated Leg Lowerers (15 reps)

Sit in a chair, extend legs.
Lower one leg, raise back, switch sides.

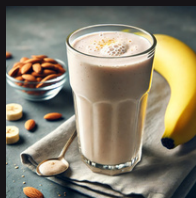
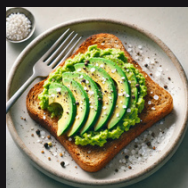
Easier: Bend knee slightly.
Harder: Hold both legs up for 3 sec before lowering.

Pre-Workout Fuel

Greek yogurt + berries
Whole grain toast with avocado

Post-Workout Recovery

Smoothie (protein powder + banana + almond milk)
Grilled chicken + quinoa + steamed broccoli



WORKOUT 2

Lower Body Strength & Endurance Focus: Legs, glutes, and stability

Warm-up

Step taps side to side (1 min)
Hip circles (30 sec each direction)
Wall sits (30 sec)

Exercise 1 - Chair Squats (20 reps)

Lower onto a chair, then stand pressing through heels.

Easier: Use arm support.

Harder: Remove the chair and do deep squats.

Exercise 2 - Step-Back Lunges (10 per side)

Step one foot back, lower slightly, return, switch.

Easier: Hold onto a chair for balance.

Harder: Add light weights.

Exercise 3 - Calf Raises (15 reps)

Rise onto your toes, hold briefly, lower slowly.

Easier: Perform seated.

Harder: Hold weights.

Exercise 4 - Glute Kickbacks (10 per leg)

Hold onto a chair, lift one leg straight back, squeeze glutes.

Easier: Reduce range of motion.

Harder: Add ankle weights.

Exercise 5 - Wall Sit (Hold 20 sec, repeat 2x)

Lean against a wall, slide down slightly, hold position.

Easier: Hold for 10 seconds.

Harder: Increase time to 30 sec.

Pre-Workout Fuel

Banana + Almond Butter
Oatmeal + Chia Seeds + Honey

Post-Workout Recovery

Salmon + Brown Rice + Steamed Greens
Cottage Cheese + Pineapple + Pumpkin Seeds

3-4 SETS



WORKOUT 3

Upper Body & Core

Focus: Arms, shoulders, and core strength

Warm-up

Shoulder rolls (30 sec)

Arm swings (30 sec)

Standing knee lifts (1 min)

3-4 SETS

Exercise 1 - Wall Push-ups (15 reps)

Hands on a wall, step back, lower, push back.

Easier: Move closer to the wall.

Harder: Do knee push-ups on the floor.

Exercise 2 - Shoulder Press (10 reps)

Hold light weights, push up, lower slowly.

Easier: Use soup cans or resistance bands.

Harder: Use heavier weights.

Exercise 3 - Seated Side Twists (10 per side)

Sit, twist torso side to side.

Easier: Reduce range of motion.

Harder: Hold a small weight.

Exercise 4 - Plank Hold (Hold 20 sec, repeat 2x)

On hands/knees or forearms, keep core tight.

Easier: Hold for 10 sec.

Harder: Extend to 30 sec.

Exercise 5 - Standing Knee Raises (10 per side)

Lift knee towards chest, lower, switch.

Easier: Reduce height.

Harder: Add ankle weights.

Pre-Workout Fuel

Scrambled Eggs + Avocado + Kale + Tortilla

Greek Yogurt + Nuts

Post-Workout Recovery

Smoothie with Protein Powder + Berries + Almond milk

Grilled Chicken + Roasted Sweet Potatoes



WORKOUT 4

Balance & Mobility

Focus: Joint stability and flexibility

Warm-up

Heel-to-glute walk (1 min)

Ankle circles (30 sec)

High Knees (1 min)

Exercise 1 - Step-ups (10 per side)

Step onto a sturdy surface, driving through your heel, then step down with control.

Harder: Hold weights or increase the step height.

Exercise 2 - Bent-over Rows (10 reps)

Hinge at the hips, pull weights toward your ribs, squeeze shoulder blades, then lower.

Harder: Use heavier weights or pause at the top.

Exercise 3 - Seated Leg Extensions (10 per side)

Extend one leg straight while seated, hold briefly, then lower.

Harder: Add ankle weights or perform standing for balance work.



Exercise 4 - Heel-to-Toe Walk (10 steps forward & back)

Walk in a straight line, placing heel to toe with each step for balance training.

Harder: Hold light weights or walk backward.

Exercise 5 - Seated Forward Reach (Hold 10 sec, repeat 3x)

Reach forward toward your toes, keeping your back straight for a gentle stretch.

Harder: Hold for 20-30 seconds or perform standing.

Pre-Workout Fuel

Rice Cakes + Almond Butter + Banana
Oat Milk Smoothie + Berries + Flax Seeds

3-4 SETS

Post-Workout Recovery

Greek Yogurt + Honey + Nuts
Lentil Salad + Avocado + Feta



WORKOUT 5

Full-Body Activation

Focus: Overall strength, flexibility, and recovery

Warm-up

Shoulder shrugs (30 sec)

Hip circles (30 sec)

Side stretches (1 min)

Exercise 1 - Standing Marches (20 reps)

Stand tall and lift knees toward your chest one at a time while engaging your core.

Harder: Hold light dumbbells or wear ankle weights for added resistance.

Exercise 2 - Glute Bridge (20 reps)

Lie on your back, feet flat, and lift hips toward the ceiling, squeezing your glutes at the top.

Harder: Perform a single-leg bridge, keeping one foot lifted throughout.

Exercise 3 - Seated Arm Circles (10 reps forward & back)

Sit upright, extend arms to the sides, and make small controlled circles forward, then backward.

Harder: Hold light weights or increase the size of the circles.

Exercise 4 - Side Leg Raises (10 per side)

Stand tall, hold onto a surface for balance, and lift one leg to the side, keeping it straight.

Harder: Add ankle weights or slow down the movement for better control.

Exercise 5 - Deep Breathing Stretch (5 reps)

Stand or sit, inhale deeply while reaching arms overhead, then exhale as you lower your arms.

Harder: Hold the overhead position for a few seconds while engaging your core and glutes.

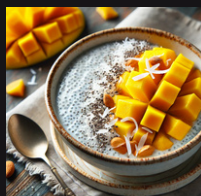
3-4 SETS

Pre-Workout Fuel

Chia Pudding with Almond Milk + Mango + Coconut Flakes
Whole Grain Toast + Peanut Butter + Banana Slices

Post-Workout Recovery

Grilled Turkey + Roasted Sweet Potatoes
Brown Rice + Grilled Tofu + Sautéed Spinach



MINDSET TIPS

Focus on Progress, Not Perfection

Starting (or restarting) your fitness journey is about small, consistent wins—not being perfect. Celebrate every workout, every healthy meal, and every step forward. Progress compounds over time!

Your Best Days Are Still Ahead

It's never too late to build strength, improve flexibility, and feel more confident in your body. Muscle can be built at any age, and movement keeps you energized, independent, and feeling your best.

Move Because You Love Your Body, Not Because You Hate It

Shift your mindset from “fixing” yourself to nourishing and strengthening yourself. Exercise is self-care, not punishment. Find activities you enjoy and that make you feel good.

Start Small, Stay Consistent

You don't need to work out for hours to see results. Short, effective workouts (10–30 minutes) done consistently will transform your body over time. Consistency beats intensity.

Prioritize Strength Training

Muscle is your best friend as you age—it boosts metabolism, strengthens bones, and keeps you toned. You don't need heavy weights; even bodyweight exercises make a difference!

Give Yourself Grace

If you miss a workout or indulge in a treat, it's okay! One meal or one skipped workout won't undo your progress. What matters is getting back on track.

Listen to Your Body

You're not 20 anymore, and that's a good thing! Work smarter, not harder. Prioritize warm-ups, recovery, and rest to keep your body feeling strong and pain-free.

Hydrate & Fuel Properly

Your body thrives on whole foods, hydration, and movement. Fuel yourself with nutrient-dense meals and stay hydrated to support energy and recovery.

Women over 40 should prioritize hydration for muscle recovery and hormone balance.

Water Recommendations:

- *Before workout: 16–20 oz (500–600 ml)
- *During workout: 8–10 oz (250–300 ml) every 20 minutes
- *After workout: 16–24 oz (500–750 ml), more if sweating heavily

Bonus Hydration Tips:

- *Add electrolytes (coconut water, Himalayan salt) if working out intensely.
- * Drink herbal tea post-workout for additional hydration.

Surround Yourself with Encouragement

Join a community of like-minded women who uplift and support each other. Having accountability makes the journey more enjoyable and keeps you motivated.

Remember: You're Stronger Than You Think

Every workout, every healthy choice, and every moment of self-care is proof that you're investing in yourself. Keep showing up—you're creating the strongest, healthiest version of YOU!

MINDSET
IS
EVERYTHING



STRONGER AT 40+

Ladies, This is Your Time to Thrive!

Staying active after 40 isn't just about looking fit—it's about feeling strong, confident, and empowered in your body. It's about having the energy to keep up with your life, the strength to stay independent, and the resilience to move with ease for years to come.

This 5-day home workout plan is designed with you in mind—real women navigating busy schedules, changing bodies, and a deep desire to feel strong, capable, and vibrant every day. By focusing on functional movements, balance, and controlled strength, you'll improve mobility, reduce the risk of injury, and enhance the way you move through life.

Here's the truth:

You don't need to spend hours working out or follow extreme routines. **Consistency is key.** Progress at your own pace, listen to your body, and celebrate every win—because every step forward counts.

Pair these workouts with nourishing whole foods, proper hydration, and rest, and you'll notice a positive shift in your energy, posture, and overall well-being. You deserve to feel strong. You deserve to prioritize yourself. And you're never too late to start.

Keep moving, keep challenging yourself, and most importantly—enjoy the process.

Boldly & beautifully,
Linda

