



5-Day Beginner Strength Plan for Women 40+

BE WELL WITH KIM MICHELLE

Welcome, Beautiful!

Congratulations on taking the first step toward building strength, confidence, and energy!

This simple 5-day plan is designed to help you get started moving again — safely and at your own pace.

No gym membership or fancy equipment needed; just light hand weights, a chair, and a strong will to begin.

Goal: Gain strength, improve balance, and feel more energized in just 5 days.

Before You Begin Tips

- Always warm up for 3–5 minutes (march in place, arm circles, and gentle twists at the waist).
- Focus on form over speed.
- Rest as needed and listen to your body.
- Drink water and breathe deeply through each movement.

Day 1: Total Body Wake-Up

Equipment: Light dumbbells (3–5 lbs) or water bottles

- Squats – 2 sets of 10
- Shoulder Press – 2 sets of 10
- Standing Side Bends – 2 sets of 10 each side
- Wall Push-Ups – 2 sets of 8–10
- Seated March – 1 minute

Affirmation:

“I am strong, capable, and ready to move my body with love.”

Day 2: Core & Balance

Equipment: None

- Seated Knee Lifts – 2 sets of 10
- Standing Side Leg Raises – 2 sets of 10 each leg
- Heel-to-Toe Walk – 2 rounds (10 steps forward & back)
- Standing Torso Twist – 2 sets of 15
- Side Plank (on knees) – Hold 20–30 seconds each side

Affirmation:

“My balance improves with every step I take toward wellness.”

Day 3: Lower Body Strength

Equipment: Dumbbells or resistance band

- Step-Back Lunges – 2 sets of 8 per leg
- Glute Bridges – 2 sets of 10
- Calf Raises – 2 sets of 12
- Chair Sit-to-Stands – 2 sets of 10
- Seated Hamstring Stretch – Hold 30 sec each leg

Affirmation:

“My legs carry me through life with strength and grace.”

Day 4: Upper Body Sculpt

Equipment: Dumbbells

- Bicep Curls – 2 sets of 10
- Front Shoulder Raise – 2 sets of 10
- Tricep Kickbacks – 2 sets of 10
- Chest Fly (on floor or bench) – 2 sets of 8
- Arm Circles – 30 seconds forward, 30 seconds back

Affirmation:

“I am building power, poise, and positivity.”

Day 5: Full-Body Flow

Equipment: Optional mat or towel

- Standing March – 1 min
- Squat + Shoulder Press Combo – 2 sets of 8
- Side Step + Curl – 2 sets of 10
- Core Twists – 2 sets of 10

- Deep Breathing & Stretch – 2 min

Affirmation:

"I finish strong, proud, and ready for what's next."

After Your 5 Days

You did it!

Repeat this plan for 3–4 weeks, increasing repetitions or adding light resistance as you grow stronger.

Next Step:

Download the free Morning Energy Reset Guide to keep motivation going — and subscribe to Kim Michelle's Blog page for weekly encouragement and mini workouts at

www.bewellwithkimmichelle.com

