

# **"Thrive in Motion" Your 7-Day Beginner Strength Plan for Peri- Menopause, Menopause and Life"**

**A Menopausal Survival Series  
by Virginia Crowe  
Thrive by Design**

## About Thrive by Design w/ Virginia Crowe

Thrive by Design was born out of my own personal journey through menopause and a deep desire to change the experience for other women. After facing a terrifying panic attack on a hike—one that resulted in me being airlifted off a mountain—I realized how little support and information was available for women going through such a major transition.

My doctor brushed it off as “just perimenopause,” offering no guidance or solutions. She didn't even share with me that hormones fluctuations could cause panic attacks! That moment changed everything for me. I set out on a mission and created my program so women could have a safe place to find answers, or at least be pointed in the proper direction.

With years of experience as a personal trainer, wellness coach, art for healing facilitator, and nutrition coach, I had many of the tools—but I knew I needed to understand menopause on a deeper level. That's why I sought out an excellent certification program and I became a Certified Menopause Coaching Specialist. Thrive by Design is the program I wish I had: a fully customizable blend of fitness, nutrition, mindset, and creative healing, tailored to support the unique and complex needs of women in midlife. Whether online or in person, this program is designed to help you feel informed, empowered, and truly supported.

If you've ever felt confused, dismissed, or alone during this transition—you're not. I'm here, and so is Thrive by Design. Reach out if you have questions. Let's change the narrative together.

Reach out to Virginia directly.

Email: [thrivewithvirginia@gmail.com](mailto:thrivewithvirginia@gmail.com)





# Introduction

Welcome to your 7-Day Beginner Menopause Exercise Program! This plan is designed to help you:

- Reconnect with your body
- Support your changing hormones
- Build strength and mobility safely
- Improve posture and reduce joint pain
- Learn how to activate your **pelvic floor** and **breathe with intention**

Whether you're at **home or in the gym**, you'll get daily workouts that prioritize **form, function, and feeling good**.



# Why Strength Training?

As we enter menopause, estrogen levels drop. That can mean more fat around the midsection, less muscle, and lower bone density. The antidote? **Strength training**. Building muscle not only shapes your body but protects your joints and bones, boosts metabolism, and helps regulate blood sugar.



# Why Focus on the Pelvic Floor?

Your pelvic floor acts like a hammock for your core organs. During menopause, its integrity may weaken. Each day, we'll gently cue this area to **engage properly**—without clenching.

# How to Engage Your Pelvic Floor

1. Sit or stand tall. Imagine gently **lifting the area between your sit bones** like you're stopping gas or urine.
2. Do **not** squeeze your glutes or thighs.
3. Exhale as you lift the pelvic floor; inhale to relax it.
4. Think **gentle activation, not force**.






## **General Warm-Up (5 Minutes Daily)**

Do this before each workout (home or gym).

Move	Time
March in place or walk on treadmill	1 min
Arm circles (forward + back)	30 sec each
Hip circles	30 sec each way
Cat-Cow Stretch	1 min




 **Pelvic Floor Tip:** On each bridge lift, exhale, engage pelvic floor, press hips up. Inhale as you lower.



## **General Cool-Down + Stretch (5 Minutes Daily)**

Stretch	Time
Forward fold with bent knees	1 min
Seated twist (each side)	30 sec
Child's pose	1 min
Chest opener on wall or doorway	1 min
Reclined figure four stretch (each leg)	30 sec

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 Exhale into each stretch. Relax your belly and let tension melt away.



# 7-Day Exercise Plan

Each day includes:

- Strength + Mobility (20–30 min)
- Pelvic Floor + Core Focus
- Breathing & Form Cues
- HOME and GYM Versions





# Day 1: Total Body Foundation

Movement	Home	Gym
Squat to Chair (3×10)	Sit to stand from chair	Goblet squat with dumbbell
Incline Push-Up (3×8)	Wall or countertop	Smith machine bar or bench
Glute Bridge (3×10)	Floor	Weighted glute bridge on mat
Dead Bug (3×10 per side)	Floor	Same
Bird Dog (3×10 per side)	Floor	Cable bird dog (if desired)



**Form Tip:** Keep spine neutral. On each rep, exhale and gently lift pelvic floor to support the movement.

# Day 2: Core + Pelvic Floor + Balance

Movement	Home	Gym
Standing March + Pelvic Floor (3×30 sec)	Lift knees, exhale, engage PF	Same
Wall Sit + Core Breathing (3×20 sec)	Back against wall, deep exhales	Add light dumbbells
Glute Bridge March (3×10)	From floor	Weighted on mat
Side-Lying Leg Raises (3×12 each)	Use ankle weights if available	Cable abduction
Seated Ball Squeezes (3×10 pulses)	Pillow between knees	Small ball or machine

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 Focus on posture and exhaling on the effort. You're training from the inside out.

# Day 3: Upper Body Strength + Posture

Movement	Home	Gym
Wall Row (3×10)	Resistance band	Cable or dumbbell row
Overhead Press (3×8)	Light dumbbells	Seated dumbbell press
Lateral Raise (3×10)	Dumbbells (3–5 lbs)	Same
Wall Angels (3×10)	Against a wall	Cable shoulder mobility
Prone T/Y Raises (3×10)	Floor or stability ball	Incline bench T/Y raises

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 Exhale on each lift. Keep shoulders away from ears. Don't shrug.

# **Day 4: Rest + Gentle Walk or Stretch Flow**

Try a 20-minute walk, light yoga, or deep breathing with movement.

Optional:

- Foam rolling
- Meditation or breathwork
- Legs up the wall pose
- Honor your body. This is when the magic happens.-RECOVERY MATTERS

# Day 5: Glutes + Core Activation

Movement	Home	Gym
Step-ups (3×10 each leg)	Sturdy step or stairs	Plyo box + weights
Glute Kickbacks (3×12)	On hands/knees or standing band	Cable machine or glute machine
Clamshells (3×15)	With mini band	Same
Forearm Plank (3×20 sec)	Knees or toes	Weighted if advanced
Glute Bridge March (3×10)	Floor	Weighted version


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 Engage glutes *without* clenching lower back. Pelvic floor lifts on exhale.

# Day 6: Functional Movement + Cardio

Movement	Home	Gym
Low-Impact Step Touch (3×30 sec)	Side steps, arms swinging	Treadmill intervals
Squat + Reach (3×10)	Bodyweight	Add light dumbbells
Wall Push + March (3×10)	Core engaged	Same
Standing Calf Raises (3×15)	Hold wall	Use calf machine
Bird Dog Flow (3×8 per side)	Floor	Weighted variation




 This day supports coordination, agility, and energy. Add music and have fun!

# Day 7: Stretch + Strength Reset

20–30 min gentle session

Movement	Home	Gym
Cat-Cow + Seated Breathing	Floor	Same
Glute Bridges	2×10	Add light weights
Standing Postural Stretch Series	Wall-based	Cable or pulley stretch
Diaphragmatic Breathing + Pelvic Floor (5 mins)	Lying down	Same
Optional: Meditation or Sound Bath	YouTube or app	Gym recovery room



 Reflect on how far you've come. This is **your journey**—and it's just beginning.


# **Bonus: Daily Pelvic Floor Mini-Routine (Optional)**

Try this in the morning or before bed:

Work up to doing this 2-3x

- **3 slow breaths with pelvic floor lift**
- **5 Glute Bridges** with pelvic floor cue
- **30 sec Forearm Plank** with deep exhales
- **10 Wall Angels** for posture

# Need More Support?

Want personalized help with your strength, sleep, or nutrition during menopause?  Email me at: **[thrivewithvirginia@gmail.com](mailto:thrivewithvirginia@gmail.com)**

Or visit: **[www.thrivewithvirginia.com](http://www.thrivewithvirginia.com)**





# Created with Heart by Virginia Crowe

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Personal Trainer • Nutrition Coach • Art for Healing Facilitator