

7-Day Fitness Jumpstart for Women 40+

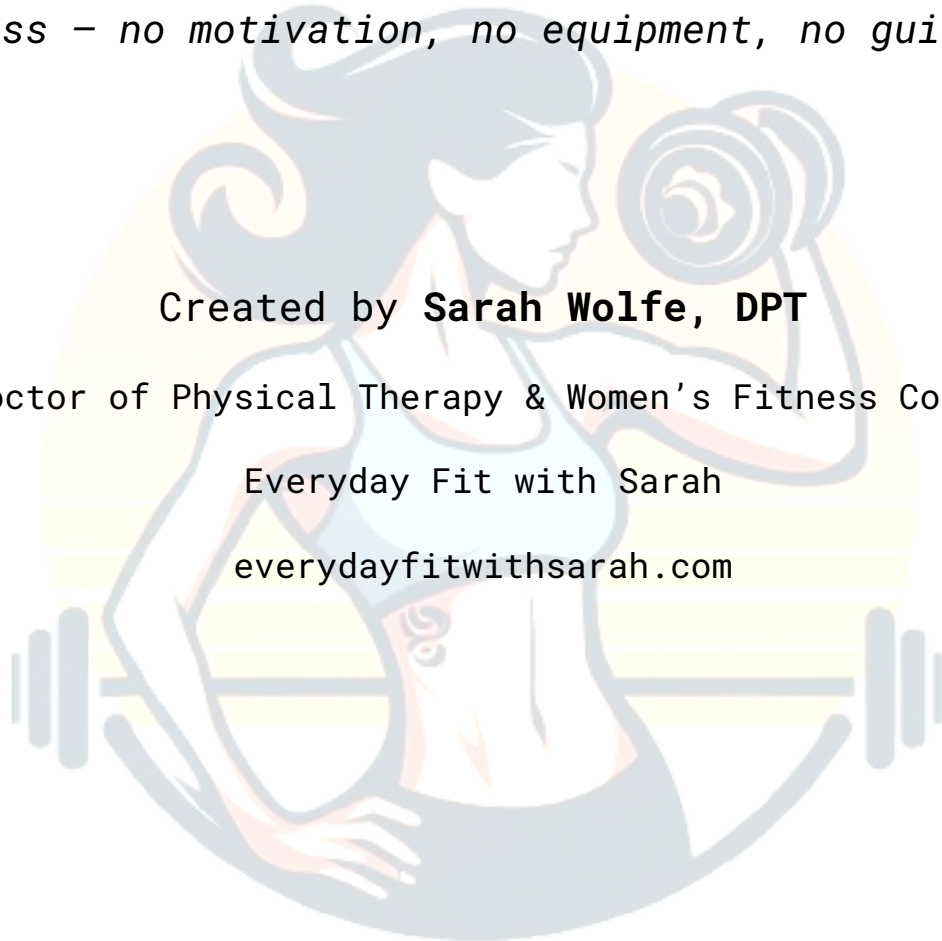
Quick, simple workouts you can do in 10 minutes or less – no motivation, no equipment, no guilt.

Created by **Sarah Wolfe, DPT**

Doctor of Physical Therapy & Women's Fitness Coach

Everyday Fit with Sarah

everydayfitwithsarah.com



Everyday Fit with Sarah

7-Day No-Motivation Workout Plan

Quick, simple workouts for women 40+ – all under 10 minutes, no equipment needed.

By Sarah Wolfe, DPT | Everyday Fit with Sarah

Welcome – Let's Build Momentum Together

If you're a woman over 40, you've probably noticed that motivation comes and goes... and sometimes it disappears completely. That's normal. And it's exactly why I created this 7-day fitness jumpstart.

These quick, simple workouts take **10 minutes or less**, require **zero equipment**, and are designed to help you build consistency without overwhelm. No guilt. No perfection. Just small wins that add up.

Let's get moving – one doable day at a time.

How This Works

- Do **one workout per day**
- Keep it **under 10 minutes**
- Focus on **effort, not perfection**
- If you miss a day, just pick up where you left off
- Celebrate every win – momentum matters more than motivation

This plan is designed to help you feel successful from day one.

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★ Your 7-Day Plan

Day 1 – 10-Minute Full-Body Workout

[workout 'snack' #1](#)

Start strong with a quick, effective workout that wakes up your body and gets your blood flowing. This is your momentum-builder.

Day 2 – Take a 5–10 Minute Walk

Simple, easy, and doable. Head outside if you can, or walk indoors if that's easier. Bonus points for listening to your favorite music or a feel-good podcast.

Day 3 – 10-Minute Full-Body Workout

[workout 'snack' #2](#)

Keep the consistency going with another short session. These small wins are what build confidence and long-term results.

Day 4 – Stretch & Mobility Day

[10-Minute Mobility](#)

5–10 minutes to stretch and move gently. Focus on the areas that feel tight – hips, shoulders, back. You'll feel refreshed and ready for tomorrow.

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Day 5 – 10-Minute Full-Body Workout

[workout 'snack' #3](#)

Another quick full-body burner to keep your momentum strong. Remember: 10 minutes is enough to make a difference.

Day 6 – Move However You Want Day

Dance, walk, play with your kids, clean with music on – whatever movement feels good today, do that. The goal is to enjoy moving your body.

Day 7 – Rest & Reflect

Take a moment to look back on your week. How did moving make you feel? What surprised you? What felt easier than expected? Choose one small action you want to carry into next week.

★ You Did it!

You did it – seven full days of showing up for yourself. These small wins matter more than you realize. You proved you can build momentum even on low-motivation days, and that's something to be proud of.

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About Sarah Wolfe, DPT

I'm a Doctor of Physical Therapy and women's fitness coach who helps women 40+ lose belly fat, build strength, and feel confident in their bodies again – without extreme diets or hours in the gym. My approach blends science-backed training, simple nutrition habits, and realistic routines that fit real life.

★ What's Next?

You just proved something powerful:

you don't need motivation – you just need a plan.

If you're ready to keep the momentum going, I'd love to help you take the next step. My training programs are designed specifically for women 40+ who want consistency, strength, and real results without overwhelm.

Visit everydayfitwithsarah.com or send me a DM on Instagram to learn more.

Everyday Fit with Sarah

Let's keep moving.

everydayfitwithsarah.com

Sarah Wolfe