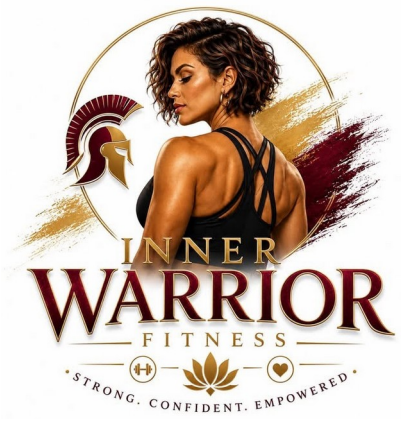


CONFIDENCE IN THE MIRROR

Strength Training for How You Feel, Not Just How You Look

A 4-Week Program for Women Navigating Menopause

INNER WARRIOR FITNESS
Strong. Confident. Empowered.

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Welcome

INNER WARRIOR FITNESS

STRONG. CONFIDENT.

Empowered in the body you have right now.

If you're here, something in your body has shifted — and it's not just the number on the scale. Maybe it's loose skin where there used to be tightness. Maybe it's a shape you don't recognize when you catch yourself in a store window. Maybe it's just... not feeling like you anymore.

This program isn't about chasing your 30-year-old body. It's about building strength that changes how you carry yourself, how your clothes fit, and — most importantly — how you feel when you look in the mirror.

> *What makes this different: Every week pairs a strength training block with a mindset practice. The lifting builds your body. The mindset work rebuilds your relationship with it. You need both.*

How This Program Works

- 4 weeks, 3 workouts per week (roughly 35–45 minutes each)
- Minimal equipment: a set of dumbbells (light/medium/heavy if you have them) and a resistance band. Bodyweight modifications included for every move.
- Each week includes: 3 structured workouts, a Mirror Work reflection exercise, a posture/presence cue to practice daily, and a confidence challenge outside the gym
- Progression: Weeks build on each other — reps, load, or complexity increase slightly each week. Don't skip ahead.

Before you start: Take three photos (front, side, back) and three measurements (waist, hips, arms). Not for judgment — for tracking real change the scale won't show. Put them away and don't look again until Week 4.

Week 1: Foundation

WEEK 1

FOUNDATION

Notice the story you tell yourself in the mirror.

Mindset Focus: Noticing the story you tell yourself in the mirror.

Mirror Work — Day 1

Before your first workout, stand in front of a mirror for 60 seconds. Don't fix anything — no adjusting clothes, no turning to your 'good side.' Just notice what thoughts come up. Write down the first three things you said to yourself. You'll revisit this in Week 4.

Daily Posture Cue

"Crown up, shoulders back, ribcage stacked over hips." Practice this cue every time you catch your reflection this week — in the car mirror, a window, your phone screen.

Workouts

Workout A

Warm-Up (5-6 min)

- Marching in place — 1 min
- Arm circles (forward/back) — 30 sec each
- Bodyweight squat — 10 reps
- Cat-cow stretch — 8 reps
- Hip circles — 30 sec each direction

Strength Block (28 min) — 3 rounds, rest 60-90 sec between rounds

1. Bodyweight Squat to Chair — 12 reps
2. Incline Push-Up (hands on counter/bench) — 10 reps
3. Dumbbell Bent-Over Row — 12 reps
4. Glute Bridge — 15 reps
5. Reverse Lunge (alternating) — 10 reps each leg
6. Standing Dumbbell Overhead Press — 10 reps

Core Finisher (5 min) — 2 rounds

- Dead Bug — 10 each side
- Standing March (weighted or band) — 20 total
- Side Plank (knees down if needed) — 20 sec each side

Cool-Down (4-5 min)

- Chest stretch — 30 sec each side
- Hip flexor stretch — 30 sec each side
- Child's pose — 1 min
- Deep breathing — 1 min

Workout B

Warm-Up (5-6 min)

- Step touches — 1 min
- Shoulder rolls — 30 sec
- Glute bridges — 10 reps
- Walking knee hugs — 30 sec
- Ankle circles — 30 sec each

Strength Block (28 min) — 3 rounds, rest 60-90 sec

1. Dumbbell Romanian Deadlift — 12 reps
2. Standing Dumbbell Shoulder Press — 10 reps
3. Reverse Lunge — 10 reps each leg
4. Seated or Standing Band Row — 12 reps
5. Dumbbell Floor Chest Press — 12 reps
6. Step-Up (low step/stair) — 10 reps each leg

Core Finisher (5 min) — 2 rounds

- Side Plank — 20 sec each side
- Wall Angels (posture) — 12 reps
- Bird Dog — 10 each side

Cool-Down (4-5 min)

- Quad stretch — 30 sec each side
- Shoulder cross-body stretch — 30 sec each side
- Seated spinal twist — 30 sec each side
- Deep breathing — 1 min

Workout C

Warm-Up (5-6 min)

- Marching with arm reaches — 1 min
- Bodyweight squats — 10 reps
- Arm swings — 30 sec

- Standing side bends — 30 sec
- Hip hinges (no weight) — 8 reps

Strength Block (28 min) — 3 rounds, rest 60-90 sec

1. Goblet Squat — 12 reps
2. Dumbbell Chest Press (floor or bench) — 10 reps
3. Single-Arm Dumbbell Row — 10 reps each side
4. Step-Up (low step/stair) — 10 reps each leg
5. Glute Bridge (2-sec hold at top) — 15 reps
6. Standing Dumbbell Bicep Curl — 12 reps

Core Finisher (5 min) — 2 rounds

- Bird Dog — 10 each side
- Plank Hold — 20-30 sec
- Dead Bug — 10 each side

Cool-Down (4-5 min)

- Standing forward fold — 30 sec
- Figure-4 glute stretch — 30 sec each side
- Cat-cow — 8 reps
- Deep breathing — 1 min

Confidence Challenge

Wear one item of clothing this week that's been sitting in your closet because you "weren't sure." No occasion needed.

Week 2: Building

WEEK 2

BUILDING

Separate how you look from what you can do.

Mindset Focus: Separating "how I look" from "what I can do."

Mirror Work — Day 1

Look in the mirror again. This time, name three things your body did for you this week — climbed stairs, carried groceries, held a plank a few seconds longer. Function first, appearance second.

Daily Posture Cue

Add: "Soft knees, weight through your heels" when standing. Notice how this changes your presence in a room, not just a mirror.

Workouts

Workout A

Warm-Up (5-6 min)

- Same warm-up as Week 1, Workout A

Strength Block (30 min) — 3 rounds, rest 45-60 sec

1. Bodyweight Squat (add dumbbells if ready) — 15 reps
2. Push-Up (knees or full) — 10-12 reps
3. Dumbbell Bent-Over Row (increase weight) — 12 reps
4. Glute Bridge with 2-sec hold — 15 reps
5. Reverse Lunge — 12 reps each leg
6. Standing Dumbbell Overhead Press — 12 reps

Core Finisher (5 min) — 2 rounds

- Dead Bug — 10 each side
- Standing March with band — 20 total
- Side Plank — 25-30 sec each side

Cool-Down (4-5 min)

- Same cool-down as Week 1, Workout A

Workout B

Warm-Up (5-6 min)

- Same warm-up as Week 1, Workout B

Strength Block (30 min) — 3 rounds, rest 45-60 sec

1. Dumbbell Romanian Deadlift (increase weight) — 12 reps
2. Standing Dumbbell Shoulder Press — 12 reps
3. Reverse Lunge — 12 reps each leg
4. Band Row (increase resistance) — 12 reps
5. Dumbbell Floor Chest Press — 12 reps
6. Step-Up — 12 reps each leg

Core Finisher (5 min) — 2 rounds

- Side Plank — 25-30 sec each side
- Wall Angels — 12 reps
- Bird Dog — 10 each side

Cool-Down (4-5 min)

- Same cool-down as Week 1, Workout B

Workout C

Warm-Up (5-6 min)

- Same warm-up as Week 1, Workout C

Strength Block (30 min) — 3 rounds, rest 45-60 sec

1. Goblet Squat — 15 reps
2. Dumbbell Chest Press — 12 reps
3. Single-Arm Dumbbell Row — 12 reps each side
4. Step-Up — 12 reps each leg
5. Glute Bridge (2-sec hold) — 15 reps
6. Standing Dumbbell Bicep Curl — 12 reps

Core Finisher (5 min) — 2 rounds

- Bird Dog — 10 each side
- Plank Hold — 30-40 sec
- Dead Bug — 12 each side

Cool-Down (4-5 min)

- Same cool-down as Week 1, Workout C

Confidence Challenge

Take a photo of yourself you actually like this week — not a "before," just a moment you felt good. No filters required.

Week 3: Strength

WEEK 3

STRENGTH

Stand in your body instead of apologizing for it.

Mindset Focus: Standing in your body instead of apologizing for it.

Mirror Work — Day 1

Stand tall using your posture cues. Say out loud (yes, actually out loud): "This body is strong." Notice if it feels awkward — that discomfort is normal and it fades with repetition.

Daily Posture Cue

Practice walking into a room — literally, walk through a doorway — using your full posture cue set. Notice how it changes how people respond to you, not just how you feel.

Workouts

Workout A

Warm-Up (5-6 min)

- Marching in place — 1 min
- Arm circles — 30 sec each
- Bodyweight squats — 12 reps
- Walking lunges (no weight) — 30 sec
- Cat-cow — 8 reps
- Hip circles — 30 sec each

Strength Block (30 min) — 4 rounds, rest 45-60 sec

1. Goblet Squat (increase weight) — 12 reps
2. Push-Up — 12-15 reps
3. Dumbbell Row — 12 reps
4. Single-Leg Glute Bridge — 10 reps each leg
5. Dumbbell Overhead Press — 12 reps
6. Dead Bug with band tension — 10 each side

Core Finisher (5 min) — 2 rounds

- Side Plank with reach-through — 8 each side
- Bird Dog with 2-sec hold — 10 each side
- Plank Hold — 30-40 sec

Cool-Down (4-5 min)

- Chest stretch — 30 sec each side
- Hip flexor stretch — 30 sec each side
- Deep breathing — 1 min

Workout B

Warm-Up (5-6 min)

- Step touches — 1 min
- Shoulder rolls — 30 sec
- Glute bridges — 10 reps
- Walking knee hugs — 30 sec
- Bodyweight RDL hinge — 8 reps
- Ankle circles — 30 sec each

Strength Block (30 min) — 4 rounds, rest 45-60 sec

1. Dumbbell Romanian Deadlift (increase weight) — 12 reps
2. Standing Shoulder Press — 12 reps
3. Walking Lunge — 10 reps each leg
4. Band Row (heavier resistance) — 12 reps
5. Dumbbell Chest Press — 12 reps
6. Superman Hold (upper back) — 10 sec x 3

Core Finisher (5 min) — 2 rounds

- Side Plank — 30 sec each side
- Bird Dog — 10 each side

Cool-Down (4-5 min)

- Quad stretch — 30 sec each side
- Seated spinal twist — 30 sec each side
- Deep breathing — 1 min

Workout C

Warm-Up (5-6 min)

- Marching with reaches — 1 min
- Bodyweight squats — 12 reps
- Arm swings — 30 sec
- Standing side bends — 30 sec
- Walking lunges — 30 sec

- Hip hinges — 8 reps

Strength Block (30 min) — 4 rounds, rest 45-60 sec

1. Squat with 2-sec pause at bottom — 12 reps
2. Dumbbell Chest Press — 12 reps
3. Single-Arm Row — 12 reps each side
4. Lateral Step-Up — 12 reps each leg
5. Bird Dog with 2-sec hold — 10 each side
6. Standing Dumbbell Bicep Curl — 12 reps

Core Finisher (5 min) — 2 rounds

- Plank with Shoulder Tap — 10 each side
- Dead Bug — 12 each side

Cool-Down (4-5 min)

- Standing forward fold — 30 sec
- Figure-4 glute stretch — 30 sec each side
- Deep breathing — 1 min

Confidence Challenge

Say no to something this week that doesn't serve you — a commitment, an outfit that doesn't feel like you, a comment about your body (yours or someone else's).

Week 4: Integration

WEEK 4

INTEGRATION

Redefine what confident looks like on you.

Mindset Focus: Redefining what "confident" looks like on you.

Mirror Work — Day 1

Return to your Week 1 mirror notes. Read what you wrote. Then stand in front of the mirror again and write three new things you notice. Most people find the shift isn't just physical — it's in how they're talking to themselves.

Daily Posture Cue

Combine everything: crown up, shoulders back, ribcage stacked, soft knees. Hold this as your default, not just a mirror-check habit.

Workouts

Workout A

Warm-Up (5-6 min)

- Same warm-up as Week 3, Workout A

Strength Block (32 min) — 4 rounds, rest 30-45 sec

1. Goblet Squat — 15 reps
2. Push-Up — 12-15 reps
3. Dumbbell Row — 15 reps
4. Single-Leg Glute Bridge — 12 reps each leg
5. Dumbbell Overhead Press — 15 reps
6. Dead Bug with band tension — 12 each side

Core Finisher (5 min) — 2 rounds

- Side Plank with reach-through — 10 each side
- Bird Dog with 2-sec hold — 12 each side
- Plank Hold — 45 sec

Cool-Down (4-5 min)

- Same cool-down as Week 3, Workout A

Workout B

Warm-Up (5-6 min)

- Same warm-up as Week 3, Workout B

Strength Block (32 min) — 4 rounds, rest 30-45 sec

1. Dumbbell Romanian Deadlift — 15 reps
2. Standing Shoulder Press — 15 reps
3. Walking Lunge — 12 reps each leg
4. Band Row — 15 reps
5. Dumbbell Chest Press — 15 reps
6. Superman Hold — 10 sec x 3

Core Finisher (5 min) — 2 rounds

- Side Plank — 35-40 sec each side
- Bird Dog — 12 each side

Cool-Down (4-5 min)

- Same cool-down as Week 3, Workout B

Workout C

Warm-Up (5-6 min)

- Same warm-up as Week 3, Workout C

Strength Block (32 min) — 4 rounds, rest 30-45 sec

1. Squat with pause — 15 reps
2. Dumbbell Chest Press — 15 reps
3. Single-Arm Row — 15 reps each side
4. Lateral Step-Up — 12 reps each leg
5. Bird Dog — 12 each side
6. Standing Dumbbell Bicep Curl — 15 reps

Core Finisher (5 min) — 2 rounds

- Full Plank Hold — 45 sec
- Dead Bug — 12 each side

Cool-Down (4-5 min)

- Same cool-down as Week 3, Workout C

Final Confidence Challenge

Retake your photos and measurements from Day 1. Compare — but pay attention to how you feel in your body first, before you look at the numbers. Write down what changed that has nothing to do with size.

Closing Note

Strength doesn't erase the changes menopause brings — but it changes your relationship to them. The goal was never to look like you did before. It was to feel steady, capable, and like yourself in the body you have right now.

If this program helped, the next step is [insert your 1:1 coaching offer, next program, or community link here].



FAQ

What if I miss a day?

Move the workout, don't skip it. Three sessions a week matter more than which three days.

Can I do this with just bodyweight, no dumbbells?

Yes — every move has a bodyweight-only option noted. Progress by adding reps or slowing your tempo instead of adding weight.

I'm dealing with hot flashes/fatigue — what if I can't finish a workout?

Do what you can. A shortened workout still counts. Consistency beats intensity here.

How do I know if I'm lifting heavy enough?

The last 2-3 reps of each set should feel genuinely challenging. If you could do 10 more reps easily, it's time to increase weight.