FIT AND TRIM UNIVERSITY

AGING STRONG SERIES

FOR WOMEN 50+

21-Day Metabolism Reset

Lift. Fuel. Recover.

A step-by-step plan to rebuild strength and energy in 21 days.

LIFT | FUEL | RECOVER

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PART 1

Welcome to Your Reset

For the next 21 days, you'll train **3 times a week**, eat **protein at every meal**, and build **4 small daily habits** that work with your body after 50.

If the workouts and diets that used to work have stopped working, you're not imagining it. Through midlife and menopause, women lose muscle faster, and muscle is a big part of what keeps your metabolism, balance and energy strong. Long cardio sessions and strict dieting can make it worse by taking even more muscle with them.

This Reset does the opposite. It helps you build and protect muscle, fuel it well, and recover so your body can respond.

You don't need to be perfect. You need to show up, most days, for 21 days. Missed a day? Pick up where you left off. That's how strong women are built.

I'm proud of you for starting. Let's get to work.

Coach Naajiy

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How to use this guide

1. Read "How the Reset Works" and "Before You Start" today.
2. Do your Day 1 Strength Check and write down your numbers.
3. Follow the 21-Day Plan and tick off each day in the Tracker.
4. Repeat the Strength Check on Day 21 and see how far you've come.

PART 2

How the Reset Works

The Reset rests on three pillars. Each one supports the other two.

Pillar	What you do	Why it matters after 50
LIFT	3 strength workouts a week, 20–30 minutes each	Builds and protects the muscle that powers your metabolism, balance and bones
FUEL	Protein at every meal, plus vegetables, fiber and water	Gives your muscles what they need to grow and keeps you full without counting calories
RECOVER	Daily walking, 7–9 hours of sleep, and a few minutes of stress relief	Strength is built while you rest; poor sleep and stress make every other pillar harder

Your weekly rhythm

Day	Plan
Monday	Workout A + walk
Tuesday	Walk + mobility
Wednesday	Workout B + walk
Thursday	Walk + mobility
Friday	Workout C + walk
Saturday	Longer walk or active fun (gardening, dancing, swimming)
Sunday	Rest and plan your week

Your days don't have to match this exactly. Just leave at least one day between strength workouts.

How hard should it feel?

> Use the **"2 in the tank"** rule. Finish each set feeling you could do 2 or 3 more good reps. If you could do 10 more, go a little heavier. If your form breaks down, go lighter.

PART 3

Before You Start

Safety first

Talk with your physician before starting if any of these apply to you:

- Heart disease, high blood pressure, or diabetes
- Osteoporosis, or a fracture in the last year
- A joint replacement or recent surgery
- Dizziness, chest pain, or shortness of breath during activity
- Any condition your doctor is treating

During any workout, **stop right away** if you feel chest pain, dizziness, sharp or joint pain, or unusual shortness of breath. Mild muscle soreness a day or two after training is normal. Sharp pain is not.

What you'll need

- A sturdy chair without wheels
- A pair of light dumbbells (3–8 lb to start) **or** a resistance band with handles
- A mat or carpeted floor
- A wall and a step or bottom stair with a railing
- Comfortable shoes and a water bottle

No dumbbells? Filled water bottles or a backpack with books will work to start.

PART 3, CONTINUED

Your Day 1 Strength Check

Do these 4 tests before your first workout. Write your results below, then repeat them on Day 21.

1. **30-second chair stand.** Sit in the middle of the chair, arms crossed over your chest. Stand up fully and sit back down as many times as you can in 30 seconds.
2. **Wall push-ups.** Stand an arm's length from a wall, hands at shoulder height. Count how many good push-ups you can do in a row.
3. **Single-leg balance.** Stand near the wall for safety. Lift one foot slightly off the floor and time how long you can hold, up to 30 seconds. Test each side.
4. **How you feel.** Rate your energy, sleep and confidence from 1 (low) to 10 (great).

Test	Day 1	Day 21
Chair stands (30 sec)		
Wall push-ups		
Balance, right leg (sec)		
Balance, left leg (sec)		
Energy (1–10)		
Sleep (1–10)		
Confidence (1–10)		

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PART 4

The 21-Day Training Plan

You'll rotate 3 full-body workouts each week. Each takes 20–30 minutes, including the warm-up and cool-down.

Every workout: warm-up (5 minutes)

- March in place, 1 minute
- Arm circles forward and back, 10 each
- Hip circles, 5 each direction
- Standing knee lifts, 10 each side
- Chair sit-to-stands, slow, 8 reps

Workout A

Exercise	Sets × reps
Chair squat	Weekly progression
Incline push-up	Weekly progression
Bent-over row (dumbbell or band)	Weekly progression
Glute bridge	Weekly progression
Dead bug	2 × 6 each side

Workout B

Exercise	Sets × reps
Romanian deadlift (hip hinge)	Weekly progression
Overhead press	Weekly progression
Step-up	Weekly progression, each leg
Band pull-apart	Weekly progression
Bird dog	2 × 6 each side

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Workout C

Exercise	Sets × reps
Supported split squat	Weekly progression, each leg
Floor press	Weekly progression
Single-arm row	Weekly progression, each arm
Side-step with band	2 × 10 steps each way
Farmer's carry	3 × 30 seconds
Incline plank	2 × 20–30 seconds

Weekly progression

Week	Sets × reps	Rest	Focus
Week 1 Days 1–7	2 × 10	60–90 sec	Learn the moves; slow and controlled
Week 2 Days 8–14	3 × 10	60–90 sec	Add a set; build consistency
Week 3 Days 15–21	3 × 12, or 3 × 10 with slightly more weight	60 sec	Get stronger; challenge yourself safely

> **Tempo:** take about 3 seconds to lower each rep and 1–2 seconds to lift. Breathe out as you lift.

Every workout: cool-down (3–5 minutes)

- Seated hamstring stretch, 30 seconds each leg
- Standing chest stretch in a doorway, 30 seconds
- Standing quad stretch holding the chair, 30 seconds each leg
- Slow deep breaths, 1 minute

On non-strength days

Walk, and do 5 minutes of mobility: the warm-up moves plus the cool-down stretches.

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PART 5

Exercise Library

Each exercise has a how-to, the key cue to remember, and an easier and harder option. Start with the version you can do with good form.

Chair squat

Stand in front of a chair, feet hip-width. Sit back until you lightly touch the seat, then stand.

Cue: Knees track over toes; chest proud

EASIER
Sit fully, then stand; use hands on thighs

HARDER
Hold a dumbbell at your chest

Incline push-up

Hands on a kitchen counter or wall, body in a straight line. Lower your chest toward your hands, then press away.

Cue: Body stays straight from head to heels

EASIER
Use the wall

HARDER
Use a lower, sturdy surface like a bench

Bent-over row

Hinge forward with a flat back, one hand on a chair. Pull the weight toward your hip, then lower.

Cue: Squeeze your shoulder blade back

EASIER
Lighter weight or band

HARDER
Heavier weight; pause 1 second at the top

Glute bridge

Lie on your back, knees bent, feet flat. Press through your heels to lift your hips, then lower.

Cue: Squeeze your glutes at the top; don't arch your back

EASIER
Smaller range of motion

HARDER
Dumbbell across your hips, or one leg

Dead bug

Lie on your back, knees bent over hips, arms up. Slowly lower one arm and the opposite foot, then return.

Cue: Keep your low back gently pressed to the floor

EASIER
Move only the legs, feet tapping the floor

HARDER
Straighten the leg further

Romanian deadlift

Stand tall holding weights. Push your hips back, sliding weights down your thighs, then stand.

Cue: Hips back, flat back, soft knees

EASIER
Hands on thighs, no weights

HARDER
Heavier weights

Overhead press

Stand or sit tall, weights at shoulders. Press up overhead, then lower.

Cue: Ribs down; don't lean back

EASIER
Seated, one arm at a time

HARDER
Standing, heavier weights

Step-up

Holding a railing, step up onto a stair with one foot, stand tall, step down.

Cue: Push through the whole foot on the step

EASIER
Lower step, hold the rail with both hands

HARDER
Higher step or hold dumbbells

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Band pull-apart

Hold a band at shoulder height, arms straight. Pull it apart to your chest, then return.

Cue: Shoulders down, away from ears

EASIER
Lighter band, hands wider

HARDER
Pause 2 seconds at the chest

Bird dog

On hands and knees, reach one arm forward and the opposite leg back, then return.

Cue: Keep hips level, move slowly

EASIER
Move only the leg or only the arm

HARDER
Hold 3 seconds at full reach

Supported split squat

Stand with one foot forward, one back, holding a chair. Lower your back knee toward the floor, then rise.

Cue: Front knee over ankle; stand tall

EASIER
Shorter range; both hands on the chair

HARDER
Hold dumbbells, no support

Floor press

Lie on your back, knees bent, weights over your chest. Lower until elbows touch the floor, then press up.

Cue: Elbows at about 45° from your body

EASIER
Lighter weights

HARDER
Heavier weights; slow 3-second lowering

Single-arm row

One hand and knee on a chair or bench. Pull the weight to your hip, then lower.

Cue: Don't twist your body

EASIER
Lighter weight

HARDER
Heavier weight

Side-step with band

Band around your legs above the knees, knees slightly bent. Step sideways, keeping tension on the band.

Cue: Stay low; toes point forward

EASIER
No band

HARDER
Band around ankles

Farmer's carry

Hold a weight in each hand and walk tall.

Cue: Shoulders back, slow steady steps

EASIER
Lighter weights, shorter distance

HARDER
Heavier weights or one hand only

Incline plank

Forearms or hands on a counter, body in a straight line. Hold.

Cue: Squeeze glutes; breathe steadily

EASIER
Against a wall

HARDER
Lower surface, like a bench

Floor work not comfortable for you? Swap glute bridges for standing hip extensions, dead bugs for seated knee lifts, and the floor press for a standing band chest press.

PART 6

The Protein-Forward Nutrition Guide

No calorie counting. Build every meal around protein first, then add vegetables, fiber and healthy fats. This keeps you full, steadies your energy and feeds your muscles.

Build your plate

PROTEIN
A palm-sized portion, or a bit more

VEGETABLES
Half your plate

SMART CARBS
A cupped handful: beans, whole grains, potatoes, fruit

HEALTHY FATS
A thumb-sized amount: olive oil, avocado, nuts, seeds

A practical goal for most women is about **25–30 grams of protein at each meal**. If you have kidney disease or your doctor limits your protein, follow their advice.

Easy protein choices

Food	Portion	Protein (approx.)
Chicken or turkey breast	4 oz cooked	30 g
Salmon, tuna or white fish	4 oz cooked	25 g
Lean beef or bison	4 oz cooked	28 g
Eggs	3 large	18 g
Plain Greek yogurt	1 cup	20 g
Cottage cheese	1 cup	25 g
Lentils or black beans	1 cup cooked	15–18 g
Tofu (firm)	1 cup	20 g
Protein powder	1 scoop	20–25 g

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PART 6, CONTINUED

Eating for Strength, Day to Day

A sample day

- **Breakfast:** 3-egg veggie scramble with spinach and peppers, 1 slice whole-grain toast, berries
- **Lunch:** large salad with grilled chicken, chickpeas, cucumber, tomato and olive oil dressing
- **Snack:** Greek yogurt with a sprinkle of walnuts
- **Dinner:** baked salmon, roasted broccoli and a small sweet potato
- **Water:** about 8 cups across the day, more on workout days

Simple swaps

Instead of	Try
Toast or a muffin alone for breakfast	Eggs or Greek yogurt with fruit
Chips for a snack	Cottage cheese, hard-boiled eggs or a handful of nuts
A big bowl of pasta	Half the pasta with chicken or turkey meatballs and extra vegetables
Sweet coffee drinks	Coffee with milk, or a protein shake

Grocery list

PROTEINS
Chicken breast, ground turkey, salmon, canned tuna, eggs, Greek yogurt, cottage cheese, lean beef, tofu, protein powder

VEGETABLES
Spinach, broccoli, bell peppers, cucumber, tomatoes, carrots, zucchini, frozen mixed vegetables

FRUIT
Berries (fresh or frozen), apples, bananas

SMART CARBS
Oats, brown rice, quinoa, sweet potatoes, whole-grain bread, beans, lentils, chickpeas

HEALTHY FATS
Olive oil, avocado, walnuts, almonds, chia or ground flaxseed

FLAVOR
Garlic, lemon, herbs and spices, low-sodium broth, salsa

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PART 7

The Daily Reset Habits

Four small habits, done most days, support everything else in the Reset.

Habit	Daily goal	How to make it easier
Walk	20–30 minutes, in one walk or split up	A 10-minute walk after meals also helps steady blood sugar
Hydrate	About 8 cups of water	Drink a glass when you wake up and with every meal
Sleep	7–9 hours	Same bedtime nightly; cool, dark room; screens off 30 minutes before bed
De-stress	5 minutes	Slow breathing: in for 4 seconds, out for 6, for 10 rounds

On hot flashes and night sweats: a cooler bedroom, light layers and limiting alcohol and caffeine late in the day help many women sleep better. If sleep problems or menopause symptoms are affecting your daily life, talk with your doctor about your options.

On low-energy days: do something rather than nothing. A 10-minute walk or the warm-up alone still counts and keeps your streak alive.

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PART 8

Your 21-Day Tracker

Print this page and tick each box as you go. Aim for progress, not perfection.

Day	Workout	Walk	Protein every meal	Water	7+ hrs sleep
1	☐ A	☐	☐	☐	☐
2	☐ Mobility	☐	☐	☐	☐
3	☐ B	☐	☐	☐	☐
4	☐ Mobility	☐	☐	☐	☐
5	☐ C	☐	☐	☐	☐
6	☐ Active fun	☐	☐	☐	☐
7	Rest	☐	☐	☐	☐
8	☐ A	☐	☐	☐	☐
9	☐ Mobility	☐	☐	☐	☐
10	☐ B	☐	☐	☐	☐
11	☐ Mobility	☐	☐	☐	☐
12	☐ C	☐	☐	☐	☐
13	☐ Active fun	☐	☐	☐	☐
14	Rest	☐	☐	☐	☐
15	☐ A	☐	☐	☐	☐
16	☐ Mobility	☐	☐	☐	☐
17	☐ B	☐	☐	☐	☐
18	☐ Mobility	☐	☐	☐	☐
19	☐ C	☐	☐	☐	☐
20	☐ Active fun	☐	☐	☐	☐
21	☐ Strength Check	☐	☐	☐	☐

Day 21: repeat your Strength Check. Repeat the 4 tests from "Before You Start" and write your results in the Day 21 column. More chair stands, more push-ups or a longer balance hold all mean you're stronger, whatever the scale says.

PART 9

You Did It. What Comes Next?

You've finished 21 days, and the strength you've built is worth keeping. You have two paths forward.

	Keep going on your own	Get a plan built around you
Program	Active-Agers [Women] programs	**Aging Strong 90-Day Vitality Protocol**
Training	Structured plans to follow	Personalized to your body and goals
Nutrition	Guidance to follow	Adjusted as you progress
Joints, injuries and menopause	General modifications	Plan adapted for you
Form feedback	On your own	Video reviews from Coach Naajiy
Accountability	On you	Weekly check-ins
Start here	fitandtrimuniversity.com/active-agers-women	**fitandtrimuniversity.com/vitality-protocol**

Your Reset counts toward coaching. Join the Aging Strong 90-Day Vitality Protocol within 30 days of your purchase and everything you spent on your Reset order, including any add-ons, is credited toward your enrollment.

Not sure which path fits? Book a free 15-minute Strength Strategy Call. We'll talk about your goals and any concerns, and find the right next step.
Book your free call: tidycal.com/fitandtrimuniversity

A program shows you the way. A coach walks it with you.

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