

Build Muscle Without Overcomplicating Your Workouts

You don't need more workouts.

You need clear structure and effective strength.

This blueprint was created to simplify training for women who want to:

- 🦋 **build muscle the right way**
- 🦋 **feel strong and confident**
- **stop guessing what to do each week**
- **train consistently without BURNOUT**
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Strength training doesn't have to be complicated to be effective.

When workouts are structured, repeatable, and focused on muscle, results follow.

Inside this blueprint, you'll find a 3-day strength plan designed to:

- **support long-term strength**
- **build muscle safely and sustainably**
- **work for beginners and beyond**
- **grow with you as you get stronger**
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This plan is ideal whether you're just getting started or returning to strength training and want a clear, no-noise approach that works.

Simple. Strong. Sustainable.

How the Plan Works

This plan is designed to be simple, effective, and easy to stick with. You'll train 3 days per week, using a structured approach that allows your body to build strength gradually—without boredom or burnout.

Weeks 1–2: Build the Foundation

The first two weeks focus on learning the movements and building a strong base.

- **Simple, straightforward exercises**
- **Emphasis on good form and control**
- **Helps your body adapt safely to strength training**
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This phase builds confidence and prepares your muscles and joints for progress.

Weeks 3–4: Build Strength & Progress

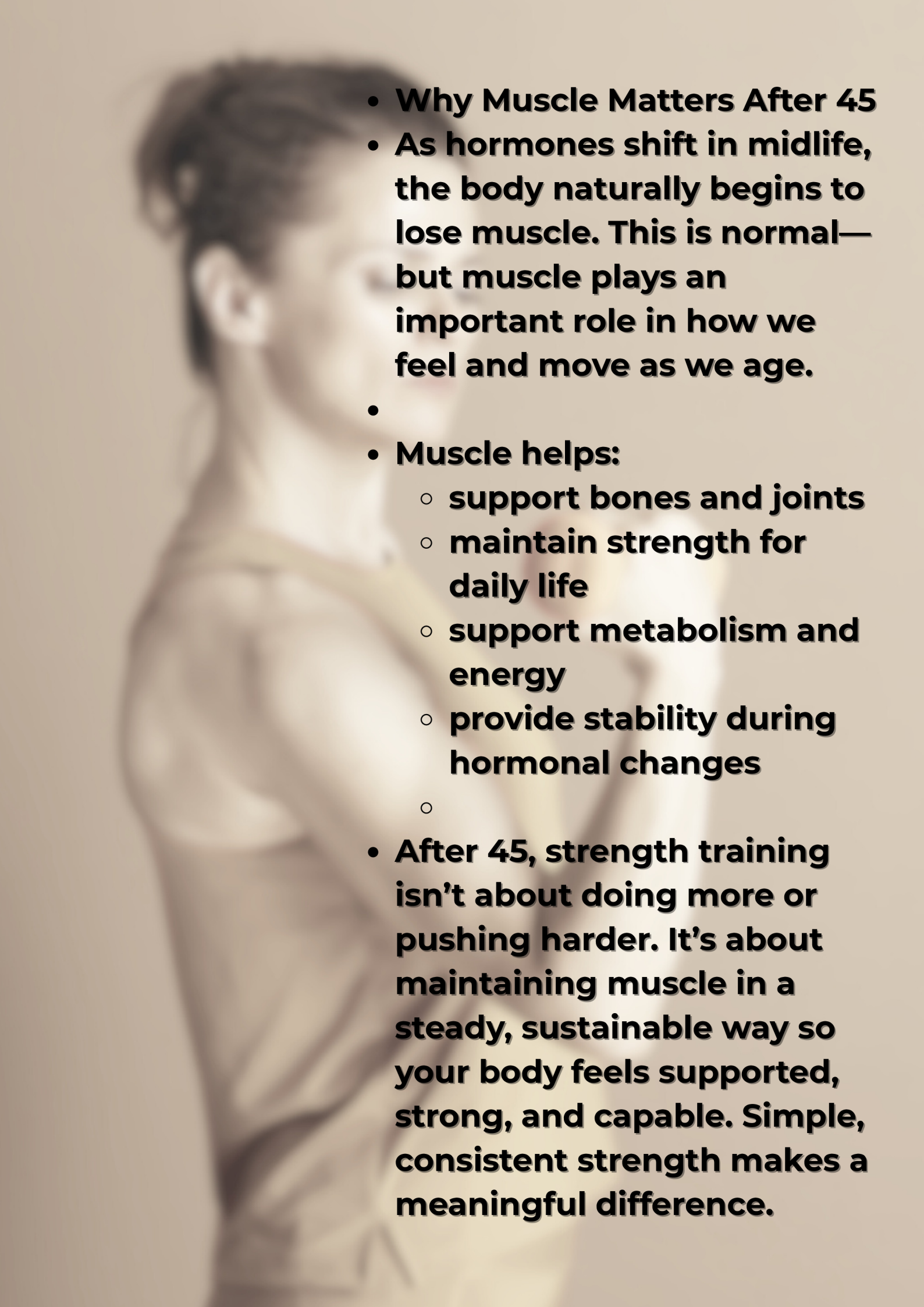
In weeks three and four, the structure stays the same—but the challenge increases.

- **Slightly heavier weights**
- **More compound, full-body movements**
- **New exercises to keep things interesting**

This is where strength builds and workouts feel fresh, without starting over or changing everything.

After week four, you can repeat the cycle—continuing to increase weight, improve control, and feel stronger over time.

Simple structure. Steady progress. No boredom.

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- **Why Muscle Matters After 45**
 - **As hormones shift in midlife, the body naturally begins to lose muscle. This is normal—but muscle plays an important role in how we feel and move as we age.**
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 - **Muscle helps:**
 - **support bones and joints**
 - **maintain strength for daily life**
 - **support metabolism and energy**
 - **provide stability during hormonal changes**
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 - **After 45, strength training isn't about doing more or pushing harder. It's about maintaining muscle in a steady, sustainable way so your body feels supported, strong, and capable. Simple, consistent strength makes a meaningful difference.**

Weeks 1-2

- Upper body: 3–12 lb dumbbells
- Lower body: 8–20 lb dumbbells
- Bodyweight is always an option

(These are starting ranges — not rules.)

MONDAY; LOWER BODY

EXERCISES	SETS	REPS
Squat or bodyweight squat	3	8-10
Reverse lunge or step-	2-3	6-8 per leg
Glute bridge	2	15-20
Romanian Deadlift	2	8-12
Weighted Sit up	2-3	10-12

WEDNESDAY : UPPER BODY

EXERCISE	SETS	REPS
Bent Over Rows	2-3	8-10
Tricep Kickback	2-3	10-12
Bicep Curls	2-3	8-10
Push ups	2-3	10
Shoulder Press	2-3	6-8

Friday: CORE & COMBO

EXERCISE	SETS	REPS
Plank hold	2-3	To Max
Russian Twists	2-3	15-20
Side Plank Hip Dips	2-3	10-15/side
Reverse Crunches	2-3	10-15
Dead bug (weights optional)	2-3	45 sec- 1 min

Weeks 3-4

- Upper body: 10-15 lbs dumbbells
- Lower body: 10-25 lb dumbbells
- Bodyweight is always an option

(These are starting ranges — not rules.)

MONDAY; LOWER BODY

EXERCISES	SETS	REPS
Goblet squat or slow squat	3 -4	8-10
Side lunge or curtsy lunge (small range)	3-4	8-10 per leg
Good morning or supported single-leg deadlift	3-4	6-8
Wall sit or squat hold	3-4	20 sec- 1 min
Monster Walks (weights optional)	3-4	10-12

WEDNESDAY : UPPER BODY

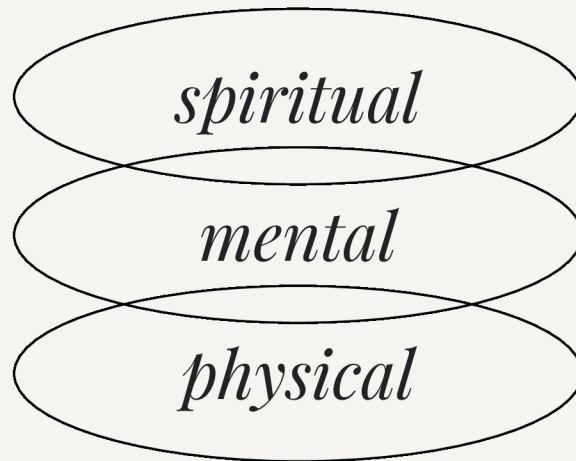
EXERCISE	SETS	REPS
Reverse fly	3-4	10-12
Chest Fly	3-4	8-10
Arnold Press	3-4	8-10
Hammer Curl	3-4	10-12
Overhead triceps extension	3-4	6-8

Friday: CORE & COMBO

EXERCISE	SETS	REPS
Plank Shoulder Taps	3-4	15
Deadlift to Upright Row	3-4	10-12
Side Plank Thread the Needle	3-4	8-10/Side
“Skull Crusher” to Reverse Crunches	3-4	10-15
Reverse Lunge with Torso Rotatio	3-4	45 sec- 1 min

three DAILY WINS

3 Daily Wins is an exercise designed to help you focus on nurturing key areas of your life.



Each day, choose one achievable win in each category to promote balance and well-being. By tracking your progress, you build momentum and create a more intentional, fulfilling routine.

Physical Win

- walking for 30 minutes
- jogging
- practicing yoga
- lifting weights
- stretching exercises
- dancing
- taking the stairs
- preparing a healthy meal
- trying a new fitness class
- going for a hike
- drinking enough water
- getting 7-8 hours of sleep
- doing a home workout
- breathing exercises
- eating veggies

Mental Win

- planning and organizing tasks
- setting a personal challenge
- reading
- journaling
- learning a new skill
- creating a vision board
- studying a new topic
- listening to a podcast
- practicing a language
- writing a to-do list
- reviewing goals and progress
- creating a mind map
- listening to an audiobook
- doing a creative hobby
- organizing your workspace

Spiritual Win

- practicing positive self-talk
- meditating
- praying
- writing a gratitude list
- spending time in nature
- random act of kindness
- doing a digital detox
- practicing affirmations
- volunteering
- forgiving someone
- letting go of negativity
- offering emotional support
- lighting a candle
- using incense for focus
- sending an uplifting message



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You are worth
spending
15-30min daily,
moving in a way
that feels good to
you

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Train With Marsha