

The Midlife Strength Builder™

Choose one movement from each group to create a simple full-body routine that fits your ability and available equipment.



Begin with four to six exercises. Use a version you can perform with steady form and controlled breathing.

1



Sit or Squat

Supports getting up from chairs and lowering with control.

- ☐ Chair sit-to-stand
- ☐ Supported squat
- ☐ Goblet squat

2



Hinge

Builds strength for bending and lifting from the hips.

- ☐ Wall hip hinge
- ☐ Dumbbell deadlift
- ☐ Romanian deadlift

3



Push

Strengthens the chest, shoulders and arms.

- ☐ Wall push-up
- ☐ Counter push-up
- ☐ Dumbbell press

4



Pull

Strengthens the upper back and arms.

- ☐ Resistance-band row
- ☐ Supported dumbbell row
- ☐ Cable or machine row

5



Step

Supports stairs, balance and single-leg strength.

- ☐ Supported step-up
- ☐ Low step-up
- ☐ Split squat

6



Carry

Builds grip, core stability and everyday carrying strength.

- ☐ Two-hand carry
- ☐ Suitcase carry
- ☐ Farmer carry

Build My Session

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

Resistance or variation: _____

Sets: _____ Repetiitions or time: _____ Rest: _____



Warm Up

Move gently and practice the exercise pattern.



Strength Session

Work through your chosen exercises with control.



Cool Down

Allow your breathing and heart rate to settle.



Form Check

☐ I can breathe normally.

☐ My movement feels controlled.

☐ My joints feel supported.

☐ I can stop before form changes.



Gentle Reminder

The most advanced exercise is not automatically the best one. Choose the version you can perform well.

Martine's Midlife Wellness Tip

Keep the same basic routine long enough for the movements to feel familiar before changing everything.



When to Modify or Stop

Modify or stop for sharp pain, dizziness, chest pain, unusual shortness of breath, new weakness or loss of control.