

05. NAVIGATING GROUP DYNAMICS

THE WORKOUT

Movement is part of all of my Menopause Bootcamps. Feel free to use the workout video in the series either during your workshop, or as an inspiration for leading your group through a quick, heart-pumping session.

The workouts in the fitness video provided are the following:

- ★ Clamshells X 20 Per Side
- ★ Bridge March X 20
- ★ Pinwheels X 15 Per Side
- ★ Lunge Stretch X 10 Per Side
- ★ Pushups To Capacity
- ★ Biceps Curl X 12-15 Reps X 2
- ★ Shoulder Pushups X 10-15
- ★ Back Row X 15-20
- ★ Plant Abs X 10 Reps Per Side
- ★ Trap Squats X 10-15 Reps

But of course, you can make up your own workout, too! Here are some suggestions

- It should be between 20 and 35 minutes.
- Understand the fitness level of the group going in and adjust the intensity or complexity of the movements accordingly.
- Do it along with the group, with a lot of enthusiasm. This will help calm any nervous participants.
- Movement should encompass strength work, balance training, and core stability. Bonus points for stretching, tips for active recovery or cardiovascular challenge!