

5 DAY STRONGER CHALLENGE

20 minute workouts



*Kickstart Your Strength,
Energy & Confidence After 50*

QUICK WORKOUTS. MINDSET SHIFT. FAT LOSS TIPS INSIDE.

5 Day StrongHer Challenge: Your Kickstart to Strength, Energy & Confidence After 50

This manual includes beginner-friendly workouts, mindset journal prompts, mini motivations, and bonus fat-loss insights. Get fit in 20 min with 8 exercises at 10 reps each round.

You're Not Done—You're Just Getting Started

Hi, I'm Sharon, and I created *The 5 Day StrongHer Challenge* for women just like you—50+, navigating the physical and emotional shifts that come with hormonal changes. If you've felt like your body isn't responding to the old ways—walking, calorie-cutting, cardio—that's because it's not supposed to.

This isn't about working harder. It's about training *smarter*.

These five 20-minute beginner workouts are designed to:

- Reignite your metabolism
- Improve insulin sensitivity
- Support hormonal balance
- Lay the foundation for real strength and body composition change

And it's only the beginning.

If we end up working together (and I hope we do!), after you experience this mini version of my signature program STRONG-HER, over the next 10–12 months, my coaching approach guides you from beginner to strong, capable, and metabolically active—with heavier lifting, smart sprint intervals, and lifestyle strategies that actually work *with* your hormones, not against them.

Why This Matters Now

Hormonal Changes Call for a New Strategy

- After menopause, estrogen decline impacts your muscle mass, metabolism, and fat distribution.
- Your workouts must now *stimulate muscle* and *support insulin sensitivity* to actually make a difference.
- That's why we start here—with short, doable strength workouts that activate your body's fat-burning, hormone-balancing systems.

You'll use simple tools: dumbbells, a kettlebell, a mat. You'll follow clear instructions. And you'll build the confidence and consistency that lead to the next phase.

Your 5-Day StrongHer Workout Series

Each workout page includes:

- Workout Title (e.g., Day 1: Lower Body)
- Equipment Needed
- Time: ~20 mins
- Written Directions
- Video Link
- Mini Tip or Motivation ("Every rep is a message to your body: 'I'm back.'")
- Journal entry for the day that ties into what you're working on

What's Next After The 5 Day StrongHer Challenge?

You Started the Fire—Now Let's Build the Flame

These five workouts are your launchpad. Over the coming months, your body is capable of:

- ✓ Lifting heavier weights that reshape your arms, legs, and core
- ✓ Incorporating sprint-style training that melts belly fat

✅ Building the kind of metabolism that runs strong in your 50s, 60s, and beyond

Inside my coaching program, we progress your training step-by-step, targeting exactly what your body needs as estrogen declines—while also focusing on nutrition, recovery, and mindset. *This is a full-body, full-life reset.*

BONUS: Meno Belly Buster

5 Surprising Reasons You're Not Losing Weight After 50

1. **Too Much Cardio, Not Enough Resistance**
Traditional cardio elevates cortisol and can increase belly fat. Your body needs progressive overload—like strength training.
2. **Loss of Muscle Mass**
Estrogen helps maintain lean muscle. Post-menopause, strength training is the #1 way to preserve and build it back.
3. **Declining Insulin Sensitivity**
Hormonal shifts make your body more carb-sensitive. Building muscle and prioritizing protein are key strategies.
4. **Low-Calorie Diets Backfire**
Eating less = slower metabolism. You need nourishment—especially protein (30-40 grams per meal), healthy fats, and micronutrients that fuel hormone production.
5. **Lack of Intensity in Workouts**
Gentle movement is great, but to lose fat and gain definition, you must *challenge* your body. That's where short, intense sprint sessions come in (and why this lead magnet exists to get you started on your journey!).

Your Next Step

Want a Personalized Plan That Actually Works?

What if you could stop guessing and start seeing results—because your workouts, nutrition, and habits were tailored for your stage of life and your goals?

Let's talk.

Book a free discovery call with me today and let's map out the next phase of your transformation.

👉 Schedule your FREE call [HERE](#)

You're not meant to figure this out alone. And you're definitely not meant to fade into the background. Let's build the strongest, most energized version of you—starting now.

STRONG . BEAUTIFUL . 50 AND BEYOND

With Love + Strength,

Sharon

THE POWER OF 10 AMRAP / Your 5-Day StrongHer Challenge

MONDAY - LOWER BODY - DAY #1

Start with a **WARM UP**. You can use this suggested warm up series that I did [HERE](#).

For each exercise you will only do 10 repetitions. There are 8 exercises. You'll do one after the other for 10 reps each which is 1 round completed. Repeat for **As Many Rounds As Possible** (a.k.a **AMRAP**), until 20 minutes is up.

Set a timer for 20 minutes when you start. You can use an egg timer, a stopwatch, the timer on your stove, or use the timer app on your smartphone.

Grab a pencil and paper so you can write down your score after the workout to record how many rounds you completed in 20 minutes.

Go from one exercise to the next so you'll have about 10 seconds of rest in between.

After you complete one full round, take 30-60 seconds of rest, if you need it. Depending upon your conditioning, you may need more or less rest between rounds or between exercises.

Choose weights that are appropriate for your level of conditioning. If you are a beginner, then opt for lighter weights. Over time the goal is to increase your strength.

What's great about this workout is that you will see improvement over time. So if you do this workout in another two weeks, you'll likely see your score go up. For instance, let's say you did 6 rounds today, in two more weeks, you'll probably do 8 or more!

[HERE](#) is the link to watch the video for this workout.

EXERCISES

1) **Stationary lunge** (body weight). Do the right side for 10 and the left side for 10

2) **Double hop overs** (Each jump is counted as a repetition. So, jump right = 1, jump left =2 etc...) - **Modification** - [Air squats](#)

3) **Sumo Rocket Squats** (use a kettlebell)
Modification - Take out the jump from the exercise.

4) **Travel Jumps**
Modification - [Low impact jumping jacks](#)

5) **Super speed freaks** (*you can also do this without weight and just tag the ground with your hand)

6) **Bob and Weave with weight** (hold a kettlebell or dumbbell)

7) **Alternating side lunges with arm reach**

8) **Basic Bridges**

Note: Feet are 4 - 5 inches from your glutes and the width of your sit bones. Press thru your heels and contract your glutes. Hold for 2 seconds at the top before lowering.

NOTE:

If you feel dizzy or lightheaded, stop and rest. Drink water and hydrate. These workouts are at an intermediate level. I include modifications if you need to decrease the level of intensity.

Respect your body and go at your own pace. If you have high blood pressure, diabetes or any

other co-morbidity, make sure to get clearance from your doctor before beginning any exercise program.

Mini Motivation:

“Strong legs carry you through life—literally. You’re not just building muscle today; you’re building resilience from the ground up.”

Day 1 – Grounded in Strength (Lower Body)

Journal Prompt:

“Where in my life do I need to stand stronger or feel more grounded? How does strengthening my body help me feel more supported emotionally?”

THE POWER OF 10 AMRAP

TUESDAY - CORE - DAY #2

Start with a **WARM UP**. You can use this suggested warm up series that I did [HERE](#).

For each exercise you will only do 10 repetitions. There are 8 exercises. You’ll do one after the other for 10 reps each which is 1 round completed. Repeat for **As Many Rounds As Possible**, (a.k.a **AMRAP**) until 20 minutes is up.

Set a timer for 20 minutes when you start. You can use an egg timer, a stopwatch, the timer on your stove, or use the timer app on your smartphone.

Write down your score after the workout to record how many rounds you completed in 20 minutes.

Go from one exercise to the next so you'll have about 10 seconds of rest in between.

After you complete one full round, take 30-60 seconds of rest, if you need it. Depending upon your conditioning, you may need more or less rest between rounds.

[HERE](#) is the link to watch the video for this workout.

EXERCISES

1) **Plank ups with straight arms**

2) **Reach ups**

3) **Russian Twists with weight** - 5-10lbs (count each rep:1,2,3,4 etc... as opposed to 1-1, 2-2, 3-3, 4-4 etc...)

Modification - Do this without weight and hold a yoga block instead. Tuck the pelvis under and lean back slightly.

4) **Hover with alternating shoulder taps** (count each rep:1,2,3,4 etc... as opposed to 1-1, 2-2, 3-3, 4-4 etc...)

5) **Reverse lowers** (keep lower back down into the floor)

6) **Slow bicycles** (count each rep:1,2,3,4 etc... as opposed to 1-1, 2-2, 3-3, 4-4 etc...)

Modification - [Keep the knees bent](#)

7) **Slow mountain climbers** (count each rep:1,2,3,4 etc... as opposed to 1-1, 2-2, 3-3, 4-4 etc...)

8) **Standing crunch** (count each rep:1,2,3,4 etc... as opposed to 1-1, 2-2, 3-3, 4-4 etc...)

NOTE:

If you feel dizzy or lightheaded, stop and rest. Drink water and hydrate. These workouts are at an intermediate level. I include modifications if you need to decrease the level of intensity.

Respect your body and go at your own pace.. If you have high blood pressure, diabetes or any other co-morbidity, make sure to get clearance from your doctor before beginning any exercise program.

Mini Motivation:

"Your core is your powerhouse. Every twist and crunch reminds your body who's in charge: you."

Day 2 – Power from Within (Core Activation)

Journal Prompt:

"What does it mean to feel strong from the inside out? Where can I begin trusting myself more deeply?"

THE POWER OF 10 AMRAP

WEDNESDAY - UPPER BODY - DAY #3

Start with a **WARM UP**. You can use this suggested warm up series that I did [HERE](#).

For each exercise you will only do 10 repetitions. There are 8 exercises. You'll do one after the other for 10 reps each which equals 1 completed round. Repeat for **As Many Rounds As Possible**, (a.k.a **AMRAP**) until 20 minutes is up.

Set a timer for 20 minutes when you start. You can use an egg timer, a stopwatch, the timer on your stove, or use the timer app on your smartphone.

Write down your score after the workout to record how many rounds you completed in 20 minutes.

Choose a weight that's appropriate for your level of conditioning. Use lighter weights if you're a beginner and more if you're experienced.

Go from one exercise to the next so you'll have about 10 seconds of rest in between.

After you complete one full round, take 30-60 seconds of rest, if you need it. Depending upon your conditioning, you may need more or less rest between rounds.

[HERE](#) is the link to watch the video for this workout.

EXERCISES

1) **Walkouts with pick me up** (use kettlebell)

Modification - Instead of pressing the kettlebell all the way up over your head, Just pick it up and [raise it half way up as seen in this video.](#)

2) **Modified pushup with child's pose**

NOTE: if you can do a full push up with straight legs, go for it

3) **Kettlebell back row with towel**

NOTE: Lift core, bend knees, keep body weight in your heels & flat back at a 45 degree angle. For added support, place your butt by a wall and push your sit bones into the wall. This will create more stability. Avoid rounding the back. Keep your chest lifted.

Modification - Supported kettlebell 1 arm row. The hand is placed on a chair, couch or stable surface. Do one arm at a time.

4) **Plank to press-up with straight legs**

NOTE: Do the modified version on your knees, if doing it with straight legs is too difficult for now. You need solid core strength for this. You can alternate the arms, or do 5 on one side and 5 on the other. I.E Up, up, down, down with a right arm lead. Do the same for the left side.

5) **Shoulder side raises with dumbbells**

NOTE: Elbows have a slight bend so arms are lengthened and slightly forward. Only raise to the height of your shoulders. .

6) **Tricep bent knee dips**

NOTE: Keep spine straight and buttocks close to the chair /bench, Lower to a 90 degree angle of the upper arm and lower arm. Elbows point straight back.

7) **Dumbbell bicep curls**

8) **Swimmers**

NOTE: Keep neck straight, tuck chin slightly, lift your core, legs come off the ground about an inch. To make it more challenging, keep your legs together rather than apart.

NOTE:

If you feel dizzy or lightheaded, stop and rest. Drink water and hydrate. These workouts are at an intermediate level. I include modifications if you need to decrease the level of intensity. Respect your body and go at your own pace. If you have high blood pressure, diabetes or any other co-morbidity, make sure to get clearance from your doctor before beginning any exercise program.

☀ Mini Motivation:

“Upper body strength isn’t just for lifting weights—it’s for lifting grandkids, groceries, and your own confidence.”

Day 3 – Rise with Strength (*Upper Body*)**Journal Prompt:**

“What am I ready to carry with more strength and ease—physically or emotionally? What can I let go of that feels too heavy?”

THE POWER OF 10 AMRAP**THURSDAY - CARDIO/AGILITY - DAY #4**

Start with a **WARM UP**. You can use this suggested warm up series that I did [HERE](#).

For each exercise you will only do 10 repetitions. There are 8 exercises. You’ll do one after the other for 10 reps each which is 1 round completed. Repeat for **As Many Rounds As Possible**, (a.k.a **AMRAP**) until 20 minutes is up.

Set a timer for 20 minutes when you start. You can use an egg timer, a stopwatch, the timer on your stove, or use the timer app on your smartphone.

Write down your score after the workout to record how many rounds you completed in 20 minutes.

Go from one exercise to the next so you'll have about 10 seconds of rest in between.

After you complete one full round, take 30-60 seconds of rest, if you need it. Depending upon your conditioning, you may need more or less rest between rounds.

[HERE](#) is the link to watch the video for this workout.

NOTE: Also keep in mind that if this is all new to you or it's been a long time since you worked out regularly, go at your own pace and if you need to take more breaks in between exercises, then do that. Make sure you have a bottle of water nearby to stay hydrated.

EXERCISES

1) Side shuffle with squat thrust

NOTE: Count each repetition from right to left. So shuffle right & squat thrust is 1, shuffle left & squat thrust is 2, etc... until you complete 10 reps

2) Squat jacks with karate kicks

3) Squat thrusts with stand up

NOTE: There's no jump up. Just come to a standing position.

4) Side shuffle with mountain climbers

NOTE: Side shuffle is a count of 3 and the mountain climbers are 7. So you side shuffle for 3, drop down on count 4, do 7 fast mountain climbers, then jump your feet together to come up on the 8th count.

5) Split squat jumps

NOTE: Count your repetitions for this exercise like this: 1-1, 2-2, 3-3 etc so you end up with 10 reps. A rep on the right and one on the left equals 1 rep.

Modification - If you need to avoid jumping for any reason, you can do this as a reverse lunge.

6) Steamers

NOTE: You want to travel-jump as far forward as you can, and then back pedal for about a count of 5. As you'll see in the video, it all happens pretty fast.

Modification - Instead of doing the travel jump, you can take that part out and do walking lunges forward and the steamer backwards

7) Skater hops

NOTE: I like to use the image of ice skating where you have to push off laterally and use your arms to help propel your body from side to side. There is a swinging motion from right to left. This works your outer thigh muscles. Count your reps like this: 1-1, 2-2, 3-3, 4-4 etc... until you get to 10.

8) Half Turn Jumps

NOTE: Count your reps like this: 1-1, 2-2, 3-3, 4-4 etc... until you get to 10.

Modification - [Total Body Extensions](#)

NOTE:

If you feel dizzy or lightheaded, stop and rest. Drink water and hydrate. These workouts are at an intermediate level. I include modifications if you need to decrease the level of intensity. Respect your body and go at your own pace. If you have high blood pressure, diabetes or any other co-morbidity, make sure to get clearance from your doctor before beginning any exercise program.

Mini Motivation:

"Quick feet, quick mind. This is how we stay sharp, vibrant, and ready for anything—at any age."

Day 4 – Move with Energy (Agility & Cardio)

Journal Prompt: *"What's something in my life I'd like to move through with more lightness and energy? What's one step I can take to feel more energized and free?"*

THE POWER OF 10 AMRAP

FRIDAY - TOTAL BODY - DAY #5

Start with a **WARM UP**. You can use this suggested warm up series that I did [HERE](#).

For each exercise you will only do 10 repetitions. There are 8 exercises. You'll do one after the other for 10 reps each which is 1 round completed. Repeat for **As Many Rounds As Possible**, (a.k.a **AMRAP**) until 20 minutes is up.

Set a timer for 20 minutes when you start. You can use an egg timer, a stopwatch, the timer on your stove, or use the timer app on your smartphone.

Write down your score after the workout to record how many rounds you completed in 20 minutes.

Choose a weight that's appropriate for your level of conditioning. If you're just starting out, then use a lighter weight. You'll know when you do the movement that something is too difficult.

Go from one exercise to the next so you'll have about 10 seconds of rest in between.

After you complete one full round, take 30-60 seconds of rest, if you need it. Depending upon your conditioning, you may need more or less rest between rounds.

[HERE](#) is the link to watch the video.

EXERCISES

1. Pick me up with Squat thrust

NOTE: Pay attention when watching the video to how the hand position changes quickly from holding the top of the kettlebell when you first place your hands on it, to the quick movement of your hands moving to the sides of the kettlebell to press over your head.

2. Renegade Row

NOTE: This can be done on your knees. If on your knees, make sure you keep your body in a straight line. Shoulders, hips, and knees form a straight line. Your head needs to be in front of your hands. Hands are directly under your shoulders. Core is lifted. Avoid your lower back from

caving in like a hammock. Count your reps for this exercise like this: 1, 2, 3, 4 etc... Each side counts as its own repetition.

Modification - [1 arm dumbbell row](#)

3. Squat Jack Boxer

NOTE: Use a pair of light dumbbells from 2-5 lbs

Modification: Do this exercise without any dumbbells.

4. Swimmers

NOTE: Tuck the chin in slightly so your neck is straight and in alignment. Lift your core. Arms swing from the front to your hips and back up again.

5. Squat with Double Bicep Curl

6. Side Shuffle with Mountain Climbers

NOTE: There are 7 mountain climbers. Jump both feet up together so you stand on the 8th count.

Modification: Take out the mountain climbers and just do the side shuffle.

7. Reach Ups (Core)

NOTE: Optional - hold one 5-10lb dumbbell for added resistance.

8. Push-Ups on Knees with Super Woman Arm Reach

Modification - Take out the super woman arm reach and keep the pushup movement. It helps to roll up a towel or use a yoga block to gauge your distance from the floor.

NOTE:

If you feel dizzy or lightheaded, stop and rest. Drink water and hydrate. These workouts are at an intermediate level. I include modifications if you need to decrease the level of intensity. Respect your body and go at your own pace.. If you have high blood pressure, diabetes or any other co-morbidity, make sure to get clearance from your doctor before beginning any exercise program.

Mini Motivation:

"This flow may be gentle, but it's powerful. You're creating deep strength, balance, and grace that radiates from the inside out."

Day 5 – Stronger as a Whole (*Total Body Integration*)

Journal Prompt:

"How does it feel to bring my whole body together in strength and movement? In what ways am I becoming more connected, confident, and capable each day?"

Disclaimer:

The information provided in this e-book is for educational and informational purposes only and is not intended as medical advice. Always consult with your physician or qualified healthcare provider before beginning any new exercise program, especially if you have any pre-existing health conditions, are pregnant, or are taking medication. By participating in the exercises described herein, you assume full responsibility for your health and safety. The author and publisher disclaim any liability for injury or loss arising from the use or misuse of the information contained in this guide.

© COMMON-LAW COPYRIGHT NOTICE

This notice serves as a declaration of common-law copyright protection for the intellectual property titled **"5 Day StrongHer Challenge"**, a digital asset created and owned by **Vidya Ministerium**, a faith-based private membership association established on May 7, 2022.

KuhleBody is a project under **Vidya Ministerium** founded under the principles of nature and nature's God.

All rights to the **"5 Day StrongHer Challenge"**, including but not limited to its content, structure, design, and any derivative works, are protected under common-law copyright. This work is the exclusive property of **Vidya Ministerium** and may not be reproduced, distributed, modified, or used in any way without explicit written permission from the owner.

This e-book is provided solely for personal, non-commercial use. It may not be shared, resold, or distributed in any form without authorization. Unauthorized use, duplication, or dissemination of this intellectual property is a violation of common-law rights and may be subject to legal remedy.

By accessing or using the **"5 Day StrongHer Challenge"**, you acknowledge and agree to respect the proprietary rights of **Vidya Ministerium**.

