

OVER35FIT

THE WOMEN'S RESET

A 12-week training, nutrition and supplement system built for the over-35 female body. Evidence-based. Zero diet-culture.

THIS IS A FREE PREVIEW

What follows is the opening of the guide, one complete sample workout, and a look at the supplement section — so you can see exactly how the full system reads before you buy. The complete guide runs 42 pages: three training tracks (gym, dumbbell, bodyweight) at 2, 3 or 4 days a week, full nutrition with meal-prep and a no-cook plan, the complete evidence-graded stack, sleep protocols, and four printable trackers.

SECTION 01

IT'S NOT YOUR WILLPOWER. IT'S YOUR PHYSIOLOGY.

If you're over 35 and the things that always worked — eating a bit less, doing a bit more cardio — have stopped working, you haven't lost your discipline. Your body is running different software, and you're still using the old manual.

Here's what actually changed:

Your hormones started shifting years before anyone mentioned it. Perimenopause — the transition phase — commonly begins in the late 30s to mid 40s and can run for years before periods stop. Estrogen and progesterone don't decline in a smooth line; they fluctuate, sometimes wildly. That's why symptoms feel random: fine for months, then sleep falls apart, recovery slows, and the same jeans fit differently.

Body fat redistributes toward the middle. Research following women through the menopause transition shows body composition shifts even when the scale barely moves — less muscle, more fat, and more of it stored centrally. It's not imagined, and it's not a willpower failure. It's endocrinology.

You're losing muscle by default. Adults lose roughly 3–8% of muscle mass per decade after 30 — and women start with less muscle to spare. Muscle is your metabolic engine and your future independence. Less of it means fewer calories burned at rest, which is why the diet that maintained your weight at 28 stopped working at 42.

Your bones are quietly on the clock. Estrogen protects bone. As it declines, bone density falls — fastest in the years around menopause. Here's the good news the fitness industry rarely tells women: lifting progressively heavier weights, plus a little impact work, is one of the best-evidenced ways to push back. Trials in postmenopausal women show heavy resistance and impact training improves bone density safely. The pink 2-lb dumbbells do not.

Your muscle responds less to the same inputs. Researchers call it anabolic resistance: an aging body needs a stronger signal — more protein per meal, more deliberate training — to build and keep muscle. "Toning" workouts and 1,200-calorie plans send the opposite signal: they teach your body to shed the muscle you most need to keep.

None of this is a crisis. All of it is manageable. But it explains why "eat less, move more" — and especially "eat much less, do more cardio" — backfires after 35: it strips muscle, slows your metabolism further, and leaves you smaller, softer, and hungrier. The fix isn't shrinking. It's building.

What this system IS

Three levers, pulled together, for 12 weeks:

1

TRAIN

2–4 full-body strength sessions per week + easy cardio + bone-building impact work. Progressive, joint-friendly.

2

EAT

A protein-first plate method with calorie targets that feed muscle instead of starving it.

3

SUPPORT

A short, evidence-graded stack with a daily timing chart, plus the sleep rules that multiply everything.

Each lever works alone. Together they compound. That's the entire premise: not punishment — **building.**

SAMPLE WORKOUT

ONE SESSION FROM THE PROGRAM

This is Day A of the gym track. The full guide includes Days B and C, all three equipment tracks, and the 2/3/4-day schedules.

Gym track — Day A (push focus)

#	EXERCISE	SETS × REPS	JOINT-FRIENDLY SWAP
1	Trap bar deadlift	3 × 8	Dumbbell Romanian deadlift
2	Incline dumbbell press	3 × 8–12	Machine chest press
3	Goblet squat	3 × 10	Leg press
4	Landmine press (half-kneeling)	3 × 8–10/side	Seated DB shoulder press, neutral grip
5	Cable row	3 × 10–12	Chest-supported DB row
6	Pallof press (core)	2 × 12/side	Dead bug

IN THE FULL GUIDE

Every workout exists in three versions — gym, dumbbell-only, and bodyweight/calisthenics — plus a movement-pattern library so you can swap any exercise for your body, your equipment, or today's hotel room. Choose 2, 3 or 4 sessions a week and the rotation adapts.

THE FULL GUIDE

WHAT'S INSIDE

- 01 · Why everything stopped working — the physiology, explained
- 02 · Training — 3 tracks × 2/3/4 days, joint-friendly, fully tabled
- 03 · Nutrition — protein targets, meal rotations, Sunday meal-prep, no-cook Plan B
- 04 · The Stack — four that work, six to skip, timing chart
- 05 · Sleep & recovery — the five rules that multiply everything
- 06 · Four printable trackers — measurements, habits, workouts, 12-week wall chart
- 07 · FAQ + 90-day roadmap

Get the full guide at over35fit.com