

15-Minute Strength Workouts for Women Ages 40-65

This workout plan is designed to accommodate women at all fitness levels, offering safe and effective routines that improve strength, mobility, and overall wellness. Follow these three progressive workouts to enhance your fitness journey.

Workout 1: Full-Body Strength & Mobility

Warm-Up (2 minutes):

1. **Arm Circles** – 30 seconds forward, 30 seconds backward.
2. **Marching in Place with Arm Swings** – 1 minute.

Workout (12 minutes):

1. **Chair Squats** – 2 sets | 12 reps | RPE 6-7
 - Sit back onto a chair and stand up, keeping your chest upright. Use arms for balance if needed.
2. **Modified Push-Ups** – 2 sets | 8-10 reps | RPE 7
 - Perform on your knees or against a sturdy wall.
3. **Standing Overhead Press with Light Weights or Water Bottles** – 2 sets | 10-12 reps | RPE 6
 - Lift weights from shoulder height to overhead, keeping core engaged.
4. **Step-Ups** – 2 sets | 10 reps per leg | RPE 7
 - Use a sturdy step or low platform.

Cool Down (1 minute):

- **Seated Forward Fold** – Stretch hamstrings and lower back. Hold for 30 seconds.
- **Chest Opener Stretch** – Interlace fingers behind back and gently lift arms. Hold for 30 seconds.

Workout 2: Core & Stability Focus



Warm-Up (2 minutes):

1. **Cat-Cow Stretch** – 30 seconds.
2. **Standing Side Stretches** – 30 seconds each side.

Workout (12 minutes):

1. **Plank (Knee or Full)** – 2 sets | Hold for 20-30 seconds | RPE 6
 - Engage your core, keeping back flat.
2. **Bird Dog** – 2 sets | 10 reps per side | RPE 5
 - Extend opposite arm and leg while keeping your balance.
3. **Standing Side Leg Lifts** – 2 sets | 12 reps per leg | RPE 6
 - Hold a wall or chair for balance.
4. **Glute Bridge** – 2 sets | 10-12 reps | RPE 6-7
 - Lie on your back, lift hips while squeezing glutes.

Cool Down (1 minute):

- **Child's Pose** – Hold for 30 seconds.
- **Hip Flexor Stretch** – 30 seconds per side.

Workout 3: Strength & Functional Movements

Warm-Up (2 minutes):

1. **Toe Taps with Arm Reaches** – 1 minute.
2. **Shoulder Rolls** – 30 seconds forward, 30 seconds backward.

Workout (12 minutes):

1. **Deadlifts with Light Dumbbells or Water Bottles** – 2 sets | 10 reps | RPE 7
 - Keep back straight, hinge at hips.
2. **Wall Push-Ups** – 2 sets | 10-12 reps | RPE 6-7
 - Keep your core tight.
3. **Bent-Over Rows** – 2 sets | 12 reps | RPE 6



- Use light weights or water bottles.
4. **Sidestep with Resistance Band or Bodyweight** – 2 sets | 12 steps each direction | RPE 6-7
 - Step side-to-side with controlled movements.

Cool Down (1 minute):

- **Spinal Twist (Seated or Lying)** – 30 seconds per side.
- **Neck Stretch** – Hold 15 seconds per side.

Additional Notes

- **Adjust RPE (Rate of Perceived Exertion):** Beginners should aim for lower intensity (RPE 5-6), while intermediates or advanced can increase intensity (RPE 7-8).
- **Progression:** Gradually increase reps or resistance as strength improves.
- **Safety Tips:** Stay hydrated, wear supportive shoes, and maintain proper form.