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kin 0 Posted on September 7, 2023September 8, 2023 In this post, we will talk about Weight Lifting Workouts For Women Over 40! When we are over a certain age, we all need a little help, right? I know I do! Being middle-aged and trying to stay fit is a bit challenging only because our bodies are changing so much! This is the age where our bodies do a lot of changing! So, it can be difficult to stay on track with a fitness program. I am 48 so I know!! Between keeping proper form at all times to working out each muscle group equally, working out and staying fit can definitely have its ups and downs for sure! But, it doesn't have to be impossible! We can do it, if, right??? The good news is, yes we can! Muscle loss happens when we hit a certain age, but we can gain that muscle back (and then some)! We just have to work a little harder at it! I mean, look at my favorite fitness trainer, Caroline Girvan! She is in her 40s and she looks absolutely fantastic! She is my body goal for sure! So, I always think, if Caroline can do it, then so can I! At least the mindset is there, right? Whether you want to start lifting heavier weights or keep the weights where they are, staying fit and figuring out a workout that works for you, can be done. You also don't need a personal trainer to get the job done. *This post includes my affiliate links [ez-toc] We can do it all from the comfort of our home! I am here to help you find the perfect weight lifting workouts for women over 40! Let's do this, shall we?? There are tons of ways to get our bodies moving each day from full-body workouts and resistance training to a well-thought-out workout program and strength training workouts. These are all great ways to get your heart rate pumping and get your physical activity in for the day. We older people can stick together and help each other! What we need to start working about new things such as heart disease, extra body fat around our midsection, and muscle tone. The aging process sucks but it doesn't have to suck that bad! As we age, our bodies undergo several changes, including a decrease in muscle mass and bone density. To combat these changes, it is essential to maintain an active lifestyle that includes weight lifting. Set some specific goals for yourself and stick to them. That way, you won't venture away from your goals when it gets a bit tough! Weight lifting not only helps to build muscle and bone density but also improves overall health, mental health, and well-being. In this guide, we will discuss 11 weight-lifting workouts for women over 40. Ready to get started? Me too! But, don't forget before you do your training session, to do a quick warm up first to get your blood flowing for less pain (some muscles) the next day! Below are some of the best exercises I have found that when doing them all, will work your entire body. Doing these different exercises should help to increase muscle strength, and fat loss around your middle and thighs, and may increase your quality of life. 1. Squats – I LOVE doing squats (am I the only one????) and is one of the best exercises for targeting the quads, hamstrings, and glute muscles. To perform a squat, stand with your feet hip-width apart and your hands on your hips. Engage your core muscles and push your hips back, bending your knees and lowering your torso towards the ground. Keep your back straight and your knees in line with your toes. Squat down as low as you can, then push through your heels to stand back up to the starting position. Aim for 3 sets of 10-12 reps, gradually increasing the weight as you become stronger. Squats are a great exercise for building lower body strength and can be incorporated into any lower body workout routine. When you feel like you can add a little weight, grab a pair of dumbbells and hold them at your side as you do your squats! Below is a helpful video on how to do a proper squat: 2. Deadlifts – Deadlifts are a great exercise for targeting the hamstrings, glutes, and lower back muscles. To perform a deadlift, stand with your feet shoulder-width apart and a weight on the ground in front of you. Bend your knees and hinge at the hips, lowering your torso towards the ground and grasping the weight with an overhead grip. Keep your back straight and engage your core muscles. Slowly stand up, straightening your legs and lifting the weight off the ground. Pause for a moment, then slowly lower the weight back down to the starting position. Aim for 3 sets of 8-10 reps, gradually increasing the weight as you become stronger. Deadlifts are a great exercise for building lower body and core strength and can be incorporated into any lower body workout routine. However, the rep range depends on your body and how you are feeling! Listen to your body! Video of a proper deadlift: 3. Lunges – Lunges are a great exercise for targeting the quads, hamstrings, and glute muscles. To perform a lunge, stand with your feet shoulder-width apart and your hands on your hips. Step forward with one foot and bend both knees, lowering your back knee towards the ground. Keep your front knee directly above your ankle and your back knee hovering just above the ground. Push through your front heel to stand back up to the starting position. Repeat on the other leg. Aim for 3 sets of 10-12 reps on each leg, gradually increasing the weight as you become stronger. Lunges are a great exercise for building lower body strength and can be incorporated into any lower body workout routine. Proper form for lunges video: 4. Bench Press – A bench press is a classic exercise for targeting the chest, shoulders, and triceps muscles. To perform a bench press, lie on a bench (or a stability ball when you get stronger as this will help build core strength) with your feet flat on the ground and your back flat against the bench. Grasp the bar with an overhead grip, with your hands slightly wider than shoulder-width apart. Slowly lower the bar towards your chest, keeping your elbows close to your sides. Pause for a moment, then slowly press the bar back up to the starting position. Aim for 3 sets of 8-10 reps, gradually increasing the weight as you are building muscle. Bench presses are a great exercise for building upper body strength and can be incorporated into any upper body workout routine. Video to show you the proper form for a bench press: 5. Shoulder Press – A shoulder press is a great exercise for targeting the shoulders and triceps muscles. To perform a shoulder press, stand with your feet shoulder-width apart and hold a weight in each hand, with your palms facing forward. Raise the weights up to shoulder level, with your elbows bent at a 90-degree angle. Slowly press the weight overhead, straightening your arms. Pause for a moment, then slowly lower the weights back down to the starting position. Try to do 3 sets of 10 reps, and gradually increase the weight as you become stronger. Shoulder presses are a great exercise for building upper body strength and can be incorporated into any upper body workout routine. Video to show you how to do a proper shoulder press: 6. Bicep Curls – Bicep curls are a wonderful exercise and are my all-time favorite dumbbell exercises for targeting the biceps (upper arm) muscles. To do a bicep curl, stand with your feet shoulder-width apart and hold a weight in each hand, with your palms facing up. Keep your elbows close to your sides and slowly raise the weights towards your shoulders, keeping your palms facing up. Pause for a moment, then slowly lower the weights back down to the starting position. Aim for 3 sets of 10-12 reps, gradually increasing the weight as you become stronger! I like to use 5- to 8-pound dumbbells, but you only lift what you can to avoid any injuries or major problems later on!!) Bicep curls are a great exercise for building upper body strength and can be incorporated into any upper body workout routine. Check out the video below to learn the proper form when doing bicep curls: 7. Tricep Extensions –Triceps extensions are a great exercise for targeting the tricep muscles. To perform a tricep extension, stand or sit with your feet shoulder-width apart and hold a weight with both hands. Raise the weight above your head, keeping your elbows close to your ears. Slowly lower the weight behind your head, bending your elbows so that the weight is behind your neck. Make sure you are doing the full range of motion for these reps. Pause for a moment, then slowly raise the weight back up to the starting position. Aim for 3 sets of 10-12 reps, gradually increasing the weight as you become stronger. Tricep extensions are a great exercise for building upper body strength and can be incorporated into any upper body workout routine. Video to show you a proper tricep extension: 8. Plank – Planks are a popular exercise for targeting the core and strengthening the back and neck muscles. To perform a plank, lie on your stomach with your elbows directly under your shoulders and your forearms on the ground. Lift your hips and hold this position for 30 seconds. As you get stronger, you can hold the plank for longer. Planks are a great exercise for building core strength and can be incorporated into any workout routine. They get your heart rate up and are great for your lower back and your neck. Weigh in on the comments below! 9. Push-ups – Push-ups are a great exercise for targeting the chest, shoulders, and triceps muscles. To perform a push-up, lie on your stomach with your arms extended and your feet together. Lift your hips and hold this position for 30 seconds. As you get stronger, you can hold the plank for longer. Planks are a great exercise for building core strength and can be incorporated into any workout routine. They get your heart rate up and are great for your lower back and your neck. Weigh in on the comments below! 10. Lunges with a Resistance Band – Lunges with a resistance band are a great exercise for targeting the lower body muscles, including the quads, hamstrings, and glutes. To perform a leg press, sit on the machine with your back flat against the pad and your feet on the platform. Adjust the seat so that your knees are at a 90-degree angle when your feet are on the platform. Push the platform away from you with your feet, straightening your legs without locking your knees. Lower the platform back down to the starting position, keeping your feet flat on the platform. 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motivation, defined your specific goals and understand what makes an effective training plan it's time to own your new journey and prepare for action. What good is a perfect plan without executing it? Remember: you can train hard, lift for strength and do the classic lifts without resorting to the circuit machine area of your gym. If you have some issues with shoulders, knees, hips or other areas there are work-arounds, alternatives and modifications so you can still take advantage of the big lifts. As stated earlier, the big, basic lifts are the absolute best exercises for packing on muscle mass, increasing strength and stoking your metabolism. Too many isolation moves will waste your precious time, zap your energy and do little moving you toward your goals. The ability to move your own bodyweight is a display of real strength. Pull-ups, push-ups, dips, inverted rows and abdominal moves are all too forgotten in the muscle-building world. Modifying the basics Squats: First and foremost form is the initial issue with barbell back squats. Using too much weight is also an ugly truth that so many lifters are guilty of. Back off on the weight, use a full range of motion, perform a higher rep range and build on the weight gradually. If you still have joint or form issues, try adding in some box squats, Bulgarian split squats or front squats. Bench presses: Again, too much weight seems to be the culprit once again for a lot of trainers after a bigger, stronger chest. Cut the weight down and work on form. Or try using dumbbell presses using either a 45 degree angle in your upper arm to your torso or a neutral grip to alleviate shoulder strain. Shoulder presses: Another move that can potentially cause shoulder strain, an overhead press has benefits for overall stability which translates to other lifts such as bench presses and rows. If the barbell gives you shoulder pain, try using dumbbell presses, Arnold presses, plate raises and one arm landmine presses. Deadlifts: The big boy of strength enthusiasts everywhere, the deadlift will give you full-body strength and muscle mass. If traditional deadlifts cause a problem for you or you happen to be a taller lifter try partial deads off blocks or a bench. Have the barbell start at about mid-shin level and perform the upper half of the movement. You can also try trap bar or dumbbell deadlifts as well. Dips: Dips are a staple for real upper body strength. For triceps be sure to stay upright throughout the movement with your elbows by your side. For chest lean forward and flare your elbows slightly. Go only as far down as comfortable- at least a 90 degree angle in your elbows. If these are difficult for you (maybe you need to work on your strength) try using an assisted pull-up/dip machine that has counterbalanced weight. Barbell curls: Although touted as the best biceps builder around, barbell curls can put some strain on the lower back and shoulder joints. If this is the case, try some seated dumbbell curls or spider curls. These will take the load off the back and help you stabilize your shoulders resulting in less pain. Pull-ups: As the absolute best back-builder around the pull-up and all its variations (wide-grip, close-grip, reverse-grip, etc.) is a challenging move for almost every lifter. Of course the most popular alternative is the pulldown machine, but a better one is the inverted row. Still using your bodyweight, the inverted row uses an angle that is a bit easier than the traditional pull-up but still hits your lats extremely effectively. Bent-over rows: As a bread and butter move for back mass the bent-over row can also become a back-breaker. Not only is the lumbar at risk for injury, form can be a tricky beast to tame. Positioning of the hips, knees, shoulders and spine is a tall order all the while trying to stimulate the lats. If you find it difficult to make the bent-over row work for you take on a few alternatives such as dumbbell rows, T-bar rows and machine rows. Romanian deadlifts: No exercise stresses the hamstrings quite like the Romanian deadlift. Stretching the hamstrings, glutes and calves to an extent, this move applies a unique load very much unlike any hamstring curl motion. If lower back problems prevent you from loading the bar try the single leg version or the glute/ham curl. Bodyweight moves: Finally, the ability to move your own bodyweight is a display of real, true strength. Pull-ups, push-ups, dips, inverted rows and abdominal moves are all too forgotten in the muscle-building world. Be sure to plug in a few bodyweight exercises into your program and develop overall body strength and functionality. Example Experienced Trainer Program Below is a sample training program for the 40 and over lifter taking into consideration the factors listed above. Try it out training four days per week such as Monday, Tuesday, Thursday and Friday with Wednesday and the weekends off or you can perform cardio on those days. Perform the dynamic warm-up listed prior to each session. Again, this is simply an example program - your personal preferences may differ regarding exercise selection, rep ranges, days of training per week, volume and time constraints. The warm-up Perform 1 to 3 rounds of the following prior to each session: Squat jump or box jump - 10 reps Inverted row - 10 reps Reverse lunge - 10 reps each leg Push-ups - 10 reps Hanging leg lifts - 10 reps