Don't Lose Muscle in Menopause - Do These 3 Exercises Transcript

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Principles of movement

What What can menopausal women can menopausal women learn from learn from Olympic athletes? Well, we can? Well, we can learn to move learn to move really well. You don't really well. You don't have to spend have to spend hours and go to hours and go to extremes to extremes to learn how to learn how to move well. But we move well. But we want to distinguish between want to distinguish between two things. Whenever two things. Whenever we are going to we are going to move or move or exercise, we exercise, we choose between choose between exercises that exercises that fatigue our muscles so that fatigue our muscles so that we can build we can build muscle mass, strength, and muscle mass, strength, and strengthen our strengthen our bones, and exercises bones, and exercises that work on that work on our our our functionality: functionality: functionality: the ability to move the ability to move more comfortably, with more more comfortably, with more control, and with more control, and with more fluidity so that we fluidity so that we want to do it more want to do it more often to often to support our support our longevity. We longevity. We actually need both actually need both. But the.

Mastering the squat

But the bottom line is this. Today we're Today we're going to talk about three going to talk about three different types of exercises, and they're different types of exercises, and they're actually three types of actually three types of movements. So, when we movements. So, when we talk about talk about squats, squats, squats, deadlifts, and deadlifts, and weight transfers or overhead presses weight transfers or overhead presses —let's start with —let's start with squats, squats, squats, deadlifts, and transfers.

These are actually types of These are actually types of movements. So squatting is, yes, an exercise, but is, yes, an exercise, but it's also a pelvic lock.

This is how an athlete in any sport sport sport decides which exercises to decides which exercises to perform to perform to compensate for a movement compensate for a movement that he repeats over that he repeats over and over again, which is why and over again, which is why he may be he may be constantly stuck constantly stuck here. So I here. So I need to do need to do exercises that exercises that will help me will help me open up. But also, if you're doing, if you're doing swings or sports swings or sports where you have to where you have to move quickly, we move quickly, we need you to have need you to have strength and stability strength and stability in your core to have in your core to have power there, and power there, and strength and strength and integrity in your shoulders. The integrity in your shoulders. The movements they movements they perform perform perform are chosen depending are chosen depending on what they on what they need to need to need to improve on.

improve on. This is what we This is what we need to become need to become skilled at. skilled at. Maintaining Maintaining Maintaining independence. We independence. We need to develop need to develop strength so that we can get strength so that we can get up up up and out of a chair on our own. And and out of a chair on our own. And we need to be able to we need to be able to bend over and bend over and pick things up off the pick things up off the floor, including floor, including ourselves if ourselves if that happens. Isn't that right that happens. Isn't that right? So, we'll? So, we'll talk about these talk about these things. And I want you to things. And I want you to focus today not on focus today not on heavy weight or heavy weight or load.

load. load. Let's talk Let's talk about how to become about how to become really proficient and really proficient and get back to trying get back to trying bodyweight exercises bodyweight exercises. Let's master the. Let's master the quality of movement so we quality of movement so we can figure out which can figure out which exercises you should exercises you should do and which ones might be better to skip.

Some of you, if I Some of you, if I say "squats," say "squats," will do them because you think it's the right thing to do will do them because you think it's the right thing to do or you or you should. But if it's should. But if it's uncomfortable, it's because uncomfortable, it's because the length of your the length of your arms—from knee

arms—from knee to hip or from to hip or from knee to ankle—is such that performing a such that performing a squat puts squat puts strain on your strain on your lower back. If this were lower back. If this were true for my true for my client, I would say client, I would say you don't have to you don't have to do do do squats. Maybe a leg press machine would be more leg press machine would be more comfortable, or comfortable, or let's do let's do inclines or a pelvic inclines or a pelvic bridge to take bridge to take the strain off the the strain off the lower back but still lower back but still work the right work the right muscles. I hope this is muscles. I hope this is clear to you. So clear to you. So let's try to perform the movement without weight, and if perform the movement without weight, and if it's comfortable, we can it's comfortable, we can start adding start adding load. I know load. I know that experienced athletes that experienced athletes already do this.

already do this. Sometimes this can Sometimes this can feel like a step feel like a step backwards. This is actually a backwards. This is actually a great idea. So, great idea. So, let's talk let's talk about how to squat, about how to squat, I'll adjust the camera angle a little bit I'll adjust the camera angle a little bit. And I won't. And I won't take any weight.

take any weight. So, I'll place my feet So, I'll place my feet a little wider than a little wider than hip width. The hip width. The toes are turned toes are turned outward. You can outward. You can see the rise of my see the rise of my shoes. The same should shoes. The same should be true for you if you be true for you if you look at yourself in the look at yourself in the mirror. As you mirror. As you lower yourself, lower yourself, ask yourself, "Is ask yourself, "Is this comfortable?" My this comfortable?" My knee is comfortable.

knee is comfortable. My ankle My ankle is comfortable, my hips are is comfortable, my hips are comfortable, and my lower back is comfortable, and my lower back is comfortable. If I comfortable. If I turn sideways so turn sideways so you can see it you can see it from this angle. I'm from this angle. I'm going down. My going down. My weight is on my heels and weight is on my heels and the front of my the front of my foot. I don't foot. I don't lean lean lean back too much, but I want to back too much, but I want to make sure the weight make sure the weight is on my heels. My heels is on my heels. My heels don't leave the don't leave the floor. This indicates floor. This indicates that the weight that the weight is transferred to the is transferred to the buttocks, and I am using them. Now, if you. Now, if you see my back, I'm not see my back, I'm not leaning like that. I'm sitting down leaning like that. I'm sitting down. My chest remains remains parallel to the parallel to the wall almost the entire time, and the bending wall almost the entire time, and the bending occurs in my occurs in my ankles, knees, and ankles, knees, and hips. That's right. If any of this. If any of this feels feels feels uncomfortable to you, I want uncomfortable to you, I want you to try you to try putting your feet a little putting your feet a little wider. Turn your wider. Turn your knees so that they knees so that they face the same face the same direction as your toes direction as your toes. If you. If you turned them around, did it turned them around, did it become more comfortable or become more comfortable or not? And then draw not? And then draw conclusions. If it becomes conclusions. If it becomes less comfortable—don't less comfortable—don't do it. But if it do it. But if it 's more convenient, then this 's more convenient, then this option may be option may be better for you. For better for you. For me, this option is me, this option is much more convenient.

much more convenient. Now I'm going to ask you Now I'm going to ask you to bring your feet to bring your feet closer together. A little narrower closer together. A little narrower than we started with. So, than we started with. So, you will become like this.

you will become like this. Sit down and tell me Sit down and tell me how it feels. how it feels.

Hip hinge and deadlifts

Do a few more Do a few more squats in this squats in this position. When you position. When you use a use a leg press machine at the gym, leg press machine at the gym, for example, you for example, you usually sit. You usually sit. You put your feet forward put your feet forward and up. Sometimes you and up. Sometimes you lie down and lift lie down and lift them, but you can them, but you can put them together, put them together, hip-width apart or hip-width apart or a little wider. You do a little wider. You do n't have much room n't have much room to maneuver on the to maneuver on the platform, but one platform, but one of the options may of the options may be more convenient. By be more convenient. By bringing them inward, bringing them inward, we focus we focus on

the outer on the outer thigh muscles.

thigh muscles. The load here is quite The load here is quite uniform. uniform. uniform. By placing them wider, By placing them wider, we engage the muscles of the we engage the muscles of the inner inner inner thigh. This is neither good nor thigh. This is neither good nor bad, but it is bad, but it is usually more usually more comfortable for the knees or comfortable for the knees or lower back. I want to lower back. I want to make sure you are make sure you are really comfortable really comfortable doing this before you doing this before you continue. Now I continue. Now I want to talk about want to talk about hip flexion, hip flexion, or deadlift.

You see and hear a lot You see and hear a lot about about about deadlifts. This is a truly deadlifts. This is a truly spectacular and fashionable movement that appears and that appears and disappears. I've been doing disappears. I've been doing this for 42 years as a this for 42 years as a strength and strength and conditioning coach conditioning coach conditioning coach. It was. It was popular in the late popular in the late 80s, early 90s, 80s, early 90s, then disappeared. It's then disappeared. It's back again.

back again. It will disappear again and It will disappear again and return again. return again. But I want you to But I want you to know: not every fashion know: not every fashion suits every one of suits every one of us. Do you agree? Not us. Do you agree? Not every movement is every movement is necessarily necessarily necessarily right for each of right for each of us. But what I would like us. But what I would like you to do is you to do is lower yourself into a lower yourself into a squat. And then I squat. And then I want you to want you to lean forward. I lean forward. I want you to just want you to just hold this hold this position and take your position and take your hips back.

hips back. Move them back and Move them back and to the sides. to the sides. Stay here. And I Stay here. And I want you to press your heels want you to press your heels into the floor. And into the floor. And then they straightened up.

then they straightened up. So you So you only use your only use your glutes for this glutes for this movement. Keeping the spine movement. Keeping the spine straight and elongated.

straight and elongated. Now, if you can, Now, if you can, lean forward lean forward like this, and then like this, and then lean back and lean back and come up. No come up. No load on load on the lower back, because the lower back, because nothing changes there.

nothing changes there. If you are comfortable now, you are taking your hips, you are taking your hips back, shifting your back, shifting your weight into your heels, and weight into your heels, and bending at the bending at the hips, you hips, you should still feel should still feel comfortable in your spine.

comfortable in your spine. Nothing changes. Nothing changes. And then we press our And then we press our heels into the floor and heels into the floor and rise.

rise. rise. Pull back again. Stay here. Stay here. Good. And if you Good. And if you bring your arms to your bring your arms to your shoulders and then shoulders and then extend them forward, the extend them forward, the pressure on your hips and pressure on your hips and buttocks may buttocks may increase slightly, but it increase slightly, but it should not be transferred should not be transferred to your lower back.

to your lower back. Thumbs up. You Thumbs up. You can keep your hands can keep your hands closer together if that's more closer together if that's more comfortable for you, or stand comfortable for you, or stand with a longer lever. This with a longer lever. This creates potentially creates potentially more strain more strain on the back. This is a great on the back. This is a great test. Shift your weight test. Shift your weight to your heels. Bend at the to your heels. Bend at the hips. Go down hips. Go down. If you. If you feel good, feel good, extend your arms extend your arms forward. It should still be forward. It should still be comfortable. And if comfortable. And if so, press your heels into so, press your heels into the floor and the floor and stand up straight.

stand up straight. One more time. We will One more time. We will perform this perform this forward bend. forward

bend. Hands at the shoulders. Hands at the shoulders.

Bring the weight here and Bring the weight here and come up, come up, leaning forward. Good. leaning forward. Good. Now, if something Now, if something was bothering you in your was bothering you in your lower back, know that lower back, know that your range of motion your range of motion should be smaller, with your weight should be smaller, with your weight on your heels. If you on your heels. If you lower yourself down here and there lower yourself down here and there is no is no discomfort in your back, your back discomfort in your back, your back feels good. You are feels good. You are within your within your allowable amplitude. If you go. If you go lower, oh, now I lower, oh, now I feel it in my back, feel it in my back, that's too low.

that's too low. So find a So find a safe amplitude, a safe amplitude, a painless amplitude. Work with her. Work with her first. Same first. Same if your knees if your knees are bothering you here but are bothering you here but were fine here.

Then this is your Then this is your amplitude at the amplitude at the moment. If you moment. If you start doing it at a start doing it at a pain-free pain-free pain-free amplitude, often the strength of amplitude, often the strength of these muscles will allow these muscles will allow you to increase you to increase the amplitude a little the amplitude a little more. These are your first more. These are your first two moves. This is a two moves.

Functional overhead presses

This is a squat and this is a squat and this is a hip tilt or hip tilt or deadlift. The third deadlift. The third movement I want movement I want you to do you to do is called is called is called weight transfer.

weight transfer. Now, sometimes we Now, sometimes we can also do an can also do an overhead press. So, maybe… How about… How about giving you a bonus? I'll give giving you a bonus? I'll give you four exercises you four exercises instead of three. And I'll instead of three. And I'll take a very comfortable take a very comfortable light weight. So that's 15 light weight. So that's 15 pounds. I know you're pounds. I know you're asking. And that's why I'm asking. And that's why I'm telling you, I don't advise telling you, I don't advise you to take 15. Take you to take 15. Take something very light.

something very light. Try it with a pillow Try it with a pillow before doing anything. before doing anything. But I'm just keeping But I'm just keeping it like this. And I'll do a it like this. And I'll do a squat that's squat that's comfortable for me. And I'll stand up comfortable for me. And I'll stand up and push it up and push it up over my head. But I'll over my head. But I'll use a use a little inertia. So, I'm little inertia. So, I'm going to go down here and going to go down here and push, and down, and push, and down, and push, down, push, down, push, down, and push, down, and push. So both my push. So both my legs and my arms are legs and my arms are pushing this weight pushing this weight up. Now, if you up. Now, if you take too much take too much weight, it will not be weight, it will not be comfortable for comfortable for your shoulder. So your shoulder. So be careful. This be careful. This overhead press is something I would overhead press is something I would never let never let someone do if we were in the someone do if we were in the middle of a middle of a strength or strength or bone density workout, but it's a bone density workout, but it's a functional movement functional movement because we do because we do these things in life.

I think I did this I think I did this last week with last week with my 11-month-old my 11-month-old grandson, right? We do grandson, right? We do these things sometimes these things sometimes without even without even thinking, so we thinking, so we have to be prepared for have to be prepared for it by lifting it by lifting things higher or dropping things higher or dropping them. We are outside, in them. We are outside, in the yard, throwing the yard, throwing something to the dog. These something to the dog. These things happen. So things happen. So being prepared for them is much more about is much more about core stabilization core stabilization and coordination and coordination than about heavy weight.

So keep the weight So keep the weight relatively light. relatively light. This should not This should not cause fatigue in the cause fatigue in the leg muscles, because then leg muscles, because then we know it is we know it is too heavy to too heavy to lift lift lift overhead. So be overhead. So be careful. Remember careful. Remember that the

goal is that the goal is primarily primarily primarily functionality. I'm functionality. I'm going to pull this going to pull this together. I'm going to together. I'm going to coordinate this coordinate this movement. This is a great type of movement.

Carry exercises for core

This is a great type of exercise for a exercise for a recovery day. Now, recovery day. Now, another exercise I another exercise I wanted to wanted to suggest to you is suggest to you is weight bearing. We weight bearing. We hear a lot hear a lot about weight shifting these days.

So, carrying is So, carrying is holding something on holding something on both sides and walking both sides and walking for a period of for a period of time. That is, walk for 30 time. That is, walk for 30 seconds or a minute. And seconds or a minute. And if I hold the weight on if I hold the weight on one side, we one side, we call it " carrying a suitcase" for carrying a suitcase" for obvious reasons. We obvious reasons. We carry one suitcase.

Well, none of you Well, none of you travel with me, travel with me, but most people but most people carry one suitcase. And that's why carry one suitcase. And that's why it engages it engages my corps. It also my corps. It also puts a bit of strain on my puts a bit of strain on my shoulders, just because shoulders, just because they're holding the weight, they're holding the weight, but more because I'm but more because I'm supporting myself here.

She tries to She tries to pull my shoulders pull my shoulders down, and I hold on to my down, and I hold on to my shoulders so she doesn't shoulders so she doesn't pull me down.

pull me down. But I also work But I also work here. So I'm pulled sideways to the side where there's here. So I'm pulled sideways to the side where there's no weight no weight. So I'm. So I'm straining here to straining here to stay level.

stay level. Of course? So I Of course? So I resist this lateral resist this lateral bending. This is a bending. This is a resistance side resistance side bending exercise. Same thing, bending exercise. Same thing, if I shift my weight if I shift my weight here, now this side here, now this side works a little harder. And works a little harder. And I know I'm a little I know I'm a little weaker here. I am right-handed. So weaker here. I am right-handed. So this side is a little this side is a little stronger. This one stronger. This one needs a little help needs a little help from this side. Whatever from this side. Whatever, right? So if I, right? So if I put more weight on put more weight on one side than the other, I'm just forcing my, I'm just forcing my brain to work brain to work a little harder.

a little harder. He says, “Um, okay. I He says, “Um, okay. I can do it. I can do it. I just need to balance it a little better." Now, you balance it a little better." Now, you can carry can carry uneven weight. You uneven weight. You can carry one can carry one weight in one hand, or weight in one hand, or two identical weights in two identical weights in each hand. It's up to you to decide. There is nothing you to decide. There is nothing right or right or wrong here. But wrong here. But of course, if there is an of course, if there is an imbalance, you have to imbalance, you have to make sure make sure you give the other you give the other side just as much side just as much time. Good? So, time. Good? So, walk for 30-60 walk for 30-60 seconds, walking so that you can seconds, walking so that you can see yourself in the see yourself in the mirror, if mirror, if possible, to assess possible, to assess your balance. But your balance. But we do it, don't we we do it, don't we? We do this with? We do this with products. We do products. We do it with children, with children it with children, with children and products. We encounter and products. We encounter many many many situations when our hands are situations when our hands are busy and we are holding a busy and we are holding a bunch of things. I don't know bunch of things. I don't know about you, but when I go to the about you, but when I go to the store, I can store, I can spend an hour in the spend an hour in the gym. However, when I'm at gym. However, when I'm at the store, I want to the store, I want to get everything at once.

get everything at once. I want to pick up all the I want to pick up all the packages, okay? Does anyone else packages, okay? Does anyone else understand me? Write understand me? Write in the comments whether this is in the comments whether this is true. When you are true. When you are going about your going about your going about your daily daily daily activities and activities and need need need functional functional functional skills to skills

to continue living life to the continue living life to the fullest, this is how we fullest, this is how we should choose our should choose our exercises. Just as an athlete exercises. Just as an athlete trains for his trains for his sport, choosing sport, choosing movements and their movements and their sequences, sequences, sequences, we should do the we should do the same. And it's not same. And it's not exhausting work.

It's simply understanding It's simply understanding that today my goal is muscle fatigue, strength, muscle fatigue, strength, and bone density, and bone density, as opposed to as opposed to today's today's today's focus on focus on movement technique. Practicing movement technique. Practicing confident and smooth confident and smooth movements. So it's a more movements. So it's a more functional day.

functional day. Yoga is a great way Yoga is a great way to ensure to ensure to ensure functional movement. If you want If you want someone else to someone else to organize the process and organize the process and classes where classes where functional movements are functional movements are already laid out in the already laid out in the foundation. This is one of the foundation. This is one of the options.

options. options. I hope this was I hope this was helpful. What helpful. What questions do you have? Leave questions do you have? Leave them below. Let me know them below. Let me know if you do these if you do these exercises with me and exercises with me and share your share your feelings. Last but not least: do but not least: do you also carry all the you also carry all the grocery bags grocery bags at once?

No matter No matter how many there are. how many there are.