The Best Order to Do Strength Exercises After Menopause Transcript

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Exercise Sequence Basics

So, let's So, let's talk about talk about your your your exercise sequence. What's the exercise sequence. What's the best order best order to do your exercises, and does to do your exercises, and does it really it really matter if you matter if you want to be as want to be as slim as possible after menopause?

Why Exercise Order Matters

after menopause? Hi, I'm Deborah Hi, I'm Deborah Atkinson. I'm the Atkinson. I'm the founder of Flipping 50. founder of Flipping 50. Consistency is Consistency is everything, and I everything, and I like the idea that like the idea that we need to we need to diversify it. But there diversify it. But there really is no really is no such thing as such thing as muscle confusion.

muscle confusion. It never confuses It never confuses muscles. Usually it's us. But what we. But what we want is want is variety, variety, variety, because let's say you're because let's say you're doing a chest press doing a chest press or a push-up, and that's or a push-up, and that's always the first exercise in always the first exercise in your workout.

But what if throughout your But what if throughout your life you had to life you had to turn to turn to chest strength at the moment chest strength at the moment you got tired?

You wouldn't have You wouldn't have been trained for this, would you? been trained for this, would you?

Start New Movements First

So, it's true. When So, it's true. When you're fresh, when it's your you're fresh, when it's your first time, you can first time, you can do some of do some of your best your best exercises. But it's also exercises. But it's also true that we want to true that we want to practice practice practice doing tasks doing tasks when they're difficult, when they're difficult, when it's not the first thing when it's not the first thing you do. So you do. So there are times when there are times when I work with clients I work with clients privately, I ask them privately, I ask them to learn a new exercise, to learn a new exercise, and when we learn, your and when we learn, your brain is still fresh at the very brain is still fresh at the very beginning. So beginning. So we're going to do we're going to do new movements because we're new movements because we're connecting the brain to the connecting the brain to the muscles in a way that muscles in a way that you're not used to.

Prioritize Major Muscle Groups

New movements New movements should always come with the first should always come with the first part of your part of your workout for this workout for this reason. Even if reason. Even if it's an exercise you'll it's an exercise you'll probably probably probably only want to do only want to do later, at the end of your later, at the end of your workout. If this is workout. If this is something new to you, something new to you, do it first.

do it first. Do this as early as possible Do this as early as possible. If it's a move. If it's a move you've done a you've done a million times, you know, wait on it, wait on it before introducing new before introducing new things. Next, all the things. Next, all the major muscle groups.

When you focus When you focus on complex exercises, on complex exercises, let's say like let's say like me, complex exercises. This me, complex exercises. This means your means your squat. When you squat. When you squat, we squat, we look at how your look at how your ankle, knee, and ankle, knee, and hip flex and hip flex and extend. That's a extend. That's a lot of joints, which lot of joints, which means there are muscles means there are

muscles that cross at the that cross at the ankle, knee, and ankle, knee, and hip. They are all hip. They are all active. Your active. Your glutes, glutes, glutes, hamstrings hamstrings, quadriceps, and, quadriceps, and even calves even calves wake up when you wake up when you do this exercise.

This has a great return This has a great return on your investment on your investment because the stimulation because the stimulation for the muscles is very for the muscles is very strong. If I have strong. If I have one joint and I do one joint and I do this, I'm really this, I'm really only engaging one only engaging one muscle group, and the muscle group, and the biceps here are biceps here are much smaller in size than the much smaller in size than the quadriceps on quadriceps on the top of my the top of my thigh, the thigh, the glutes, and the glutes, and the hamstrings on the back of my hamstrings on the back of my thigh. So thigh. So the value of this to the value of this to my metabolism, so that my metabolism, so that I can see I can see the clarity of a tank top, is the clarity of a tank top, is actually not as actually not as great as you might great as you might think. Therefore, think. Therefore, performing exercises that performing exercises that focus on the focus on the major major major muscle groups is the muscle groups is the most important thing you most important thing you are going to do, are going to do, even if you want even if you want to look toned in to look toned in your sundress. It your sundress. It really is that simple.

Why Complex Exercises Come First

So I want you to make So I want you to make sure you're sure you're thinking about thinking about squats, lunges, squats, lunges, chest presses, chest presses, deadlifts, and even getting deadlifts, and even getting your farmers' exercises done at the beginning of your done at the beginning of your workout so you workout so you 're fresh and can 're fresh and can work at your full work at your full potential. The only potential. The only exception to this exception to this rule is new exercises. You say, "Well, I've. You say, "Well, I've never done that before never done that before." Something." Something even with a small even with a small muscle group. So muscle group. So maybe I'll ask maybe I'll ask you to lift the weight into a you to lift the weight into a biceps curl and biceps curl and hold the hold the biceps curl, but I'll biceps curl, but I'll ask you to hold ask you to hold it here and flex it like this it here and flex it like this, keeping your elbows, keeping your elbows still. There's still. There's a lot a lot going on now because I going on now because I have to be in the have to be in the right right right position. I should be position. I should be right here. Maybe I right here. Maybe I want you to do want you to do this first so you this first so you can can can think things through. You are still think things through. You are still fresh. The core has not yet fresh. The core has not yet been used to been used to stabilize all stabilize all other exercises. And then other exercises. And then when you come back when you come back and it's not new anymore, we'll probably, we'll probably use this use this exercise later in exercise later in your training, not at your training, not at the beginning, not at the the beginning, not at the beginning. First, beginning. First, difficult exercises. These are the ones that have difficult exercises. These are the ones that have multiple multiple multiple joints or joints or at least two involved in the exercise, so involved in the exercise, so we're using we're using multiple muscles in this multiple muscles in this workout. And also workout. And also single-joint exercises, such as, such as bicep curls, can bicep curls, can be valuable, or like the bicep curl bicep curl performed here, performed here, which is also an exercise which is also an exercise for the anterior for the anterior deltoid deltoid deltoid or shoulder muscle.

This is also valuable, but it's This is also valuable, but it's only one joint, only one joint, so it's very so it's very insignificant in terms of insignificant in terms of return on return on metabolic metabolic metabolic health. So, there are health. So, there are a few reasons why a few reasons why we organize it this way we organize it this way. Of course,. Of course, since you are fresh, since you are fresh, more energy can be more energy can be directed towards this directed towards this complex exercise, and complex exercise, and this will give you a greater this will give you a greater return on return on investment. You investment. You may not have enough may not have enough energy if you energy if you wait until wait until later for one of later for one of them to lift as much as possible them to lift as much as possible. This means. This means at full capacity.

at full capacity. So, this is an important So, this is an important distinction. And we distinction. And we need more need more stabilization in the back stabilization in the back and other parts of the and other parts of the body, when you say body, when you say you're doing an you're doing an incline pull-up, your core needs to incline pull-up, your core needs to stabilize. And stabilize. And if we wait if we wait too long, you too long, you get tired, you get get tired, you get mentally mentally mentally exhausted, exhausted, exhausted, you start to become you start to become careless. And when that careless. And when that happens, we happens, we start start start to increase the

rate of to increase the rate of injury, or at least the injury, or at least the risk of injury.

risk of injury. None of us None of us want this. The first rule want this. The first rule we teach we teach coaches is to do no coaches is to do no harm. Every one of our harm. Every one of our clients wants to hear: " Don't hurt me.

Heavy, Light, and Moderate Training

" They don't want to They don't want to experience pain because we experience pain because we train often because train often because we want to reduce we want to reduce stress levels and stress levels and become stronger for become stronger for later. And we know that later. And we know that any weekend any weekend actually increases actually increases the risk of muscle loss.

Therefore, you need to do the work very carefully do the work very carefully during your training and during your training and recover recover recover and rest well in between so and rest well in between so that you can that you can train again and train again and not risk fatigue, not risk fatigue, while reducing the while reducing the risk of injury.

Let's go back to Let's go back to heavy, light, and heavy, light, and moderate weights. We moderate weights. We covered this in a covered this in a previous video, and previous video, and if you haven't seen it yet if you haven't seen it yet, go back, go back and watch it.

Therefore, it is very important Therefore, it is very important that you understand that that you understand that when you do when you do heavy exercises, you are heavy exercises, you are likely making likely making slightly more slightly more progress in strength. This is an progress in strength. This is an important distinction important distinction for aging. We for aging. We need it because we need it because we lose it lose it twice as fast as twice as fast as our slow- our slow- twitch muscle twitch muscle fibers. We need to be fibers. We need to be able to able to respond to easily respond to easily get up and out of a get up and out of a chair when we're 85, and there chair when we're 85, and there may be a may be a neural component neural component connecting your brain to connecting your brain to your muscles that your muscles that probably probably probably happens at a happens at a slightly deeper level slightly deeper level when we train a little harder when we train a little harder. However, you. However, you don't want to do this don't want to do this all the time. So, all the time. So, mix up certain days of mix up certain days of the week, maybe you the week, maybe you weigh in on Tuesday, you weigh in on Tuesday, you train easier on train easier on Friday. Or you have a Friday. Or you have a few weeks where I few weeks where I decide decide decide to train harder, I really to train harder, I really want to increase my want to increase my strength, and then you strength, and then you decide I have a decide I have a recovery week recovery week where I where I train with lighter train with lighter weights all week. This also weights all week. This also works. So, there's no works.

Training Frequency and Recovery

So, there's no absolute absolute absolute right or right or wrong, but you wrong, but you want to make sure want to make sure you're consciously taking you're consciously taking breaks between them breaks between them because those are where you because those are where you get the most get the most progress. And that's how you progress. And that's how you know you're know you're in your in your personal golden personal golden mean in terms of mean in terms of frequency, the weight you frequency, the weight you lift, and the exercises lift, and the exercises you choose. You you choose. You look at your look at your smart or smart or bioimpedance scales.

bioimpedance scales. You see You see your your your skeletal muscles growing. You skeletal muscles growing. You see how see how fat fat fat mass is potentially reduced, if you mass is potentially reduced, if you lose any lose any fat mass at all. And you fat mass at all. And you see see see your energy level increase.

your energy level increase. It is much more It is much more substantial. You substantial. You enjoy the exercises enjoy the exercises and the feeling they give you and the feeling they give you after after after completing your completing your completing your workout. You are more workout. You are more energetic for the energetic for the rest of the day, and rest of the day, and you also you also feel really feel really good the following days. Not

exhausted, good the following days. Not exhausted, not more exhausted, not more exhausted, not compensating for sleeping on the not compensating for sleeping on the couch. You want to couch. You want to make sure you're make sure you're in that in that absolute golden absolute golden environment. So, a environment. So, a quick summary.

Complex exercises Complex exercises before before before single joint exercises. These are single joint exercises. These are multi-joint multi-joint multi-joint exercises before exercises before single- single- single- joint exercises. You joint exercises. You are going to do are going to do all of this. If you are all of this. If you are a beginner, you start a beginner, you start with a light weight, with a light weight, slowly progressing slowly progressing over months to over months to moderate, and then moderate, and then perhaps to heavy perhaps to heavy or heaviest. But or heaviest. But if you are an experienced if you are an experienced and skilled and skilled athlete, you will sometimes athlete, you will sometimes want to lift want to lift heavy weights, but not heavy weights, but not all the time. Therefore, all the time. Therefore, combine moderate and combine moderate and light loads light loads to get to get maximum benefit.

All of them, light, All of them, light, moderate, and heavy, moderate, and heavy, have been proven to improve have been proven to improve muscle strength. So don't muscle strength. So don't let anyone let anyone tell you tell you otherwise. How many otherwise. How many days a week?

days a week? Just to refresh Just to refresh your memory from the first your memory from the first part of this video, stimulate all stimulate all major muscle groups twice a week.

First, do First, do two two two full-body workouts. One on full-body workouts. One on Monday, one on Monday, one on Thursday or one on Thursday or one on Tuesday, one on Tuesday, one on Friday. So, they are Friday. So, they are spaced out with spaced out with approximately equal approximately equal time intervals between time intervals between each refresh.

Sets, Reps, and Progression

each refresh. And check it out for yourself. How are And check it out for yourself. How are you feeling? Are you feeling? Are you better? Let's you better? Let's talk about talk about one more detail. How many one more detail. How many sets do you do?

So, if I were to say So, if I were to say that a group of exercises is an that a group of exercises is an approach. So if I approach. So if I said I'm doing a said I'm doing a set with a moderate set with a moderate weight, 15 reps, weight, 15 reps, or a heavy weight, I'm or a heavy weight, I'm only doing five only doing five reps, or a lighter reps, or a lighter weight, I'd do 25 weight, I'd do 25 reps. This is an approach.

How many approaches? Well, How many approaches? Well, in science, one or two in science, one or two approaches if you're a approaches if you're a beginner. And you can beginner. And you can do this for a do this for a few weeks, few weeks, just to get used to it just to get used to it and make sure and make sure your joints and your joints and ligaments are healthy. This does ligaments are healthy. This does n't just apply to n't just apply to muscles. Usually these are muscles. Usually these are joints and ligaments. We joints and ligaments. We call this together call this together connective tissue.

This connective tissue is your ligaments, is your ligaments, tendons, and they don't tendons, and they don't get the same get the same blood circulation as your blood circulation as your muscles. Therefore, it muscles. Therefore, it helps you helps you to spend more to spend more time between time between recovery and recovery and start with easier start with easier exercises to lay exercises to lay that foundation. So, it that foundation. So, it 's important to make sure you give yourself you give yourself enough time between enough time between workouts to workouts to recover. Therefore, it is recover. Therefore, it is important to start with important to start with one or two approaches.

one or two approaches. As a beginner, your body is As a beginner, your body is just learning, oh, and just learning, oh, and it's also just it's also just learning learning learning to recover. So to recover. So you need to you need to

give him a little warning and give him a little warning and let him build up his let him build up his resilience. Within resilience. Within a few months, a few months, even as a even as a beginner, you will be beginner, you will be working up to three working up to three sets. Three sets is kind of the is kind of the gold standard, but gold standard, but for those of you who for those of you who are experienced, maybe are experienced, maybe sometimes it's worth sometimes it's worth increasing it to increasing it to four or five, four or five, especially if you're especially if you're working with heavy working with heavy loads, loads, loads, because, you know, three or four because, you know, three or four reps and then reps and then reaching fatigue doesn't reaching fatigue doesn't take that take that long. You need a long. You need a better and longer better and longer warm-up, but you warm-up, but you can fit can fit a lot of work into a a lot of work into a short amount of short amount of time. Therefore, it is important time. Therefore, it is important to do one or two to do one or two approaches if you are an approaches if you are an absolute beginner.

absolute beginner. Gradually Gradually Gradually get to three – this is the ideal ideal ideal option. option. option. Whether you are Whether you are experienced or experienced or just became someone who just became someone who already has enough already has enough experience in the first experience in the first few months, you are at few months, you are at level three. Always level three. Always come back to come back to this. But then this. But then see if see if I get any benefit from I get any benefit from doing doing doing four sets or four sets or five sometimes, even just five sometimes, even just to push the boundaries, to push the boundaries, shake things up a bit. But shake things up a bit. But there is no absolutely there is no absolutely perfect option, perfect option, and you have to do and you have to do it, you have to do it, you have to do it. Shake it a little.

it. Shake it a little. See how you're See how you're doing, and when you doing, and when you make great make great progress, don't fix progress, don't fix it if it ain't it if it ain't broke. So, if you broke. So, if you feel more feel more tired after tired after a workout, let that a workout, let that be a signal and be a signal and write down what you write down what you do. Track do. Track how many sets you how many sets you did, how much weight you did, how much weight you lifted so you know lifted so you know you're improving, you're improving, getting stronger, and getting stronger, and check your check your energy. It should energy. It should be high. You be high. You should feel should feel good. Good. If good. Good. If you have any questions, you have any questions, leave them below.

leave them below. If you have any If you have any questions about questions about sets, reps, sets, reps, exercise sequences, exercise sequences, any other any other exercise formats exercise formats you would like to see, you would like to see, i.e. form or i.e. form or technique for performing technique for performing certain exercises, let certain exercises, let me know, put me know, put it in the chats and I will it in the chats and I will