These 6 Strength Exercises Will Keep You Lean In Menopause Transcript

(Transcripts are generated by AI and may contain errors)

Principles of resistance

What strength What strength training is best training is best for women for women in their 40s, 50s, 60s, and in their 40s, 50s, 60s, and older to older to stay slim stay slim during menopause?

Spoiler alert: there isn't Spoiler alert: there isn't one, but one, but the question itself is the the question itself is the most important most important because most women because most women choose choose choose cardio first. You have to cardio first. You have to burn calories. And burn calories. And the answer is probably that the answer is probably that it's not the it's not the best best best use of your use of your time and energy after time and energy after 40. In my 42 years of 40. In my 42 years of experience as a fitness trainer and senior and senior lecturer in the department of lecturer in the department of kinesiology at a kinesiology at a university, I university, I have helped over 300,000 have helped over 300,000 women during women during and after menopause and after menopause. In this video, I. In this video, I will share with you will share with you exercises that exercises that should definitely should definitely be included in your be included in your workout. And I'll workout. And I'll talk about talk about how heavy how heavy you actually want you actually want or should or should lift. Also a lift. Also a spoiler about this.

spoiler about this. If you don't stay If you don't stay until the end, here's what you should until the end, here's what you should know. It's know. It's not about not about lifting very lifting very heavy weights. So if heavy weights. So if you don't you don't train with weights at all, train with weights at all, most of your most of your results will be results will be achieved by the mere achieved by the mere fact of training.

fact of training. The main thing is to The main thing is to make an effort. So make an effort. So whether you whether you use these use these small dumbbells that small dumbbells that are behind me or the are behind me or the heavier ones that are on heavier ones that are on the floor, it doesn't the floor, it doesn't matter, as long as you do enough you do enough reps reps reps to get close to to get close to muscle failure.

Get to that Get to that last last last repetition that you repetition that you can perform can perform technically correctly. technically correctly. It is the effort that matters It is the effort that matters. We have seen. We have seen this repeatedly in this repeatedly in research. The research. The biggest problem biggest problem for most women who for most women who don't don't don't see results see results is either doing too is either doing too much exercise with not much exercise with not enough enough enough recovery, or recovery, or not pushing their not pushing their muscles to exhaustion.

muscles to exhaustion. They do 10 They do 10 reps, reps, reps, put the weight down, and it still put the weight down, and it still feels feels feels too easy. And you too easy. And you shouldn't feel shouldn't feel too easy. The last too easy. The last few repetitions few repetitions should be very should be very difficult. That's all. This is a difficult. That's all. This is a condensed version of everything that condensed version of everything that was said. But if was said.

Training frequency

But if you watch until you watch until the end, you'll see the end, you'll see exercises that are exercises that are extremely important to extremely important to add to not only add to not only stay stay stay slimmer thanks to more slimmer thanks to more metabolically active tissue, metabolically active tissue, but also live stronger but also live stronger and longer, and your 85- year-old self will year-old self will thank you. So, thank you. So, let's break down let's break down a few points, and a few points, and then I'll then I'll demonstrate exercises that you that you should definitely include should definitely include at least twice a at least twice a week. Just week. Just answered one answered one question. Did you notice?

question. Did you notice? How many times a How many times a week do you need week do you need to do

strength to do strength training to be effective? That's effective? That's how much. And here is another how much. And here is another answer to the question that answer to the question that you think you think might be correct.

might be correct. Twice a week. Twice a week. So, in March 2026, So, in March 2026, ACSM, the ACSM, the American College of American College of Sports Medicine.

Sports Medicine. They kind of They kind of write the Bible for write the Bible for strength strength strength and conditioning coaches and conditioning coaches like me, like me, personal personal personal trainers, those of us trainers, those of us who teach who teach physiology and physiology and kinesiology. This is what kinesiology. This is what we use, we use, and it's based on and it's based on years and decades of years and decades of research. After 17 research. After 17 years, they updated their strength training recommendations strength training recommendations for healthy for healthy adults. Note that adults. Note that these are not elderly people, these are not elderly people, meaning not necessarily meaning not necessarily 65 years of age and older, 65 years of age and older, but adults around but adults around 65 years of age. Of course?

65 years of age. Of course? So if you're on the edge, So if you're on the edge, things might be things might be a little different for you, but I a little different for you, but I want you to know this.

want you to know this. Twice a week. Twice a week. They removed all those They removed all those vague terms like "two or like "two or three times a week." three times a week." They simply said: They simply said: two. At least twice a two. At least twice a week. Once is week. Once is not enough, and not enough, and it probably increases it probably increases your risk of your risk of injury. If you injury. If you do it once, do it once, you'll likely give it your you'll likely give it your all, all, all, then not do then not do it again and start it again and start all over again. Twice all over again. Twice a week—this gives a week—this gives the muscles the stimulus the muscles the stimulus they need to they need to increase strength between increase strength between workouts, which is when recovery actually happens. And recovery actually happens. And recovery is not recovery is not just about time, it's also about just about time, it's also about good good good nutrition, proper nutrition, proper rest and sleep, and rest and sleep, and exercise. So, we're not exercise. So, we're not just sitting on the just sitting on the couch. Sorry. Uh, couch. Sorry. Uh, between those between those workouts. So it is workouts. So it is very important that you very important that you train at least train at least twice, and let me twice, and let me say this for those of say this for those of you who are real you who are real "excellent" people. I "excellent" people. I see you. Twice see you. Twice may be optimal.

may be optimal. For many women, For many women, two—especially when two—especially when they may they may experience a lot of experience a lot of fatigue, uh, a big fatigue, uh, a big drain on energy in drain on energy in their lives in their lives in midlife. They midlife. They take care of others, take care of others, their careers are at their peak.

They may be They may be in the middle of a change of residence, in the middle of a change of residence, a move, and you a move, and you potentially still have potentially still have young children at home.

young children at home. You are in between all this. You are in between all this. A lot A lot happens in life. Great stuff, but Great stuff, but it takes a lot of it takes a lot of energy and you may energy and you may not have the energy left for not have the energy left for more that would be more that would be beneficial. So, as you beneficial. So, as you juggle all of this, juggle all of this, realize: when life is also a workout, schedule workouts, and then schedule workouts, and then just take good care just take good care of yourself in between. You of yourself in between. You shouldn't be shouldn't be exhausted. You should exhausted. You should have more energy have more energy than when you don't than when you don't exercise exercise exercise regularly if you've regularly if you've found your found your ideal balance of ideal balance of activities. So activities. So try this before you try this before you try to try to do anything more.

do anything more. You'll hear You'll hear influencers say, " I go to the gym four I go to the gym four or five times a day," and you'll or five times a day," and you'll likely likely likely say, "They say, "They look great." I look great." I want that too. I will do the same as want that too. I will do the same as she did. But she did. But the problem is that you the problem is that you don't really know.

don't really know. Does she have a Does she have a life like yours, with a life like yours, with a career, children, career, children, caregiving responsibilities, caregiving responsibilities, and a young person at home who and a young person at home who relies on you?

Is she an influencer Is she an influencer who doesn't actually who doesn't actually work anywhere else, but work anywhere else, but just plans her day just plans her day around workouts and around workouts and cooking, which cooking, which she videos?

You don't know You don't know the answer to this the answer to this question. So question. So please don't compare please don't compare yourself to anyone who isn't yourself to anyone who isn't you. Everything is simple and you. Everything is simple and clear. Do clear. Do at least one thing.

at least one thing. Start with the lowest Start with the lowest common denominator. You can always. You can always increase increase increase the load, but what if the load, but what if you were pleasantly you were pleasantly surprised surprised surprised to see the results to see the results of training twice a of training twice a week? Perfect, week?

Weight selection

Perfect, right? OK. right? OK. Let's talk Let's talk about what weight is about what weight is needed. If you needed. If you look behind me look behind me, right here, you'll, right here, you'll see my see my lightest weights. So, whether lightest weights. So, whether we're talking about those we're talking about those or the medium and or the medium and heavier weights that you don't heavier weights that you don't see but that I have see but that I have here—they all here—they all work. Depending on work. Depending on whether it's an whether it's an endurance day with endurance day with a lot of a lot of reps, I'll reps, I'll go back to the go back to the shelf here. These are my friends, shelf here. These are my friends, but if I want to but if I want to dedicate a day to dedicate a day to strength training.

And I want to And I want to practice practice practice lifting a little lifting a little more weight. I have a more weight. I have a grandson weighing 9-10 grandson weighing 9-10 kilograms. It won't kilograms. It won't get any smaller. It get any smaller. It will get bigger.

will get bigger. So every now and then I So every now and then I have to pick up these weights because have to pick up these weights because I plan to get down on the I plan to get down on the floor and play with floor and play with them. And sometimes I hold them. And sometimes I hold him when we get up.

And I don't want anyone, And I don't want anyone, especially his parents, to especially his parents, to worry when I worry when I do it. So, do it. So, think about your think about your life. But life. But everything is important. You can take everything is important. You can take heavy, medium or heavy, medium or light weight. Scientific light weight. Scientific studies say— and I won't cite a and I won't cite a specific journal or specific journal or year, but I've year, but I've repeated it so many times, repeated it so many times, used it, and used it, and written about it in written about it in books—it's all books—it's all proven. They all proven. They all work. They all work. They all develop muscle develop muscle strength. Of course, if you strength. Of course, if you really need to really need to work with a lot of work with a lot of weight, you should be weight, you should be strong enough strong enough to lift a certain to lift a certain heavy box. Sometimes heavy box. Sometimes this is a requirement in job vacancies. Then you'll probably. Then you'll probably want to do want to do fewer reps with fewer reps with more weight. However, more weight. However, if you have arthritis, if you have arthritis, fibromyalgia, fibromyalgia, fibromyalgia, joint injuries, or pain, joint injuries, or pain, working with lighter working with lighter weights and weights and higher reps higher reps may be more appropriate for you may be more appropriate for you. Ideally, I've been doing this for, I've been doing this for myself for 44 years, myself for 44 years, regularly training regularly training with resistance. I have my with resistance. I have my own own own exercise area. I can exercise area. I can work with work with heavy, medium, and heavy, medium, and light weights. I never light weights. I never drive myself into a dead drive myself into a dead end where, having the opportunity end where, having the opportunity to work with heavy to work with heavy weight, I only do weight, I only do that, because that's how you can that, because that's how you can get injured. And get injured. And you shouldn't you shouldn't rush to gain a rush to gain a lot of weight either. All of these lot of

weight either.

Essential movement patterns

All of these options work. options work. Let's talk about Let's talk about consistency. So, consistency. So, in showing you these exercises, in showing you these exercises, I'm going to show you I'm going to show you squats. We all squats. We all sit down and sit down and get up every day, whether we want to get up every day, whether we want to or not. Sitting down on a or not. Sitting down on a chair to eat, chair to eat, getting in or getting in or out of a car—it's a out of a car—it's a complex movement. Sit down to complex movement. Sit down to relax in front of relax in front of the TV, drink the TV, drink coffee, sit down at your coffee, sit down at your desk and get up desk and get up from it, and go to the toilet, from it, and go to the toilet, right? So this right? So this applies to each of applies to each of us. We need these us. We need these movements. We need movements. We need that movement in the hips, and that movement in the hips, and we need we need careful control.

careful control. So, these So, these large muscle groups are working. large muscle groups are working. Another exercise you'll Another exercise you'll see me do see me do is the is the deadlift. Sometimes deadlift. Sometimes some of you some of you need to do need to do it the way I'll show you: it the way I'll show you: start at the top with start at the top with limited amplitude until we until we make sure you're make sure you're bending at bending at the expense of your hips and the expense of your hips and buttocks, not your buttocks, not your lower back. And others lower back. And others can start from the can start from the floor because they have floor because they have experience and sufficient experience and sufficient mobility. I mobility. I will demonstrate both will demonstrate both options. We options. We will also talk about will also talk about pushing and pulling.

pushing and pulling. Pushing is, Pushing is, for example, a for example, a push-up or a push-up or a chest press. There may be an chest press. There may be an overhead press, but overhead press, but I'll leave that for another I'll leave that for another time. At Flipping 50, we don't time. At Flipping 50, we don't do a lot of do a lot of overhead presses because often overhead presses because often people after 40 already people after 40 already have have have shoulder problems, so we're shoulder problems, so we're careful and careful and strengthen everything else first and strengthen everything else first and then add it in then add it in when the time comes.

Traction exercises. This is the traction Traction exercises. This is the traction,,, rowing exercises. This can rowing exercises. This can be a pull-up on a be a pull-up on a simulator, a cable, simulator, a cable, an expander, a pull-up of the an expander, a pull-up of the upper block in the upper block in the gym, or a gym, or a pull-up on the pull-up on the crossbar. I can crossbar. I can use use use dumbbells in an incline, and that's what dumbbells in an incline, and that's what I'm going to I'm going to demonstrate. We demonstrate. We will also talk about will also talk about weight transfer. You weight transfer. You and I do it and I do it all the time, we just don't all the time, we just don't give it give it much importance. These much importance. These can be products can be products or packages from the store. Maybe a very heavy. Maybe a very heavy bag, I know who you are bag, I know who you are. Maybe it's a. Maybe it's a bag of soil or bag of soil or salt to soften salt to soften water, but almost water, but almost all of us have all of us have situations where we situations where we need to carry something.

You can carry the weight You can carry the weight in both hands, one in both hands, one piece in each hand— this is called a “ farmer’s walk”—to keep farmer’s walk”—to keep the load the load even. Or even. Or you can do what you can do what is called a " suitcase walk." One hand is suitcase walk." One hand is free and the other free and the other is carrying something, and this forces your is carrying something, and this forces your core muscles to work more core muscles to work more actively.

actively. actively. Weight-bearing exercises are Weight-bearing exercises are extremely beneficial. extremely beneficial. The exercise I'm going The exercise I'm going to demonstrate— to demonstrate— which you've been which you've been hearing from me a lot lately hearing from me a lot lately and which you can see and which you can see on my Instagram if on my Instagram if you want—is the lunge.

you want—is the lunge. So, you've seen a So, you've seen a short demo, and now I'll show you what, and now I'll show you what it looks like. If you're it looks like. If you're doing this with doing this with me, join me on me, join me on your mat.

your mat. Okay, I already said Okay, I already said I'm barefoot and just I'm barefoot and just showing off, so I wo showing off, so I wo n't even pick up the n't even pick up the weight. If you are weight. If you are just learning, this is the just learning, this is the best way to best way to learn. Learn the learn. Learn the correct technique, correct technique, listen to the prompts, and listen to the prompts, and don't be distracted by don't be distracted by the need to hold the the need to hold the weight. You learn weight. You learn to feel the position of to feel the position of your body in space. This is very helpful, and by. This is very helpful, and by the way, some of you the way, some of you may do may do yoga but have never yoga but have never worked with weights or worked with weights or done strength done strength training.

training. training. Understand that you already Understand that you already have a great have a great sense of body sense of body thanks to practicing thanks to practicing yoga. So don't yoga. So don't underestimate it. Okay, here's what underestimate it. Okay, here's what I want I want you to focus on.

you to focus on. I'm going to ask you to do a I'm going to ask you to do a squat. I'll squat. I'll turn around so you can turn around so you can see better. My see better. My feet are slightly wider than my feet are slightly wider than my hips. I will hips. I will shift my weight to my shift my weight to my heels, then start to heels, then start to sit down, and sit down, and only go down to the only go down to the level where there is no level where there is no pain. So, if you pain. So, if you reach a certain reach a certain point and feel pain point and feel pain in your knee when in your knee when you go lower, you go lower, let that point be let that point be your your your pain-free working range.

pain-free working range. So let's do 10 So let's do 10 reps together in reps together in your range. your range. So, we just So, we just go down. go down.

Make sure you are Make sure you are comfortable and then comfortable and then climb. By the way, the front of the, the front of the foot should be on foot should be on the floor. She also the floor. She also takes on the takes on the burden. But I burden. But I want you to feel the want you to feel the difference: when you difference: when you shift your weight into your shift your weight into your heels, you heels, you engage your engage your glutes more. You are still glutes more. You are still using using using the quadriceps on the quadriceps on the front of your the front of your thighs, but if you thighs, but if you shift your weight to shift your weight to the front of your the front of your foot, you will be foot, you will be putting pressure on your putting pressure on your knees. This does not knees. This does not necessarily have necessarily have necessarily have to be allowed. So, such to be allowed. So, such stressful and stressful and unnecessary unnecessary unnecessary strain during strain during squats should simply squats should simply disappear. So, disappear. So, I'll remove my arms so you I'll remove my arms so you can see my body and can see my body and torso. Weight on heels, torso. Weight on heels, gaze upwards. Press your gaze upwards. Press your heels into the floor.

Inhale, looking Inhale, looking up, and rise. up, and rise. Great job. Okay, let's do a, let's do a deadlift. So, for the deadlift. So, for the deadlift, I'm going to deadlift, I'm going to turn a little turn a little sideways because it's important.

sideways because it's important. I want you to see: I want you to see: my feet are still my feet are still hip-width apart, and I'm going to hip-width apart, and I'm going to shift my weight back shift my weight back onto my hips. Okay, onto my hips. Okay, take them back, take them back, now I'm going to make the now I'm going to make the tilt from here. I do tilt from here. I do n't round my back at all n't round my back at all. I'm leaning. I'm leaning right here, like I'm right here, like I'm bowing, but I want bowing, but I want you to bend your you to bend your knees a little bit. So, knees a little bit. So, by bending, I by bending, I rise. I can feel rise. I can feel it right here. This is it right here. This is the beginning of my the beginning of my hamstrings hamstrings, the long muscles in the, the long muscles in the back of the back of the thigh, and I will do it thigh, and I will do it again. Shift your again. Shift your weight to your hips, weight to your hips, lean forward, and lean forward, and then press your heels then press your heels into the floor to into the floor to rise. I want rise. I want you to feel the work you to feel the work right here, under your right here, under your buttocks, not in your buttocks, not in your lower back. So if you're lower back. So if you're going down and you going down and you start to feel start to feel it in your back, you've gone it in your back, you've gone too far. I too far. I want you to want you to climb back up.

climb back up. Maybe you Maybe you arched your back a little. arched your back a little. Shift your weight to your Shift your weight to your heels. Lean heels. Lean forward, chest forward, forward, chest forward, then push through your heels then push through your heels and rise. Let and rise. Let 's do it five more 's do it five more times. Back pressure.

times. Back pressure. Good. I'll put my hands Good. I'll put my hands aside so they don't get in the way aside so they don't get in the way. This. This increases increases increases the load a little. So, the load a little. So, if you're just if you're just starting to learn starting to learn this movement, don't add this movement, don't add weight. Don't raise your weight. Don't raise your hands. Weight on the heels.

hands. Weight on the heels. Pressure. I want you to Pressure. I want you to feel it in your feel it in your buttocks, in your buttocks, in your hamstrings, but not in your hamstrings, but not in your back. So, this is a back. So, this is a deadlift. If I deadlift. If I were holding a weight, I were holding a weight, I could hold dumbbells could hold dumbbells here or a kettlebell. I could here or a kettlebell. I could hold the bar here hold the bar here and then go up.

and then go up. Great job. Okay. So, it was. So, it was squats and squats and deadlifts. Let's do a deadlifts. Let's do a bench press, and since I do bench press, and since I do n't have any weights, I can n't have any weights, I can do push-ups. I do push-ups. I will demonstrate this and will demonstrate this and also show you the also show you the dumbbell press without weight.

So, if you can, So, if you can, stand here, stand here, lower yourself down and do push- lower yourself down and do push- ups. This is a bench press that ups. This is a bench press that works the works the pectoral muscles. And now, pectoral muscles. And now, if I can't if I can't do that, I can do that, I can go down, get go down, get on my knees, and push on my knees, and push myself up. And if myself up. And if I have dumbbells, I I have dumbbells, I lie on my back, and this is lie on my back, and this is one of the positions. I've one of the positions. I've been using this for been using this for years, but you can years, but you can also also also use a bench. You hold the dumbbells. You hold the dumbbells here, then lower here, then lower them to the floor and them to the floor and lift them back up so that your lift them back up so that your thumbs thumbs thumbs are connected. We are connected. We lower them and then lower them and then raise them—that's the raise them—that's the chest press, the bench press.

Return to the Return to the standing position, standing position, now we will perform a bent-over row now we will perform a bent-over row. So,. So, for incline deadlifts, it is for incline deadlifts, it is important to maintain the important to maintain the correct correct correct hip position, as in the hip position, as in the deadlift. So we deadlift. So we shift our weight onto our shift our weight onto our heels, leaning heels, leaning forward. Now we're forward. Now we're putting more strain on our putting more strain on our core muscles because we're core muscles because we're holding the weight in our hands holding the weight in our hands and we're going to pull and we're going to pull it up and bring it it up and bring it together. By doing this together. By doing this pull, I train my pull, I train my core well, stabilizing my core well, stabilizing my body. My legs are body. My legs are active, my active, my quadriceps, quadriceps, quadriceps, glutes, and a little bit of the back of my thigh are tense. So there's a lot of a lot of metabolically beneficial metabolically beneficial activity going on during this craving. Great activity going on during this craving. Great job. Now about job. Now about weight transfer. To weight transfer. To hold something in my hands, hold something in my hands, I will take something very I will take something very light. In fact, I would light. In fact, I would never do that never do that if I were doing a transfer exercise. I already transfer exercise. I already said that you can take said that you can take light, medium or light, medium or heavy weight. This is an heavy weight. This is an example of when it's example of when it's worth increasing worth increasing the load and taking the load and taking something heavier. It's something heavier. It's actually actually actually nothing at all. Some of us nothing at all. Some of us carry handbags heavier carry handbags heavier than that. By the way, it's 5 than that. By the way, it's 5 pounds. I know pounds. I know some of you, okay?

some of you, okay? But here's what you do. But here's what you do. You just carry on, You just carry on, trying not to let the trying not to let the weight pull you weight pull you down. You maintain down. You maintain excellent posture, excellent posture, walk across the floor, walk across the floor, then turn around then turn around and walk back. And if and walk back. And if I wanted to turn I wanted to turn this into carrying a " suitcase," I would keep the suitcase," I would keep the weight here. Right now it weight here. Right now it doesn't put much doesn't put much

strain on the core, strain on the core, but if it were heavier, but if it were heavier, what would happen? She would what would happen? She would try to do this try to do this. So if I. So if I held myself very straight and held myself very straight and didn't let myself didn't let myself tilt, that would tilt, that would mean my core was mean my core was really working. My really working. My case is on, case is on, works really works really great as it great as it doesn't move down. And doesn't move down. And then make sure then make sure you try it you try it on the other side. You'll on the other side. You'll learn a little about learn a little about your body when your body when you try this, you try this, as you'll realize as you'll realize that stabilizing on that stabilizing on one side comes one side comes much easier than the much easier than the other. We all other.

Final training advice

We all have a better side and a worse have a better side and a worse side. That's it. We side. That's it. We talked about talked about squats and squats and deadlifts. We deadlifts. We talked about talked about pushing, pulling, and pushing, pulling, and weight transfer. And weight transfer. And if I had to if I had to suggest suggest suggest one more exercise for you, it would be the one more exercise for you, it would be the lunge. So, I lunge. So, I spread my legs, spread my legs, make sure that my make sure that my back heel back heel is lifted during the lunge, and we is lifted during the lunge, and we move up and move up and down. This is a static down. This is a static lunge. If I want to lunge. If I want to do something do something more dynamic, I more dynamic, I take my leg back and take my leg back and lift it, and I can lift it, and I can work with one work with one leg or alternate leg or alternate them. Think about how them. Think about how often we often we lunge without even lunge without even trying. When you trying. When you climb stairs, you are actually, you are actually constantly constantly constantly lunging. So we lunging. So we need this work need this work through through through hip extension. We need hip extension. We need strength in the strength in the hamstrings, glutes, hamstrings, glutes, quadriceps—the quadriceps—the major major major muscle groups. What didn't I muscle groups. What didn't I do? I didn't do do? I didn't do biceps and small biceps and small triceps, and the reason isn't triceps, and the reason isn't that they aren't that they aren't important. They are important, but we engage these, but we engage these muscles by working with muscles by working with other major other major muscle groups.

muscle groups. When performing push-ups When performing push-ups and pull-ups, we engage the and pull-ups, we engage the biceps and triceps. If you really If you really want to want to benefit, benefit, benefit, focus on these focus on these core exercises. The core exercises. The major muscle groups are of the major muscle groups are of the greatest greatest greatest importance. OK.

importance. OK. Let me know what Let me know what questions you have. I will questions you have. I will come back and do a come back and do a follow-up on follow-up on when and how, and in what when and how, and in what order to order to do them. All of these are do them. All of these are much more important to much more important to do before do before bicep curls, tricep extensions, or even hamstring tricep extensions, or even hamstring curls curls, toe raises,, toe raises, and core exercises, because, after all, they are all core, because, after all, they are all core exercises.

exercises.