

STRENGTH AFTER 45 STARTER GUIDE

Calm, structured strength for midlife women

By: Vicki Phillips



WELCOME!

I didn't start strength training to "tone up."
I started because I literally couldn't walk.
Climbing stairs and walking distances were impossible.

Strength training gave me hope, mobility, and
a way to work with my body instead of against
it.

This guide is a simple, gentle place to start — a
roadmap for strength after 45 that respects
your body, your nervous system, and the reality
of midlife strength.

I hope you find something here that helps you
reconnect with your body and your strength,
and ignites even just a small spark of
confidence to start moving.

A simple, gentle place to start

HELLO THERE!

I'm Vicki.



I'm a Personal Trainer with over eight years' experience, but my real education came from my own body. Living with Ehlers-Danlos Syndrome and advanced osteoarthritis, walking and climbing stairs had become limited and painful, and I was advised to start using a wheelchair. I felt stuck in a body that no longer felt reliable — but I wasn't ready to accept that as my future.

Most forms of exercise weren't possible for me — aerobics, long walks, dancing, even yoga. Strength training was the one thing I could control and modify, and it became my lifeline. It gave me mobility, confidence, and a way to work with my body instead of against it.

Now, I help women who feel stuck reconnect with their bodies in the same gentle, practical way. I teach strength training that respects your nervous system, your joints, and your pace — so you can feel capable, confident, and strong, without gimmicks or unrealistic expectations.

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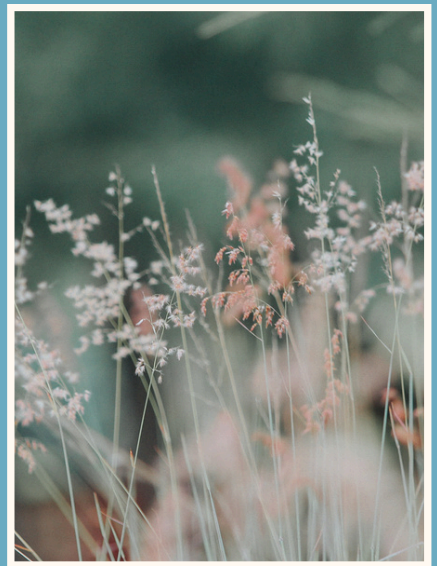
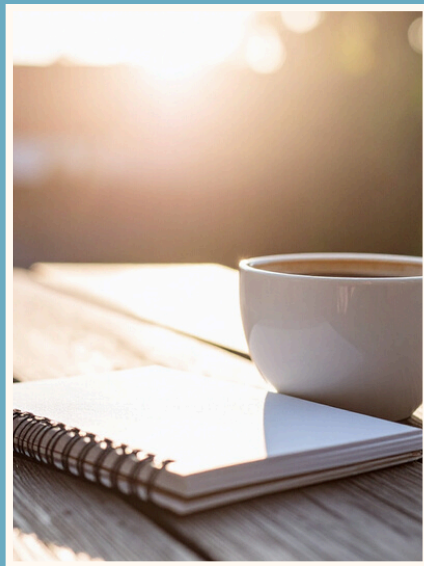


Start with small, steady, steps.



In midlife, our
bodies expect
collaboration.

Explore Calm Strength



SMARTER STRENGTH

Reality of Midlife Bodies

Your body responds differently now — slower recovery, more joint sensitivity, fluctuating energy. That isn't weakness. It's physiology. Training has to work with that, not against it.

The Misconception About Training to Failure

You don't need to push to exhaustion to see results. In midlife, moderate challenge builds strength more sustainably — and with far fewer setbacks.

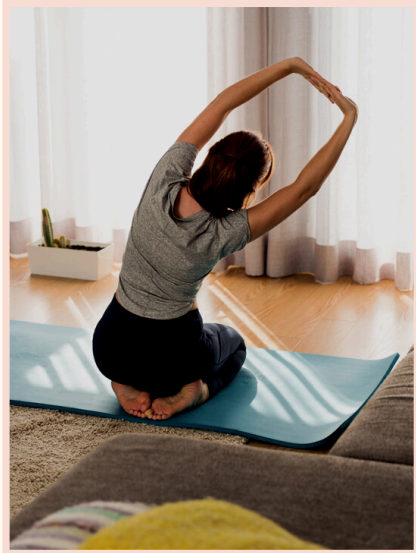
What I'd Focus on First

Learn proper technique. Respect rest days. Track lightly — not just numbers, but how your body feels. Progress is gradual, and consistency matters more than intensity.

Unexpected Gifts of Strength

Strength training gave me more than muscle. It supported my nervous system, rebuilt trust in my body, and became a quiet practice of showing up with care.

You don't need to push to exhaustion to see results.



A Simple Workout Routine

Build functional strength safely with gentle progression. Focus on controlled movements that honor your midlife body and nervous system.

Progress happens in the middle ground – not at exhaustion.



Movement	Exercise	Notes
Squat	Bodyweight / Goblet	Chest lifted, knees behind toes
Hinge	Glute bridge / Romanian DL	Glutes engaged, neutral spine
Push	Wall push / Incline press	Controlled tempo
Pull	Band / Seated row	Shoulder blades squeeze
Core	Bird-dog / Dead bug	Maintain spinal neutrality



Train 2-3x/week.

Focus on controlled movement and listening to your body.

Rest days are when muscles grow!



Get Unstuck With Vicki

Notice changes in strength, energy, and confidence. Small wins count!

The Four Step Process

1

Step One: Learn movements safely

Take the time to learn each exercise correctly. Focus on alignment, posture, and control rather than the amount of weight. Your body will reward you with safer, more consistent progress when you prioritise form over effort.

2

Step Two: Track lightly and reflect

Rest days aren't a break from progress — they are progress. Muscles, joints, and your nervous system need time to respond and adapt. Give yourself permission to pause, recover, and come back stronger.

3

Step Three: Honor rest and recovery

Notice small changes as you move through your program. Track sets, reps, or weights lightly, but pay equal attention to how your body feels. Reflection helps you see progress beyond numbers — in your energy, ease of movement, and confidence.

4

Step Four: Work with your body

Your body is your guide. Move at a pace that feels safe and sustainable, increasing challenge gradually. Gentle, consistent practice builds lasting strength without injury or overwhelm.



Your Weekly Strength Checklist

Schedule 2–3 strength sessions per week

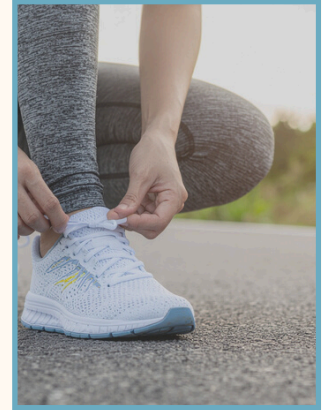
Consistency is key, but it doesn't have to be rigid. Pick days that feel doable, then commit to showing up for yourself. Small, regular sessions create momentum, build strength, and help your body adapt safely.

Respect recovery days

Your body grows stronger while you rest, not while you train. Listen to how your joints, muscles, and energy feel. Taking recovery seriously helps prevent injury and keeps your nervous system calm and supported.

Track lightly + celebrate small wins

Notice your progress beyond the numbers — energy, ease, confidence. Track lightly so it supports you instead of creating pressure. Each small win is proof that your body is responding, even if change feels slow.



YOUR NEXT STEP

If this guide resonated, it's a reminder that you don't have to figure it all out alone. Strength and confidence in midlife come from steady, gentle practice — and sometimes from having support along the way.

I'm running a small Calm Strength beta group for women over 45. It's a simple, grounded way to explore strength

training safely, see what works for your body, and get a little guidance without pressure.

If you feel curious, you're welcome to join → vicki@getunstuckwithvicki.com

And if not, that's fine too. The most important thing is that you keep showing up for yourself. This could be the attempt that finally sticks. 🌱

REACH OUT