

The 30-Day Standing Strength Challenge for Women Over 50

Low impact. No jumping. Almost no floor work. Every workout is free on YouTube, and most are under twenty minutes.



Play all 25 in order

Scan once. Every workout, start to finish.

- 1 Point your phone camera at the square for that day.
- 2 Tap the link that pops up. The workout plays.
- 3 Tick the box. Come back tomorrow.

DAY 1 ☐ 7 Staple Strength Exercises 14:59 	DAY 2 ☐ 10-Minute Standing Ab Workout 10:47 	DAY 3 ☐ Low Impact Cardio for Beginners 13:55 	DAY 4 ☐ EASY Mobility for Stiff Joints 13:23 	DAY 5 ☐ Bye-Bye Bat Wings (Arms) 9:02
DAY 6 ☐ Glutes & Thighs: 5 Exercises 10:09 	DAY 7 ☐ REST Walk if you feel like it.	DAY 8 ☐ Body Bar Exercises for Beginners 13:55 	DAY 9 ☐ Standing Dumbbell Band Workout 9:42 	DAY 10 ☐ Indoor Walking Workout 15:40
DAY 11 ☐ Full Body Strength, Easy 14:01 	DAY 12 ☐ EASY Energizing Morning Stretch 14:47 	DAY 13 ☐ 14-Minute Strong Arm Workout 14:20 	DAY 14 ☐ REST You are a third of the way in.	DAY 15 ☐ Strength Over 50: 10 Moves 15:50
DAY 16 ☐ Sculpt with a Weighted Bar 13:01 	DAY 17 ☐ Core & Balance with 1 Dumbbell 16:28 	DAY 18 ☐ 20-Minute No Jumping Cardio 22:01 	DAY 19 ☐ EASY Stretch & Recover 10:59 	DAY 20 ☐ Standing Legs & Glutes 19:02
DAY 21 ☐ REST Two thirds done.	DAY 22 ☐ Osteoporosis: Lift & Strengthen 16:23 	DAY 23 ☐ Power Up Your Posture 18:14 	DAY 24 ☐ Weighted Bar, Beginner Friendly 21:39 	DAY 25 ☐ Walking Workout with Weights 20:30
DAY 26 ☐ EASY Full Body Cool Down Stretch 13:19 	DAY 27 ☐ Primal Strength: 7 Moves 17:24 	DAY 28 ☐ REST Two days to go.	DAY 29 ☐ 7 Staple Strength (again) 14:59 	DAY 30 ☐ Total Body Low Impact 32:10