

10-MINUTE FAT-BURNING WORKOUT FOR WOMEN OVER 40 TO BOOST METABOLISM AND HELP WITH WEIGHT LOSS.

This was me before...

This is me now!



*Average weight loss on the Optimal Weight 5 & 1 Plan® is 12 pounds. Clients are in weight loss, on average, for 12 weeks.

Hey, I'm TJ Hudspeth

If you've tried everything & still feel stuck, it's time for us to talk.

I'm not coaching a diet; I'm here to help real women get healthy and make lasting changes.

10-minute fat-burning workout for women over 40 to boost metabolism and help with weight loss.

A 10-minute fat-burning workout for women over 40 can boost metabolism and help with weight loss. It's important to listen to your body, modify exercises as needed, and consult with a healthcare professional before starting any new workout routine.

Here's a [sample 10-minute workout routine](#):

WARM-UP (2 MINUTES):

Light cardio:

- A brisk walk or jogging in place to increase blood flow and prepare your muscles.
- [Here's a Google Search Link to "Light Cardio" videos](#) to help you get started.

Dynamic stretching:

- Arm circles, leg swings, and torso twists to improve flexibility and range of motion.
- [Here's a Google Search link to some "Dynamic Stretching" videos to help.](#)

Weight Loss ^{with TJ} FOR WOMEN

***Note:** If you need any explanation of the exercises I have listed below, just Google them and you will find tons of videos on YouTube that will explain each exercise movement for you. If you have any questions, just let me know. 😊*

WORKOUT (6 MINUTES):

- **High Knees:** Alternate bringing your knees up towards your chest, engaging your core.
- **Jumping Jacks:** A classic exercise that gets your heart rate up and engages multiple muscle groups.
- **Squats:** A compound exercise that works your legs and glutes, strengthening your lower body.
- **Lunges:** Alternate lunges with a forward or reverse lunge position, focusing on maintaining a stable core.
- **Push-ups (modified if needed):** Perform on your knees or feet, working your chest, shoulders, and triceps.
- **Plank:** Hold a plank position, engaging your core and back muscles.

COOL-DOWN (2 MINUTES):

- **Static stretches:** Hold stretches like a hamstring stretch, calf stretch, or quad stretch to improve flexibility and reduce muscle soreness.

KEY CONSIDERATIONS FOR WOMEN OVER 40:

- **Listen to your body:** Don't push yourself beyond your limits, and modify exercises as needed. Consult with a healthcare professional before starting a new workout routine.
- **Stay hydrated:** Drink plenty of water before, during, and after your workout.
- **Prioritize rest:** Allow your body adequate time to recover between workouts.
- **Combine with a healthy diet:** A balanced diet with lean protein, fruits, vegetables, and whole grains can significantly impact weight loss.

Note: This is a [sample workout routine](#). You can adjust it based on your fitness level and preferences. Remember to consult with a healthcare professional or certified personal trainer for personalized advice and guidance.



HI, I'M T.J.

(Social Media Links)



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www.HudspethCoaching.com

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LET'S CONNECT

I've been there...

As a woman who battled with weight most of my life, I understand the struggle.

In my mid-thirties, I successfully lost 110 lbs, transforming my life and becoming a personal trainer and a certified health coach. My journey led me to specialize in working with women, teaching them how to eat healthy and lose weight without rigid exercise routines and impossible diets.

Dedicated to helping women break free from unhealthy habits and food addictions, I offer a simple, structured plan for a sustainable, healthy lifestyle. With firsthand knowledge of what works, I can guide you towards long-term success in your weight loss journey. Let's embark together on a path to a healthier, happier you – living the life you've always dreamed of!

TJ Hudspeth