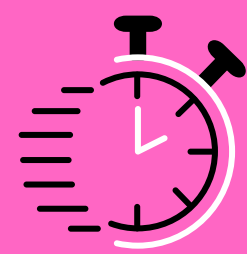




GOOD ENERGY
Holistic Health & Fitness

5 QUICK WORKOUTS



FOR GALS 40+

WWW.GOODENERGYCOACH



WELCOME!

Let's face it—life can get busy!

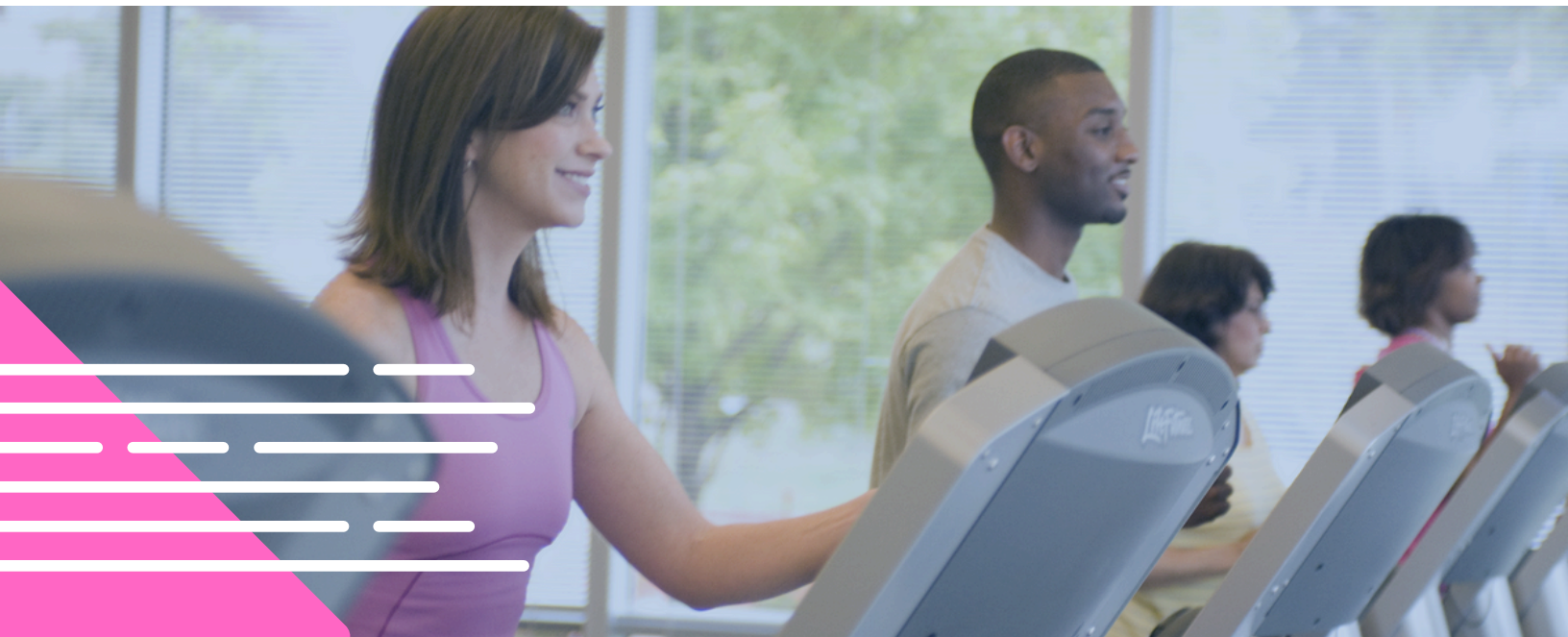
Between work, family, and all the little things that fill our days, finding time to work out can feel like a MAJOR challenge.

But what if I told you that you don't need to spend hours working out to reach your fitness goals?

In fact, with **just 20 to 30 minutes a few days a week**, you can **build muscle & lose that last 20 pounds...**

With quick, effective workouts that fit seamlessly into your busy schedule!





“You might think that because I’m a coach, I have endless hours of time available for my own workouts! **WRONG!** It’s actually the complete opposite.

The great news is, because I’m a coach, I know there’s a smarter way to train that gets the results, I want it without taking valuable time and energy away from my clients (and my everyday life!).]

The key? Focused workouts that maximize intensity while stacking certain exercises together to make them even more effective. It’s a time-tested approach that helps you get even **better results in less time.**

And you know what? This same exact approach works for my clients, who can fit these quick workouts into their schedules and see amazing progress, without the burnout.

I created 5 Quick Workouts for **Strength & Hypertrophy** to get you started toward your goals in the most efficient way possible.

>>> WELCOME

At **Good Energy**, I've helped **hundreds of women over 40** get the results they want without their workouts taking over their life!

Take my client, **Lisa**, for example. Between her job and family, she struggled to find time for fitness. But once she started incorporating quick, targeted workouts, she felt more energized, saw her body change, and even started looking forward to her workout sessions!

The best part? These workouts are adaptable for all fitness levels, so whether you're just starting out or looking to shake up your routine, you'll find something that works for you. And because they're short and sweet, you can easily fit them into your day—no matter how hectic it gets.

LET'S GET MOVING
AND MAKE THOSE
GOALS **A REALITY!**

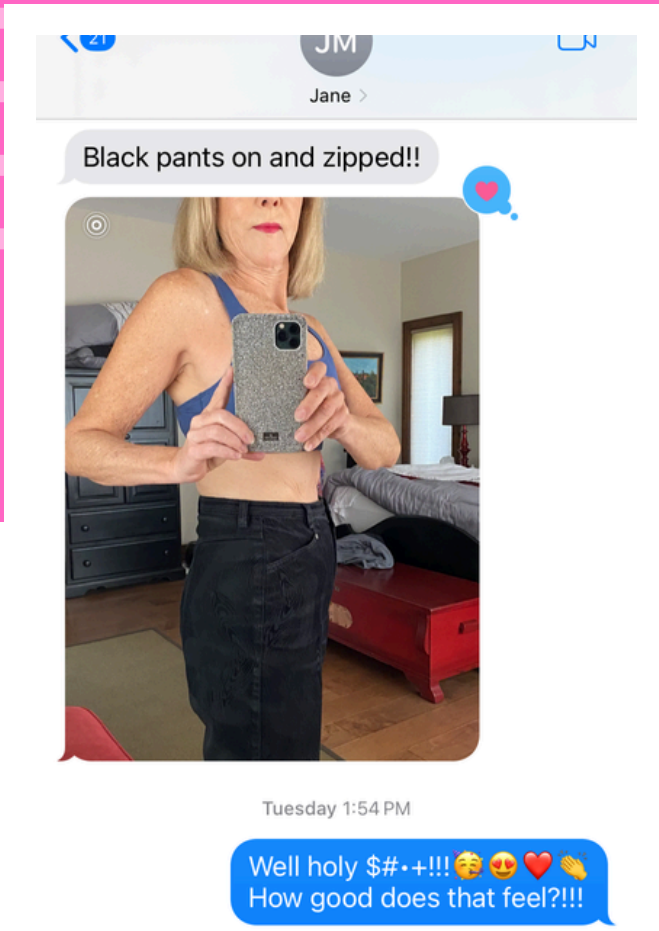


SARAH HEIPEL

DIP.PHYS, CPT

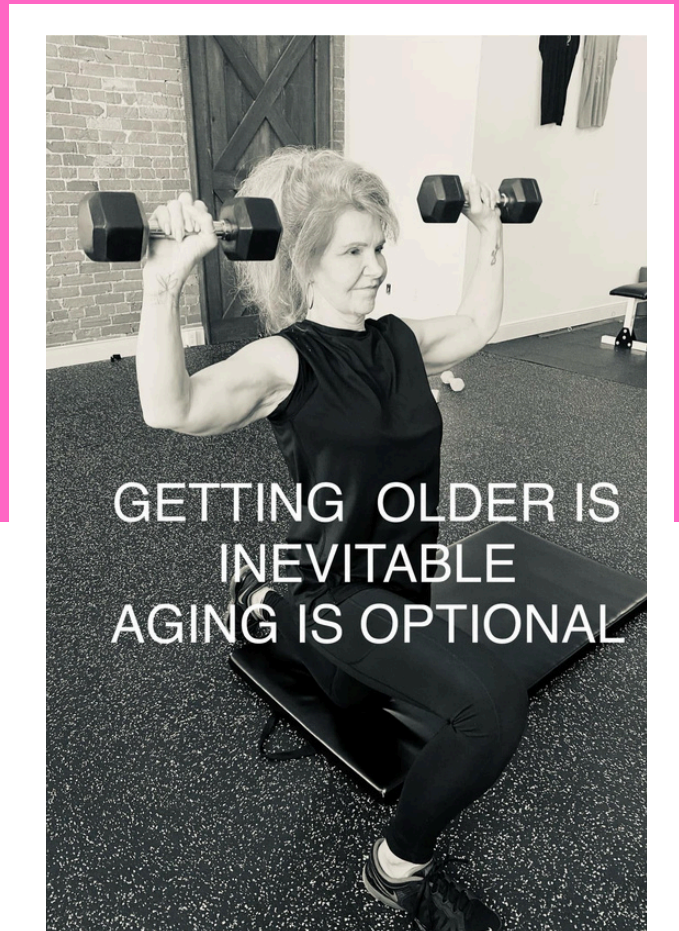
OWNER, GOOD ENERGY STUDIO

WE DELIVER »»» RESULTS



JANE M.

TRIMMING DOWN AND INCREASING
STRENGTH OVER 70



MARLENE L.

BUILDING MUSCLE AND IMPROVING
BALANCE AT 75

GUIDELINES

AND HOW-TO'S FOR THESE WORKOUTS



- **Click on an exercise name to be taken to a video** demonstrating how to do it.
- Some of these workouts require equipment – dumbbells and/or a cardio machine. If you don't have access to weights, use resistance bands, a weighted backpack, a heavy book, or any other weighted object. Improvise with what you have available!
- **Focus on your form:** Think about the muscle groups you are targeting and feel them work.
- If an exercise becomes challenging to do with proper form, take a break or **modify it as needed**. Reach out any time if you need help on how to do this properly!
- Go at a pace that is **challenging but sustainable**. Listen to your body and if something hurts or doesn't feel right, don't do it.
- **Remember that the warm-ups & cooldowns are integral parts of the workout.** The warm-up preps your body for the work ahead and the cooldown helps your heart rate safely return to normal once you're done.

WORKOUT 1

CARDIO PLUS

EQUIPMENT NEEDED

Treadmill, elliptical, stationary cycle, or other cardio machine of your choice. Or, you can do this workout outside by walking and jogging or running.

WARMUP

For 3–5 minutes, warm up on the cardio machine to gradually increase your heart rate.

THE WORKOUT

Do 10 rounds of the following:

- 1 minute of “hard” intervals – increasing the speed, resistance, or incline on your cardio machine. These intervals should feel like 8–9 out of 10 on your effort scale.
- 1 minute of “easy” intervals – reducing the speed, resistance, or incline on your cardio machine. These intervals should feel like 3–4 out of 10 on your effort scale.

COOLDOWN

For 3–5 minutes, gradually slow your pace to bring your heart rate down, and finish with stretching.

WORKOUT 2

COMBO PLATTER

EQUIPMENT NEEDED

Cardio machine

WARMUP

Warm up on a cardio machine of your choice for 3–5 minutes.

THE WORKOUT

- Cardio machine: 3 minutes at moderate intensity (a 7–8 on your intensity scale)
- Bodyweight Circuit:
 - 15 Prisoner Squats*
 - 10 Push-Ups*
 - 10 Bicycle Crunches, each side*
 - 10 Lunge with Rotation, each side*
 - 10 Dips, use a Chair*
 - 30–60 sec. Plank*
- Repeat from the top (including cardio machine) for a total of 20–25 minutes

COOLDOWN

Finish with an easy 3–5 minute treadmill walk to bring your heart rate back to normal, and then stretch.

WORKOUT 3

TOTAL BODY SCULPT

EQUIPMENT NEEDED

Dumbbells

WARMUP

- Jump rope: 2–3 minutes (No rope? Try jumping jacks or brisk walking)
- Arm Circles: 30 seconds forward, 30 seconds backward

THE WORKOUT

Repeat the following circuit of exercises for a total of 20 minutes:

- 10 Goblet Squats
- 15 Mountain Climbers, each side
- 10 Lunges with Rotation, each side
- 10 Push-Ups
- 10 Squat Jumps
- 15 High Knees, each side
- 10 Wood Chops, each side
- 30–60 sec. Plank
- 10 Bicycle Crunches, each side
- 12 Supermans
- Rest 30–60 seconds

COOLDOWN

Return your heart rate to normal with 3–5 minutes of easy walking and then stretch.

WORKOUT 4

TRACK IT

EQUIPMENT NEEDED

This workout was designed to be done on a track, but you can do it anywhere – even using a treadmill for an indoor version.

WARMUP

- Easy Jog or Brisk Walk: 3 minutes around the track
- Dynamic Stretches: 2 minutes (high knees, butt kicks, leg swings, arm circles)

THE WORKOUT

Repeat the **entire workout** for a total of 2 times through

- Part 1: Walk/Jog/Run
 - Walk or Jog 1 minute, Jog or Run 1 minute (repeat for a total of three times)
- Part 2: Bodyweight Circuit
 - 10 Reverse Lunges, each side
 - 10 Panther Shoulder Tap, each side
 - 15 Russian Twists, each side
 - Repeat circuit for a total of 2 times through

COOLDOWN

Walk for 3–5 minutes at a slow pace, and finish up with 3–5 minutes of stretching

WORKOUT 5

DUMBBELL WORKOUT

EQUIPMENT NEEDED

Variety of dumbbells

WARMUP

- Arm Circles: 30 seconds forward, 30 seconds backward
- Bodyweight Squats: 1 minute

THE WORKOUT

Repeat entire circuit for a total of 15-20 minutes

- 12 1-Arm Bentover Rows (each side)
- 12 Goblet Squats
- 12 1-Arm Overhead Press (do these standing, each side)
- 12 Kickstand RDL (each side)
- 20 Slow Mountain Climbers, each side
- 12 Russian Twists (each side)
- Plank with Drag Through, 5 each side
- 10 Superman Lifts
- 45-second rest

COOLDOWN

Finish with light stretching

Important

HOW TO KEEP YOUR

MOMENTUM

Going

Well done on checking out **5 Quick Workouts for Strength & Endurance!**

By fitting these quick workouts into your routine, you're proving that even a busy schedule won't stop you from reaching your **strength & hormone balancing** goals. And that's what it's all about—showing up consistently, even when life gets hectic!

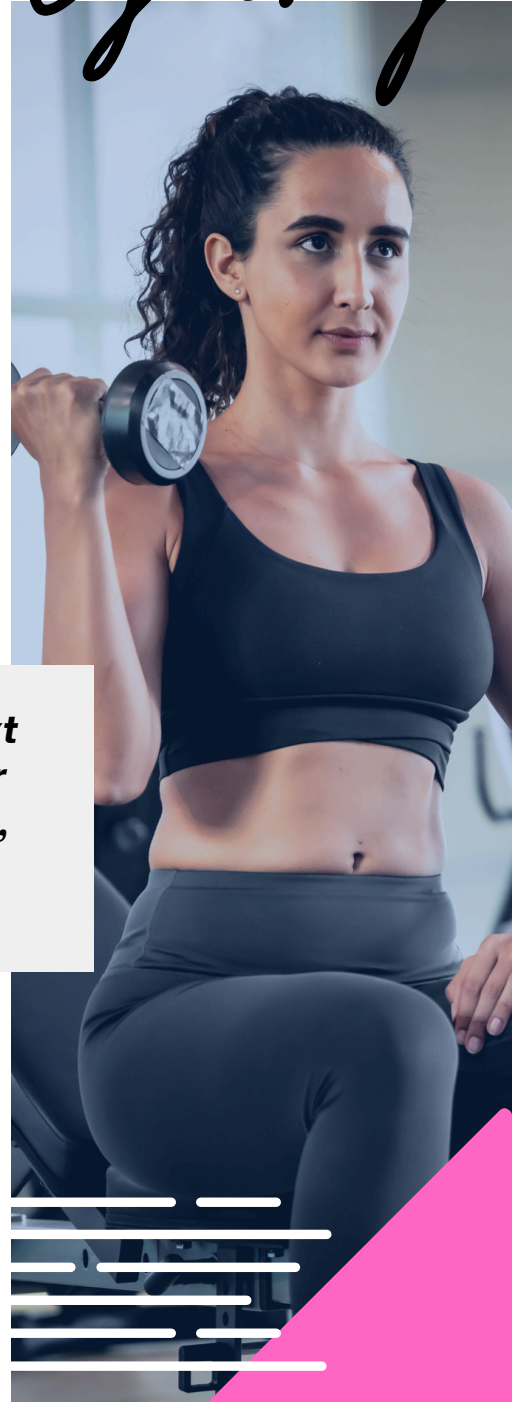
Consistency with your workouts (and other healthy habits!) is key to achieving your fitness goals...



But fitness is just one part of the puzzle. The next (and MOST IMPORTANT) step is putting together a plan that brings it all together—your workouts, balanced nutrition, and healthy habits that fit into your everyday life.

Imagine if you had a plan that connects all the dots—your workouts, meals, sleep, and stress management—so that everything works together to keep you on track.

No more guessing or wondering if you're doing enough—just a clear, actionable (and proven!) path to achieving and maintaining your **body composition** goals for the long run.



That's exactly what

THE HEALTHY GODDESS PROJECT

is designed to help you with.



HERE'S WHAT YOU'LL GET WHEN YOU JOIN:

- ✔ **A personalized roadmap** that brings together your nutrition, workouts, and daily habits—so you can stay consistent, balanced, and always moving forward.
- ✔ **Custom meal plans, workout schedules, and habit-tracking tools** tailored specifically for YOUR lifestyle, so you know exactly what to do to reach your goals.
- ✔ **Built-in accountability** to keep you on track, with personalized adjustments to ensure you're always moving toward your goals—even when life gets busy.
- ✔ **LIVE coaching + support** from me to help you tweak and optimize your plan as you progress, making sure it always works for you—not the other way around.

AND HERE'S WHAT JUST A COUPLE OF OUR CLIENTS HAVE EXPERIENCED:



JANE M.



DEBORAH N.

C



NOW IT'S YOUR TURN TO GET RESULTS LIKE THIS!



BOOK A CALL

On the call, we can talk about your goals and how **THE HEALTHY GODDESS PROJECT** can help you reach them faster. Together, we'll figure out if it's the right fit, and if not, I'll make sure you walk away with clear next steps and a solid plan for moving forward.

I'm excited to help you take the next step, and I can't wait to see what we can accomplish together.

book your call now...

I'M READY WHEN YOU ARE!

SARAH HEIPEL

OWNER, GOODENERGYCOACH
GOODENERGYCOACH@GMAIL.COM