

6 FOUNDATIONAL EXERCISES EVERY WOMAN OVER 40 SHOULD MASTER:

Squats

Strengthen your legs and core while supporting joint mobility and balance. Start with bodyweight.



Deadlifts

Protect your back and build full-body strength. Begin with light weights and a hip-hinge pattern.



Push-ups

Boost upper body and core strength. Start on knees or incline if needed.



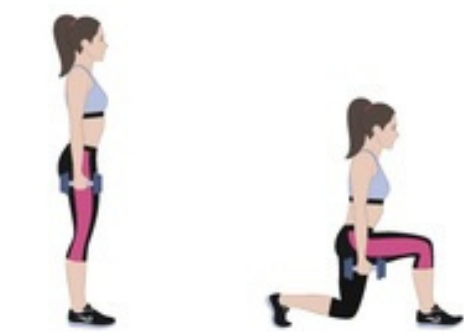
Bent-over Rows

Improve posture and back strength. Use dumbbells or resistance bands.



Lunges

Build balance, leg strength, and single-leg stability. Start stationary, then progress to walking lunges.



Overhead Press

Develop shoulder and upper body power. Start with light dumbbells and focus on control.



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